



Mental Health Resource Kit



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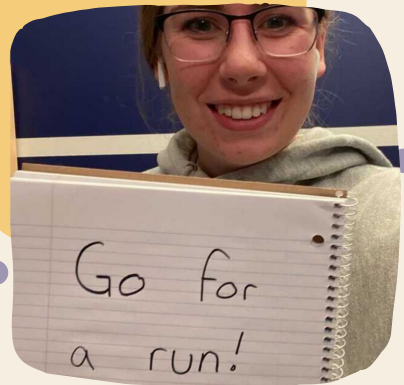
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MENTAL WELLNESS

Mental wellness refers to our overall psychological well-being which is equally as important as our physical health. This state of mind guides our experiences and dictates the ways we overcome daily challenges. In the following pages, you will find various strategies and ideas to implement into your life to help improve your mental wellness.





PHYSICAL WELLNESS

Physical Wellness emphasizes the importance of caring for one's physical body to ensure optimal health and functioning. This is accomplished through awareness and balance in one's physical activities such as initiating proper eating habits, exercising, and caring for their medical health. We would like to share easy tips on how you can easily implement changes to your daily routine in order to improve your physical well being.

FIVE HEALTHY HABITS TO IMPROVE YOUR LIFE

- Start the day with a glass of water and breakfast
- Take a break and meditate
- Connect with nature and go for a walk
- Think or write three things that you are grateful for
- Exercise the same time every day



HEALTHY TIPS & TRICKS



Online Workout Videos

ABS → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2PLT-OLGUJS](https://www.youtube.com/watch?v=2PLT-OLGUJS)

YOGA → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=OMU6OKF5Z1K](https://www.youtube.com/watch?v=OMU6OKF5Z1K)

HIIT → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=CZNSLVARIT8](https://www.youtube.com/watch?v=CZNSLVARIT8)

STRETCH → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2L2LNXICNMO](https://www.youtube.com/watch?v=2L2LNXICNMO)



Sleep Cycle Hacks

PSYCHOLOGY

→ FULL DEEP SLEEP CYCLE = 90 MINUTES

→ AVERAGE PERSON NEEDS 7.5 HOURS OF SLEEP = 5 SLEEP CYCLES

WAKING UP EARLIER

→ TRY NOT TO SNOOZE YOUR ALARM; DISTRUPTS SLEEP CYCLES

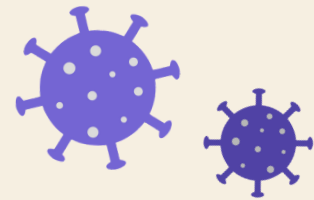
→ SLEEP AN HOUR EARLIER EACH DAY, UNTIL YOU REACH YOUR GOAL

BENEFITS OF VITAMIN D



Better Sleep

IMPROVES SLEEP QUALITY & DURATION, & MAY HELP REGULATE TRYPTOPHAN WHICH SUPPORTS THE PRODUCTION OF SEROTONIN



Helps Fight Diseases

FIGHTS INFLAMMATION & HELPS OUR BODY TO RECOVER FASTER FROM ILLNESS

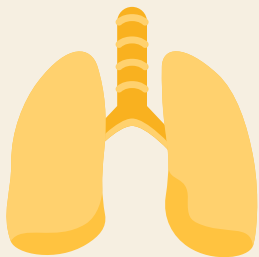
Feel Better

ENHANCES MOOD, REDUCES DEPRESSION & FEELINGS OF ANXIETY



Energy

IMPROVES MUSCLE FUNCTION, GROWTH & RECOVERY



Immune Support

SUPPORTS HEART HEALTH, PROTECTS AGAINST ASTHMA & MINIMIZES CANCER RISKS



Calcium & Phosphorous

STRENGTHENS BONES THROUGH ENHANCING BALANCE IN THE BODY



EMOTIONAL WELLNESS

Emotional Wellness focuses on being in touch with your emotions. Having good emotional health is about having the tools to manage the difficulties of everyday life. Here you can find resources on how to reach out to someone who may be struggling with their emotional wellness. As well, ideas you can implement into your life to help manage your emotional well being.

TIPS ON HOW TO OFFER SUPPORT

Conversation Starters


- CHOOSE THE RIGHT TIME AND PLACE
- START WITH AN OPEN CONVERSATION SUCH AS:



How have you
been lately?



You don't seem like
yourself. Are you
OK?



I've noticed a change
in your behaviour, do
you want to talk?

FOR MORE SUPPORT VISIT [HTTPS://LETSTALK.BELL.CA/EN/TOOLKIT](https://letstalk.bell.ca/en/toolkit)

Tips For Providing Support

- LISTEN WITH INTENTION
- AVOID JUDGMENT WHEN THEY ARE SPEAKING
- PROVIDE SUGGESTIONS TO HELP THEM FIGURE OUT WHAT TO DO NEXT SUCH AS SUGGESTING THEY SEE A DOCTOR OR PROFESSIONAL
- FOLLOW UP AFTER YOUR CONVERSATION BY SENDING A TEXT OR SCHEDULING A CALL

STRATEGIES TO HELP YOUR EMOTIONAL WELLNESS

Organization

HAVING AN ORGANIZED AND CLEAN ENVIRONMENT HAS MANY BENEFITS SUCH AS:

- Reduces stress
- Improves focus and concentration
- Improve health and well-being
- Increased productivity
- Better time management



Helpful Organization Tips

- Use a planner/calendar
- Use binders or file folders for your work
- Label or colour code files/binders
- Store your work in an easily accessible way
- Use notebooks rather than scrap paper

CREATIVE IDEAS

Creativity

*HAVING A CREATIVE OUTLET CAN HELP IMPROVE YOUR EMOTIONAL HEALTH.
HERE ARE SOME CREATIVE LINKS:*



Tie Dye

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DS3QSQWWFY8](https://www.youtube.com/watch?v=DS3QSQWWFY8)



Painting Tutorials

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=B5MIDXCX67I](https://www.youtube.com/watch?v=B5MIDXCX67I)



Build your Own Bird Feeder

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=CDVICDNFZ8W](https://www.youtube.com/watch?v=CDVICDNFZ8W)



Coloring Pages

[HTTPS://WWW.JUSTCOLOR.NET/](https://www.justcolor.net/)



SPIRITUAL WELLNESS

Spiritual wellness focuses on being connected to something greater than one's self. This refers to having a set of values, principles, morals and beliefs that guide an individual's actions.

These efforts come together to create one's definition of purpose and meaning in life.

CREATING PURPOSE

What is a vision board?

A vision board is based on the concept of manifestation, which is the process of visualizing and working towards the life you aspire to have

How do I create a vision board?

STEP 1: SET YOUR GOALS

- THINK ABOUT ALL ASPECTS OF YOUR LIFE AND HOW YOU WANT TO IMPROVE IT

STEP 2: FIND PICTURES AND QUOTES

- SEARCH ON PINTEREST, INSTAGRAM, GOOGLE, ETC., TO FIND IMAGES AND GOALS THAT REPRESENT YOUR ASPIRATIONS

STEP 3: DESIGN YOUR BOARD

- OPEN A BLANK TEMPLATE ON GOOGLE SLIDES OR POWERPOINT
- CHANGE THE BACKGROUND COLOUR TO YOUR PREFERENCE
- LAYER AND POSITION PHOTOS TO YOUR DESIRE

CREATING PURPOSE



Journaling Prompts

GRATITUDE

- WHAT ARE FIVE THINGS THAT BRING YOU JOY?
- WHAT IS SOMETHING YOU FIND COMFORT IN?
- WHAT IS SOMETHING BEAUTIFUL THAT HAPPENED TODAY?
- WHAT IS SOMETHING THAT YOU SHOULD LET GO OF?

SELF-LOVE

- DAILY AFFIRMATIONS
- WHAT BRINGS YOU PEACE?
- WHAT ARE YOU PROUD OF?
- DESCRIBE YOUR PERFECT DAY

SELF-DISCOVERY

- IF SOMEONE WERE TO DESCRIBE YOU, WHAT WOULD THEY SAY?
- WHO DO I WANT TO BE FOR MYSELF AND OTHERS?
- WHAT IS SOMETHING THAT I AM GREAT AT?
- WHERE CAN I IMPROVE AND GROW IN LIFE?

MOTIVATION

- WHAT IS SOMETHING YOU WANT TO ACCOMPLISH TODAY?
- WHAT ARE THREE GOALS YOU WANT TO ACCOMPLISH IN THE NEXT WEEK?
- WHAT IS HOLDING YOU BACK?
- WHEN DO YOU FEEL INSPIRED?



RESOURCES

It is important to know the resources available both inside and outside of the Laurier community. At Laurier, you have access to a wide range of resources to promote and maintain good physical, emotional, and mental health. There are a variety of resources to help you in times of crisis and to allow you to take a proactive approach in preventing mental illnesses. This ultimately aims to help you enjoy life to the fullest.

MENTAL HEALTH SERVICES AND PROGRAMS AT LAURIER

During difficult times, the staff of the Student Wellness Centre are here to support you. Please reach out to us. We are happy to connect you with you.

As of 2021, we are offering video counselling as well as phone counselling appointments. Initial appointments will be conducted over the phone, with the option for video counselling if you are interested. Please discuss your preference with your counsellor at the first appointment.

Keep in mind that students will always have the option of telephone counselling if preferred.

To book an appointment call:

The Waterloo Campus, 519.884.0710 x3146

The Brantford campus, 519.756.8228 x5803



PEER SUPPORT

Peer Support aims to create a safe and inviting space where students can discuss student-life concerns with trained peer supporters who listen, validate, and refer you to resources. Peer Support is a free, non-judgmental, and confidential option.

View our upcoming schedule on our website at:

[https://students.wlu.ca/wellness-and-recreation/health-and-wellness/wellness education/programming/workshops.html](https://students.wlu.ca/wellness-and-recreation/health-and-wellness/wellness%20education/programming/workshops.html)

If you would like to request a Peer Support session for your club or class, please email Sarina Wheeler at swheeler@wlu.ca.



MENTAL WELLNESS RESOURCES LIBRARY

The Laurier Wellness Library offers free wellness articles written by Laurier staff and Peer Wellness Educators:

<https://students.wlu.ca/wellness-and-recreation/health-and-wellness/mental-health-resources/wellness-library.html>

THRIVE WEEK

Thrive is a week-long series of events to help boost our mental health! In winter 2021, Thrive will be taking place in March to help prevent burnout and provide support for students at the end of the term. Feel free to participate in Thrive remotely from March 1 to 5, 2021. If you would like to access other virtual resources, workshops, and support session, these will be available in the following weeks after Thrive.

A copy of the schedule can be found at:

<https://students.wlu.ca/wellness-and-recreation/health-and-wellness/wellness-education/programming/thrive-week.html>

MENTAL HEALTH WORKSHOPS IN 2021

While working remotely, we are continuing to provide support and education for students as you study from home. We understand that this is a challenging time, so we have scheduled remote workshops, programming, and events to help support your well-being. As well, we have created numerous opportunities for you to gain new strategies, tools, and knowledge. We offer a wide range of drop-in workshops through zoom. Please see our website for more details.

UPCOMING WORKSHOPS INCLUDE:

COPING WITH DIFFICULTY

February 2, 2 – 3:00 pm

It is natural to feel overwhelmed in difficult times. This workshop aims to offer simple but effective strategies to help you cope with stress and overcome hard times. This workshop is counsellor-led and is a part of our Ride the Wave series.

MINDFULNESS AND MEDITATION

Feb. 11 | 1:30 p.m. – 3 p.m.

Are you struggling to get out of bed? Do you struggle with procrastination? In this workshop, you will discover strategies to improve motivation and overcome unhealthy habits. This workshop is counsellor-led and is part of our Hawk's Guide to Thriving series.

GET UP AND GO

Feb. 4 | 1:30 p.m. – 3 p.m

Ever wanted to try mindfulness and/or meditation, but unsure where to start? Or, perhaps you have experience but would like to gain additional skills? This workshop is open to individuals of all levels! The workshop will be counsellor-led and is a part of our Hawk's Guide to Thriving series.

For the full schedule and links to the workshops, please visit:
<https://students.wlu.ca/wellness-and-recreation/health-and-wellness/wellness-education/programming/workshops.html>

HOT LINES

Feeling Kinda Blue is a hotline for those with depression, anxiety, grief, emotional pain, isolation and mental illness. They can be reached 24/7 at **1-866-728-7983** to offer support.

Canadian Suicide Prevention Service can be reached 24/7 at **833-456-4566** to offer support

Kids Help Phone can be reached 24/7 at **833-456-4566** to offer support

Good2Talk (Anonymous helpline for post-secondary students) can be reached 24/7 at **1-866-925-5454**

LGBT Youthline (Lesbian, Gay, Bi-sexual & trans-gender) can be reached from Sunday to Friday, anytime from 4:00PM to 9:30 PM at **647-694-4275**

For more information on the health & wellness services and resources available to all Laurier students, please see this page: [wlu.ca/wellness](https://www.wlu.ca/wellness)

Follow us on Instagram for more wellness tips and contests at:
<https://www.instagram.com/laurierwellnes>