



Healthy Campus Alberta's

2021 Wellness Summit

*Telling Our Stories:
Processes of Reflection and Growth*

Summit Experience Journal

Welcome

The Wellness Summit is a space to celebrate the amazing work that is going on across the province, be inspired, and connect with like-minded people who are passionate about post-secondary mental health and wellness.

We are so glad to have you join us, as we believe that each member of our community brings rich perspectives to this conversation.

As a result of the hard work and planning of the Advisory Committee, we will be providing you with many opportunities to meet and collaborate with members of the community.

This journal is meant to guide you through sessions and conversations over the course of the summit, as well as provide some helpful tools for your personal reflection and wellbeing.



We would like to extend a special thanks to the Advisory Committee and the HCA team, who worked collaboratively in planning this event.

Advisory Committee Members

Barbara van Ingen, *Concordia University of Edmonton*

Carla Kembel, *Alberta Health Services*

Carly Angell, *Mount Royal University, Student*

Cassandra Cowan, *Concordia University of Edmonton, Student*

Rachelle McGrath, *Mount Royal University*

Tory Pino, *MacEwan University*

HCA Team Members

Melodie Esau, *Operations Coordinator*

Makayla Freeman, *Project Assistant*

Jennifer Nate, *Administrative Assistant*

Helen Pethrick, *Student Research*

and Knowledge Exchange Assistant

Aubrianna Snow, *Student Communication Assistant*

Cynthia Ma, *Student Event Assistant*

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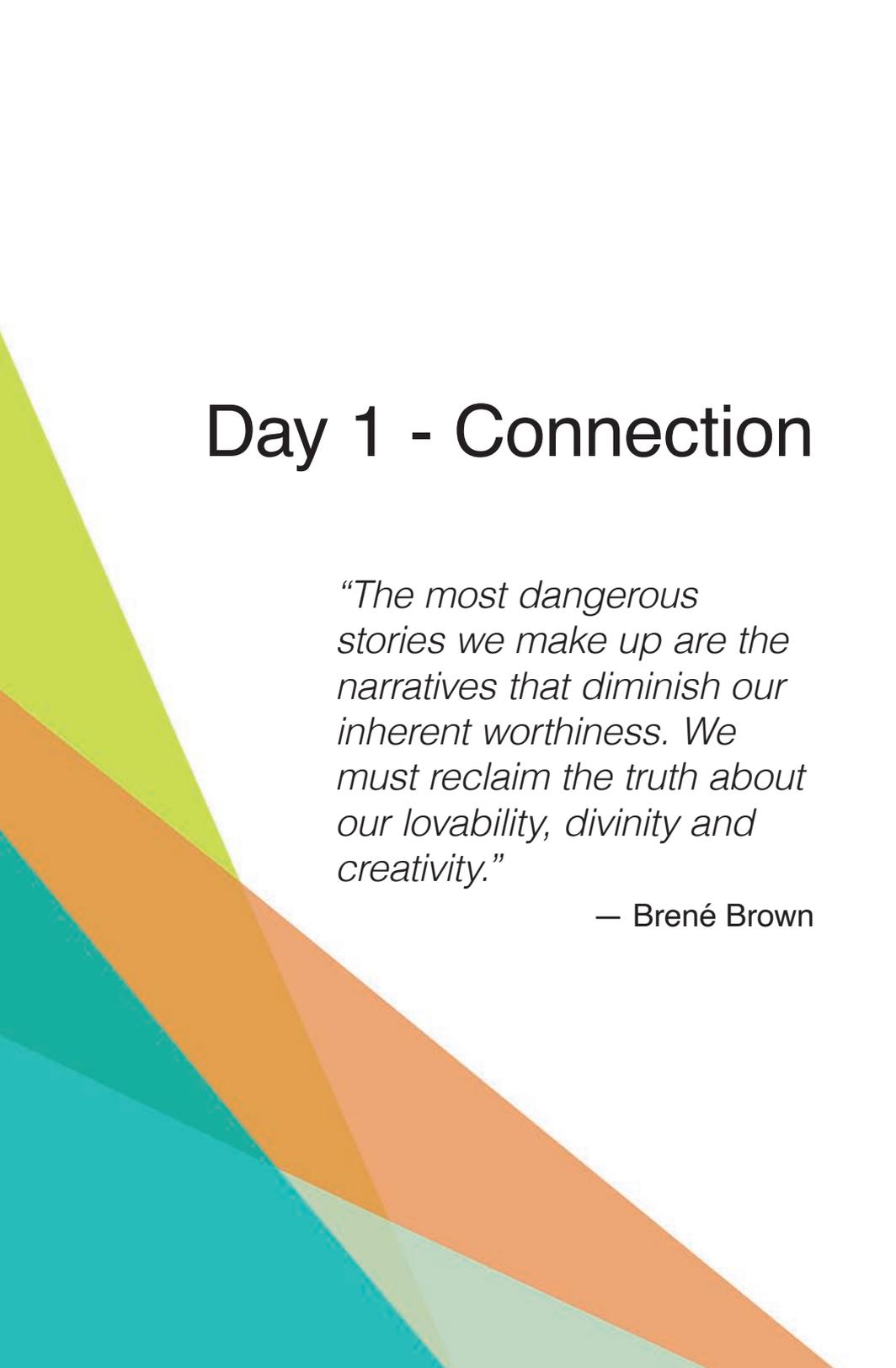
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Day 1 - Connection

“The most dangerous stories we make up are the narratives that diminish our inherent worthiness. We must reclaim the truth about our lovability, divinity and creativity.”

— Brené Brown

Cultivating a Provincial Perspective

As part of the Healthy Campus Alberta Community of Practice, your voice is invaluable! Your experiences and perspective are key to informing the work we all do. In whole-system collaboration, it is important to understand who your voice can represent, and the ways in which our experiences and roles may vary across the province.

Of the descriptors below, circle/highlight those that describe your perspective. If we have missed a key part of your experience, feel free to add your own.

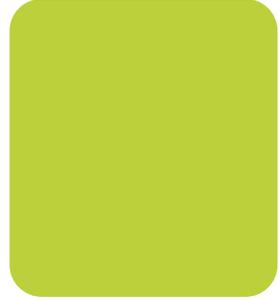
STEM
Teaching & Learning
Urban
Faculty
Small campus
Health services
Rural
Northern Alberta
Southern Alberta
Research
Community member
Accessibility/
Accommodations
Staff
International
Central Alberta
Student
In-person
In the classroom
Work from home
Online
Polytechnic
Large campus

After the Session Reflection

Who did you meet during this session that you would like to follow up with?



Something cool someone's doing:



Something that made you laugh:



What other perspectives in the session would you like to hear from more?



Three words I would use to describe this session:



*“We don’t have to do all of it alone.
We were never meant to.”*

— Brené Brown

After connecting with other members of the community, how does the quote above resonate with you?



Circle or highlight the value(s) you identify with most after the session.

Collaboration Community Relationship
Responsibility Engagement
Inclusion Empowerment Hope
Opportunity Kindness Strengths
Sharing Action Caring Campuses
Resilience Wellness



Day 2 - Keynote & Reflection

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

— Maya Angelou

During the Session

Questions I have:

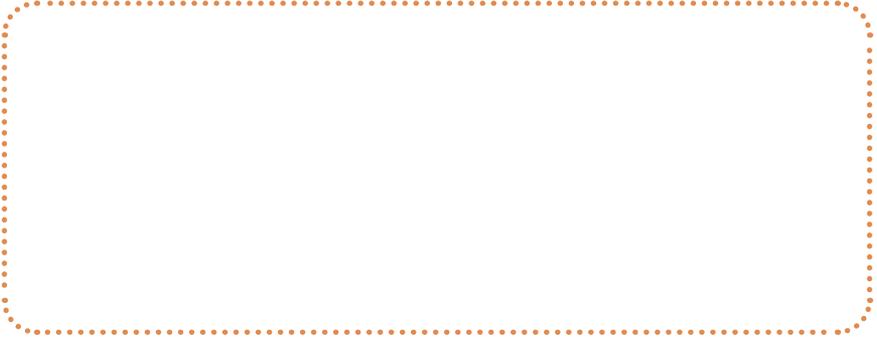


Things I found interesting:



After the Session Reflection

What has been your biggest learning and challenge so far?



How do you see parts of the keynote conversation reflected in your personal context?



What has been most helpful to you so far? Why?



What is one skill/area you would like to grow?



What possible next steps can you take to apply your learnings?



Additional Resources:



[Breathe, Reset, Refuel, Rinse, Repeat](#)



[Wellness Summit Dashboard](#)



Day 3 - Panel & Breakout Sessions

*“I’m a very strong believer
in listening and learning
from others.”*

— Ruth Bader Ginsburg

Questions I have:



Things I found interesting:



Breakout Session

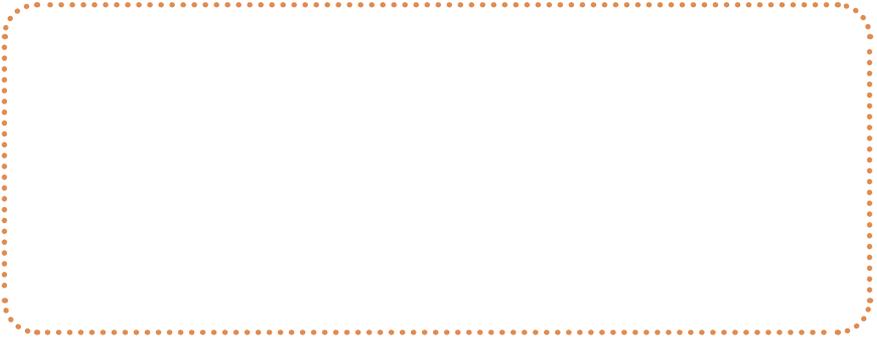
Questions I have:



Things I found interesting:



In 1-2 sentences, summarize your main takeaway from this session.

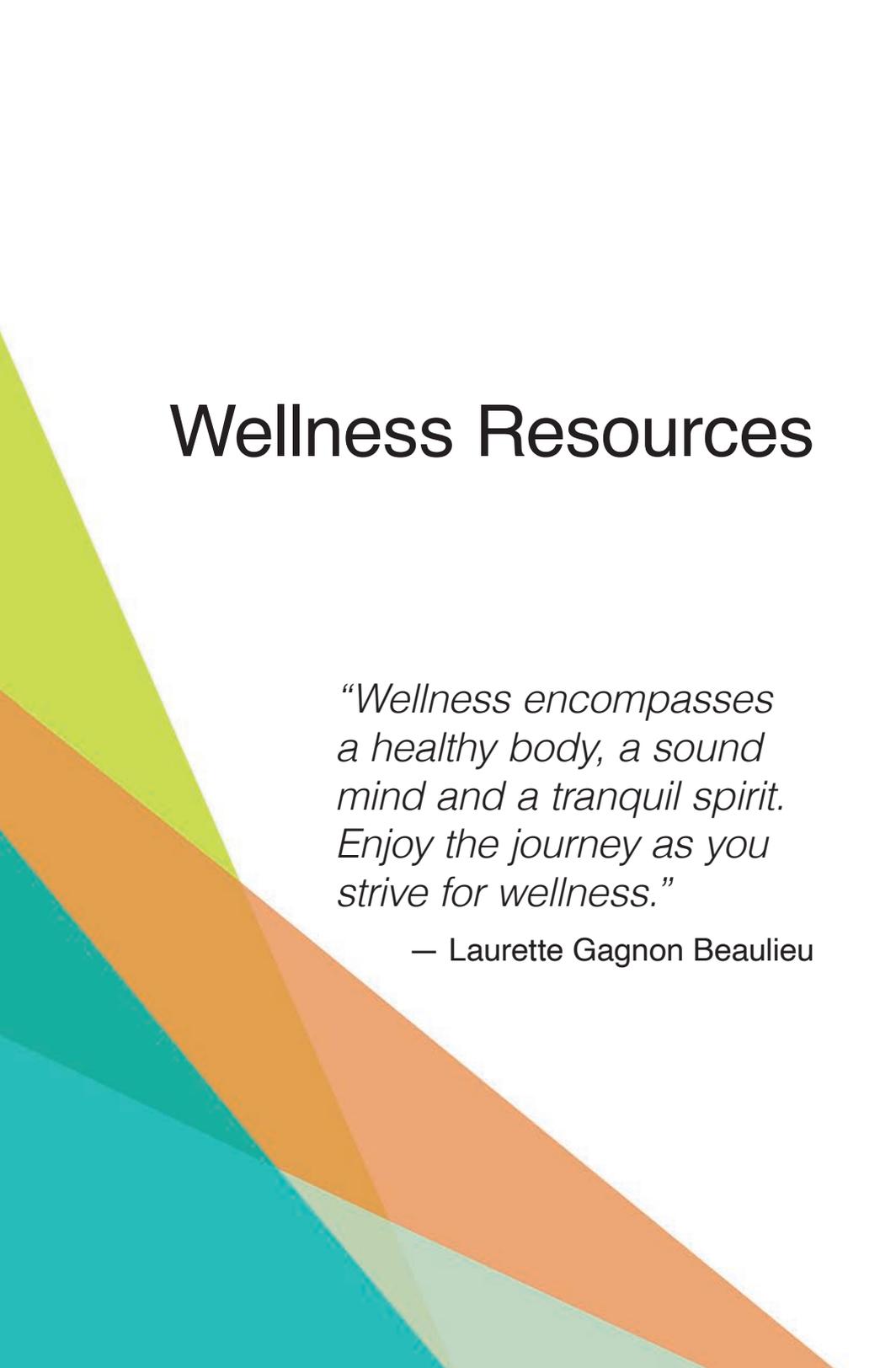


What is one skill/area you would like to grow?



What possible next steps can you take to apply your learnings?





Wellness Resources

“Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.”

— Laurette Gagnon Beaulieu

Need Help?

During our Wellness Summit, the focus is on you, the participant. We want to provide a space for collaboration and learning but also a space that recognizes and supports other areas of wellbeing. The following pages have some resources and activities to support different areas of wellness. We know there's more wellness resources out there and would love to know yours! Share them with the community on the online Summit Dashboard at:



[Wellness Summit Dashboard](#)

At any point during the summit should you feel overwhelmed or in need of immediate support, please refer to one of the following community resources:



Alberta 211

Call 2-1-1
Or visit online.

**Mental Health
Help Line**

Call 1-877-303-2642

Wellness Self Check-ins

Head to the Canadian Mental Health Associations' website to take one of their wellness check-ins.



[Your Stress Index](#)



[Mental Health Meter](#)



[Work-Life Balance Quiz](#)

Finish the Picture!

Use your imagination to finish the drawing.



A Gentle Reminder: Take a Break!

Here are a few ideas for recharging during your break time:

Stand up and move around your space

Pop outside for a bit

Grab a tasty snack

Refill your water bottle

Write about something you're grateful for

Perform a grounding exercise

Follow a chair yoga exercise on Youtube

Reset your sitting posture

Change up the tempo of your music

Summer Sweet Tea

2 bags of orange pekoe tea
 1 T lemon juice
 1/4 c granulated sugar
 Ice cubes, lemon slices, or other garnish

The perfect homemade iced tea. So refreshing on a hot summer day!

Boil 1 L of water and steep the orange pekoe tea for 3-5 minutes. Stir in the sugar and the lemon juice, adjusting to your desired sweet and sour levels. Let the tea cool to room temperature. Then, refrigerate it for 2-3 hours or overnight. When the tea is chilled, serve it on its own or with ice cubes and a slice of lemon. Store in a 1-L mason jar or another container for up to a week in the fridge.

Holstein Crinkles

1 3/4 c granulated sugar
 1/2 c canola oil
 4 x 1 oz squares sweetened baker's chocolate
 2 T cocoa
 2 t vanilla extract
 4 eggs
 2 c all purpose flour
 2 t baking powder
 pinch salt
 1 c chocolate chips (optional)
 3/4 c confectioners' sugar

Also called crinkle cookies, but it's much more fun to imagine the pattern of a dairy cow on these pretty cookies!

Combine the sugar, oil, chocolate, cocoa, and vanilla in a large mixing bowl. Add the eggs, one at a time, beating well. Combine the flour, baking powder, and salt. Gradually add the flour mixture to the chocolate mixture and beat until smooth. Stir in the chocolate chips. Cover and refrigerate for up to 4 hours.

Shape the dough into 1-inch balls (or desired size) and roll each ball of dough in the confectioners' sugar. Place 2 inches apart on a baking sheet. Bake at 350 degrees C in the oven for 10-12 minutes. Cool on a wire rack.

Games to Play with Others!



[Backyard](#) - free games with video meet built in

[Skribbl](#) - free pictiory

*Thank you for attending
the Healthy Campus Alberta
2021 Wellness Summit.*