

Building Wellness

Health & Wellness, St. George

Presented to UAB

February 4 2014



UNIVERSITY OF
TORONTO

Office of the Vice-Provost, Students
& First-Entry Divisions

2013 NCHA Survey

92.5%

of U of T students responded that they felt happy once a week or more in the prior month

75%

of U of T students have never used cigarettes;
29.8% have never used alcohol

90%

of students (U of T/Ontario/Canadian) reported feeling overwhelmed within the past 12 months

62.8%

of U of T students responded that they felt interested in life almost every day or every day in the prior month



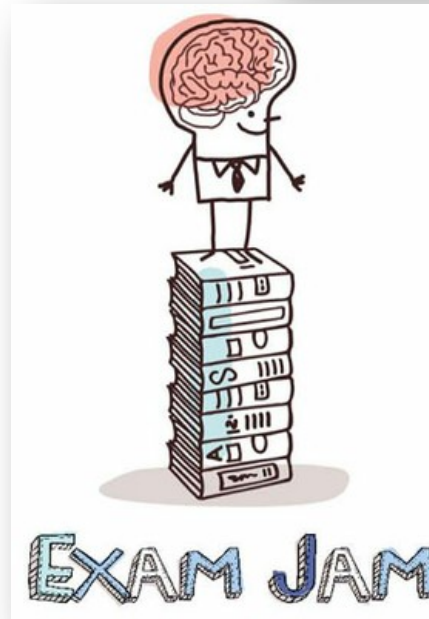
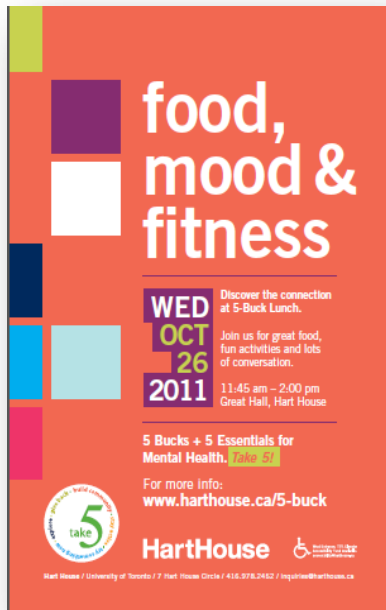
2013 NCHA Survey

Factors affecting academic performance: Top 5 factors negatively impacting students	U of T	Canada Reference
Stress	45%	39%
Anxiety	32%	29%
Sleep Difficulties	30%	27%
Internet use/Computer Games	29%	21%
Cold/Flu/Sore throat	22%	22%



Building Wellness

Goals: help students make healthy life choices and to normalize stress and anxiety while supporting their needs.



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Peer-to-Peer

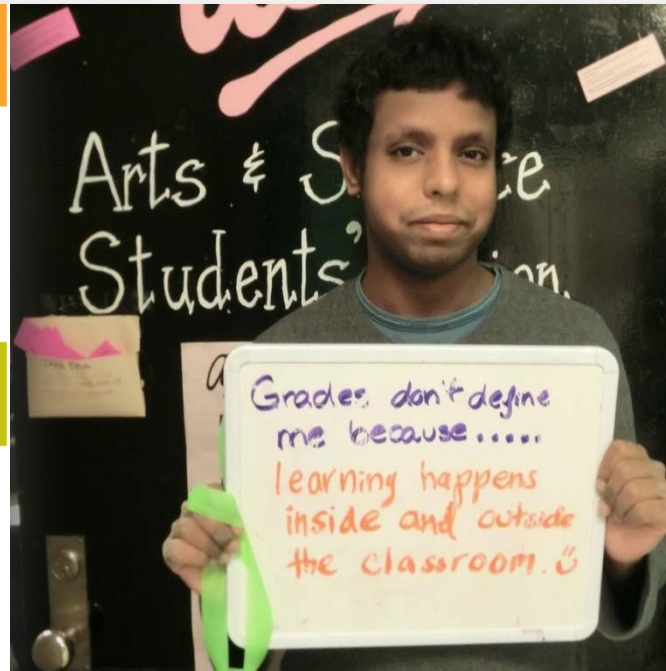
feeling
overwhelmed?
anxious?
lonely?

we've been there.

peers are here

Peers are here is a non-judgemental drop-in space where you can connect with fellow students, discuss your university experience, and practice mental wellness through mutual peer support. Everyone is welcome!

Join us Mondays from 4:00-5:00pm at 21 Sussex, Room 415 and Thursdays from 4:00-5:00pm at Hart House, Meeting Room. For more information, email us at peers.healthwellness@utoronto.ca



HEALTHY
UCREW



Build support through communities and connectedness
Provide leadership and experiential learning opportunities
Model success and legitimize advice through “lived experiences”



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Building Support Networks



eating disorders support group.

Connect with others, express feelings and explore underlying issues. This is not a treatment or intervention group, it's a time to meet others and share coping strategies other than food.

Tuesdays, 4:00pm-5:30pm
(until December 17, 2013)
Health & Wellness Room B
Koffler Student Services Centre
214 College Street

For more information, contact Ellie Goldenberg at ellie.goldenberg@utoronto.ca or 416-978-6219 (TTY 416-978-1902)

uoft.me/disorderedeating



Dealing with grief?



An opportunity to share your story...
An evening for sharing grief stories. Open to any U of T student who has experienced loss from the death of a friend, family member, or significant other.

Join us for dinner and a conversation on how we experience grief and resources available to support you.

Monday, January 27, 2014
6:00 pm – 8:00 pm
Koffler Student Services Centre
214 College St (St. George entrance)
Academic Success Centre (Main floor)
Dinner provided

Register online at: www.multifaith.utoronto.ca

For more information, contact:
Jeanette Unger at student.minister@utoronto.ca

Sponsored by The Ecumenical Chaplaincy U of T, Campus Chaplains Association, Family Care Office, Health and Wellness, Health Promotion Programs, The Multi-Faith Centre at U of T

Humans of The University of Toronto
January 30



Daniela:
"I live by one life motto..everything happens for a reason. There is no point to stress out about the little things that bother you, you gotta just build a bridge and get over it. It's not worth the time to be negative, so always try to stay positive and smile!"



Like · Comment · Share

Bushra Chowdhury, Rafa Khan, Ysabelle Gatchalian and 82 others like this.

Normalize stress, build community and social networks

Create spaces for students to connect with others who are dealing with similar circumstances




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Building on Strengths: Developing Resiliency


mindfulness:
live in the present



Do you suffer from anxiety or panic attacks?
Are you nervous in social settings?
Do you worry excessively?

Mindfulness-Based Cognitive Behaviour Therapy (MBCT) can help you learn to focus on the present and not let anxiety control your life.


To learn more and sign up, contact Health and Wellness at 416-978-8070.



healthandwellness.utoronto.ca

learn to cope.

counselling & psychological services.



copng skills workshops.

Don't let negative thoughts, feelings and behaviours stop you from being successful at university. Find ways to solve your problems and learn effective coping skills.

Counselling & Psychological Services (CAPS) has developed a series of four workshops to help you:

- Achieved balanced thinking
- Adopt more positive behaviours
- Manage negative feelings
- Lead a healthy lifestyle

Contact CAPS for an initial assessment at 416-978-8070.

For details, visit www.healthandwellness.utoronto.ca

take what you need.

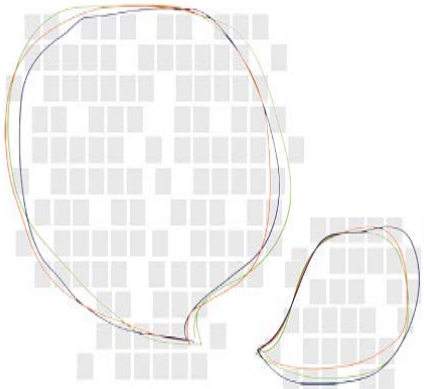
October is a time to **build on your strengths**. Learn what you are good at and try something new.

Explore your options at uoft.me/strengths




gratitude
happiness
empathy
assertiveness
mindfulness
cooperation
connections
leadership
inspiration
movement

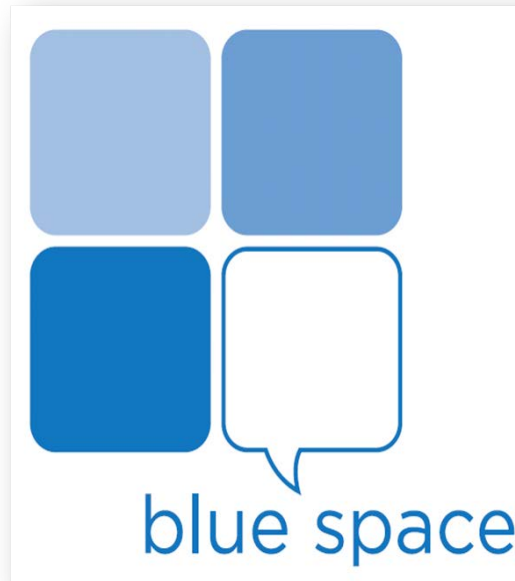
Conversation Café: Finding Balance at U of T



conversation café.
finding your balance at UofT



Shifting Perspectives



Encourage dialogue around mental health and de-stigmatize mental illness

Mental health programming that values awareness, education and inclusion

Create safe spaces on campus

Address misconceptions around mental health

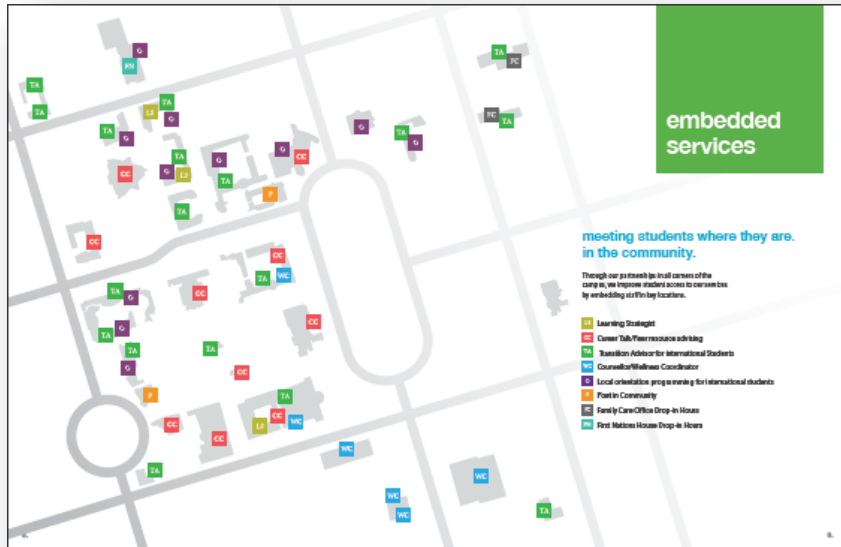
of another
MIND
awareness • education • inclusion



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Building Capacity



Access to services within a student's learning, living, or social communities

Train-the-trainer programming

Partnerships and expanding best practice; sharing networks

Expanded services: online and phone support for 24/7 service



1.866.925.5454

Post-Secondary Student Helpline

COUNSELINE
onsite + online counselling



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