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ACE-WIL Virtual Town Hall #4: Student Wellness

Hosted by Helena Prins, Advisor, BCcampus
& Jennie Nilsson, ACE-WIL President

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Association for
Co-operative Education
and Work-Integrated
Learning

BC/Yukon



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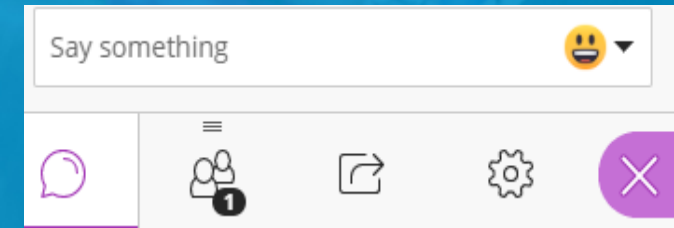
Learning. Doing. Leading.

Since time immemorial, the səliiwətaʔt təməx^w (Tsleil-Waututh), Skwxwú7mesh-ulh Temíxw (Squamish), x^wməθk^wəyəm (Musqueam), WSÁNEĆ (Saanich), and the Esquimalt and Songhees Nations of the Lək^wəŋən (Lekwungen) Peoples have walked gently on the unceded territories where we are grateful to live, work, and play. We are committed to building relationships with the first peoples here, based in honour and respect, and we thank them for their hospitality.



Before we start:

- 1) We are recording this session
- 2) Please mute your audio and turn off your video unless you are speaking
- 3) Add questions or comments in the chat box, at the bottom right of your screen.
- 4) Use the hands-up icon if you would like to speak rather than type.
- 5) Please answer the poll question



Agenda

1) Guest panelists – Student Wellness:

- Dawn Schell (UVic)
- Claire Clark (CALM)
- Robynne Devine (BCcampus)

2) Discussion

3) Upcoming events

Dawn Schell, Counsellor, University of Victoria



UVic Student
Mental Health Initiative

Let's talk about student wellness

Dawn Schell, MA, CCC, CCDP
University of Victoria

What is Mental Health?

The capacity of each and all of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face.

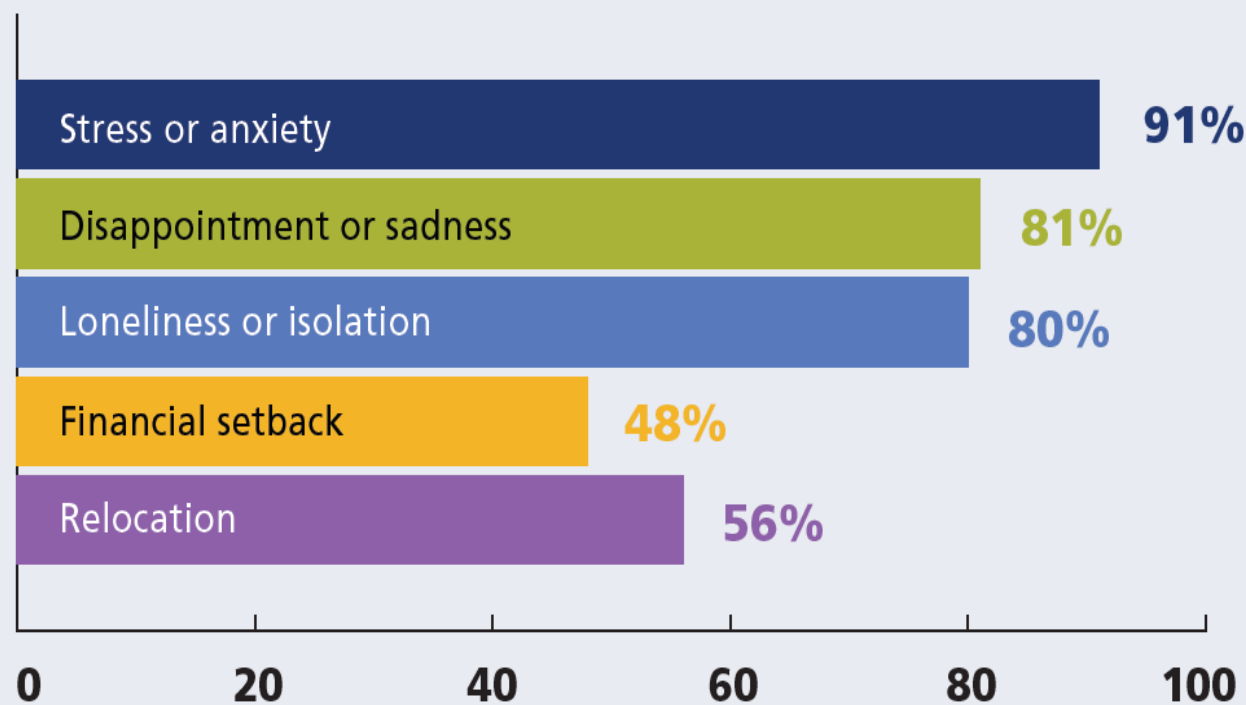
It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.

Source: Public Health Agency of Canada



UVic Student
Mental Health Initiative

THE MOST COMMON WAYS THAT COVID-19 HAS IMPACTED STUDENTS' LIVES



Source: Active minds April 2020 survey



UVic Student
Mental Health Initiative



85% say that focusing on school and work despite distractions has been the most difficult thing about the stay-at-home orders.



UVic Student
Mental Health Initiative

Resources

UVic – 10 tips for anxiety

<https://www.uvic.ca/services/counselling/assets/docs/covid-19-anxiety.pdf>

Survey - <https://www.activeminds.org/studentsurvey/>

101 strengths based actions

<http://tayyabrashid.com/101-strengths-based-actions-to-connect-from-a-distance/>

Jack.org

<https://jack.org/COVID-Response>



Uvic Student
Mental Health Initiative

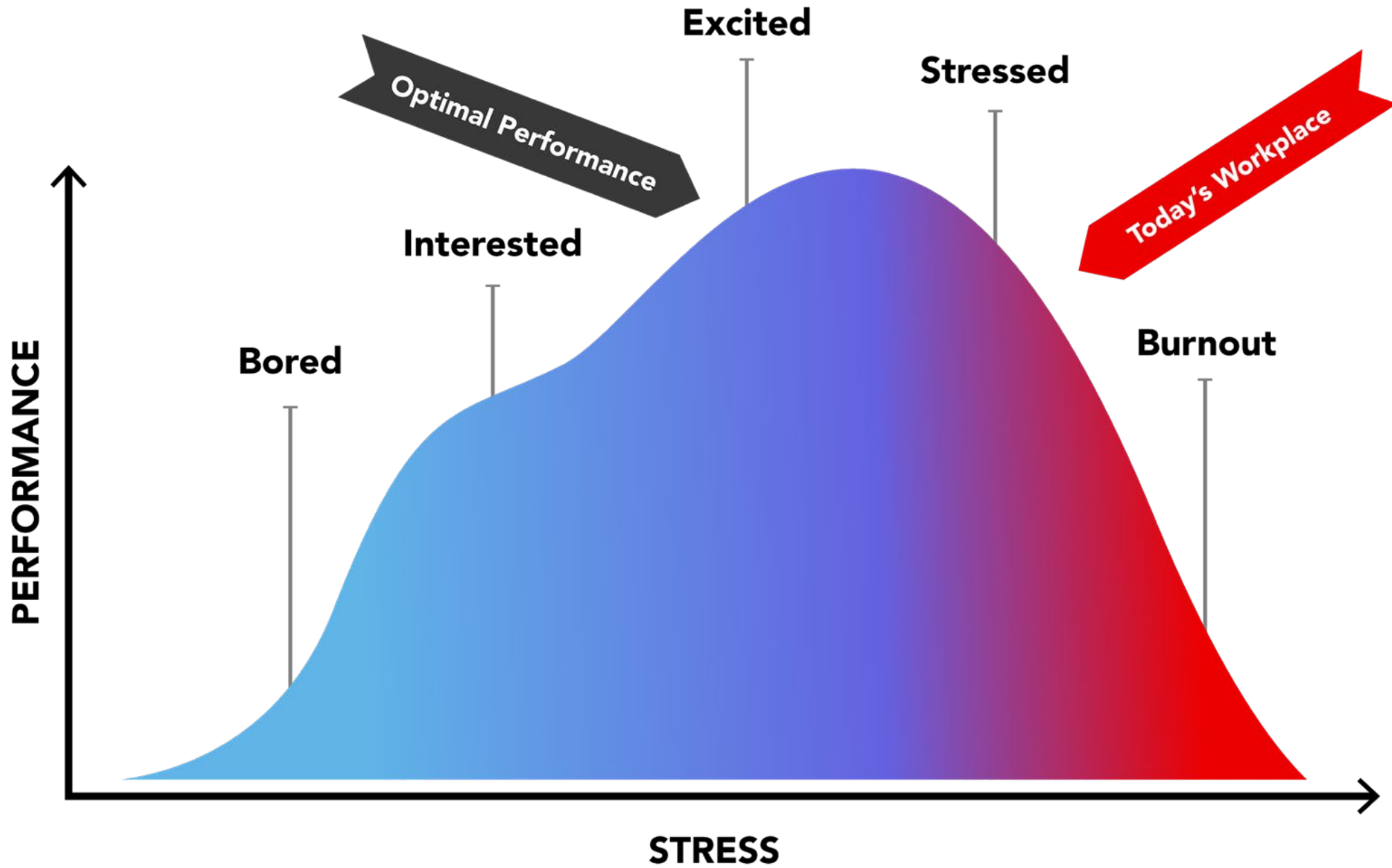
THANK YOU!

dmschell@uvic.ca

Claire Clark, Community Manager, CALM

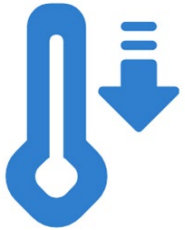
Strategies for Reducing Student Stress

Claire Clarke
Community Manager, Calm

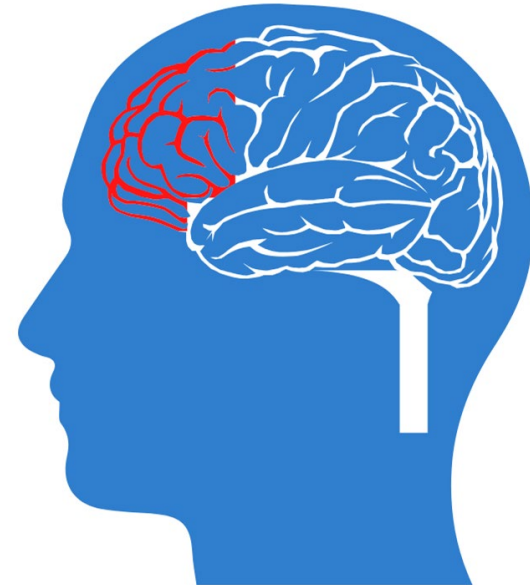


We are wired to react

Low Stress
(Calm, Relaxed)



High Stress
(Survival Mode)





A recipe for stress

All stressors have something in common:

- **Novelty**
- **Unpredictability**
- **Threat to the ego**
- **Sense of control**



Ways to neutralize stressors

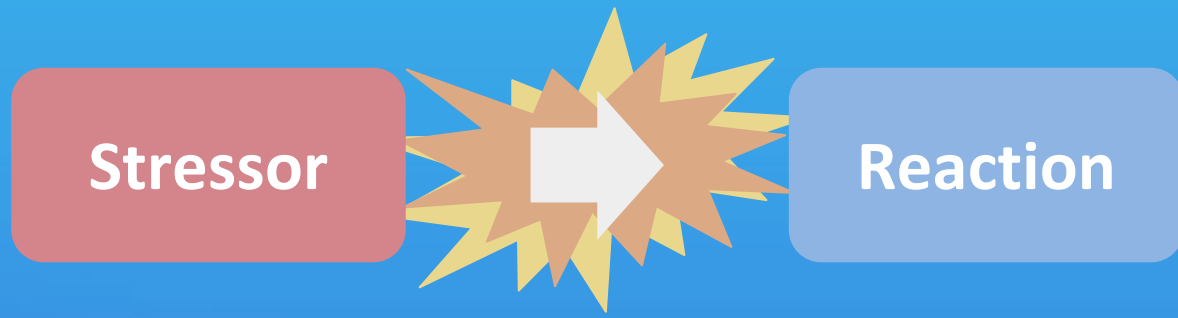
Reframe your thinking:

- **Novelty** - *How can I look at this with curiosity?*
- **Unpredictability** - *What am I certain of?*
- **Threat to the ego** - *How have I overcome difficult situations in the past?*
- **Sense of control** - *What can I control right now?*



Awareness is key

without mindfulness



with mindfulness



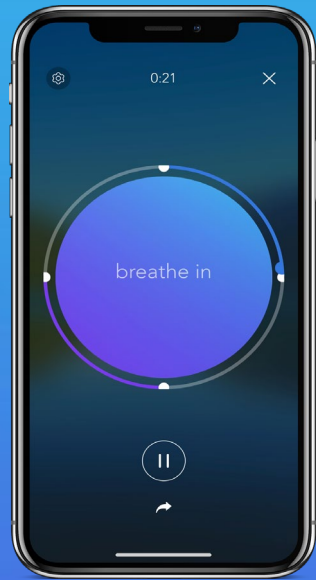


Just like physical exercises
strengthen the body;
we can also benefit from exercises
— or practices — to strengthen
our minds, mental performance,
and resilience.

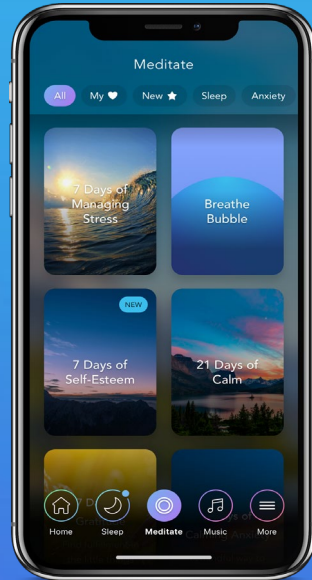




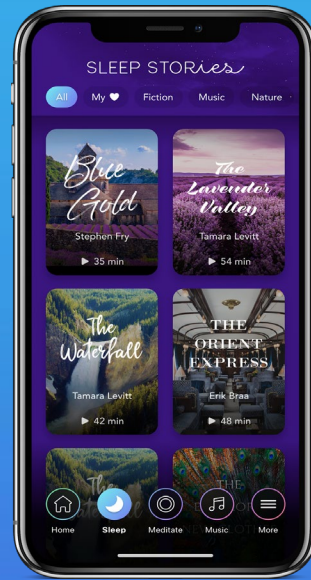
Specific Calm strategies for building resilience



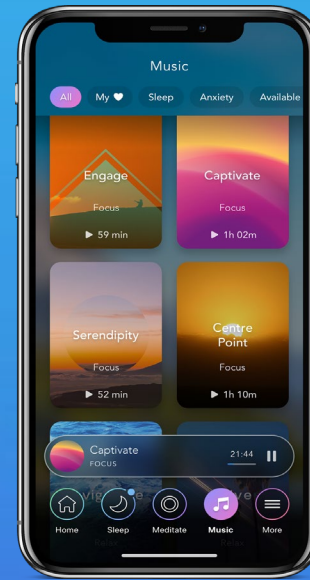
Take a deep breath



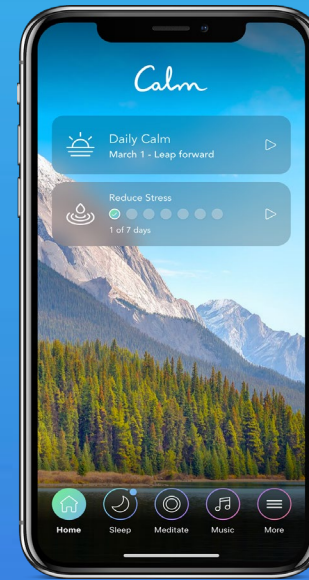
Practice mindfulness



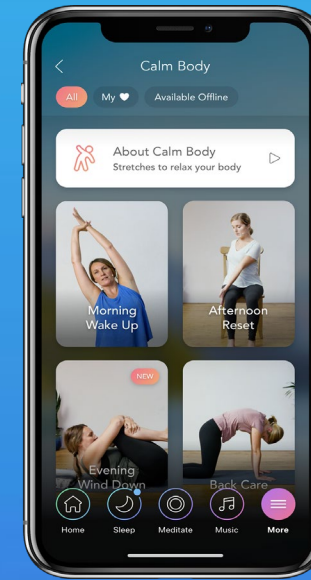
Protect your sleep



Listen to calming music



Immerse yourself in nature



Relax your muscles



Learn something new

Robynne Devine, Project Manager, BCcampus

Insights and Resources

- Students need a centralized place for resources <https://covid19.bccampus.ca/>
- There is a need to create virtual communities
 - Marginalized populations are identifying unique set of needs (resources and connections)
- Webinars to support students, staff, and faculty with mental health amid COVID-19 <https://covid19.bccampus.ca/category/webinars/>
 - Key themes; Isolation and loneliness, anxiety and stress, COVID-19 related challenges (student rights)
- Student Associations have been a huge help with reaching students isolated at home
- Students needs are changing as quickly as the COVID-19 situation changes.

Jennie Nilsson, President, ACE-WIL

- Discussion:
 - How are your WIL students managing during the pandemic
 - What resources are students seeking and what's available for them?
 - Are you seeing a spike in students accessing mental health and wellness services?

Upcoming events:

- ACE-WIL BC/Yukon Annual General Meeting
 - Wednesday, May 20, 12 noon to 1 pm, via Zoom
 - Check your email or visit the ACE-WIL blog for the Zoom link
- Next ACE-WIL Townhall – Self Care and Mental Health Strategies
 - Tuesday, June 2, 12 noon to 1 pm, via BCcampus
 - Dress up in your best Hawaiian garb and let's squeeze in some fun together





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Thank you everyone!



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