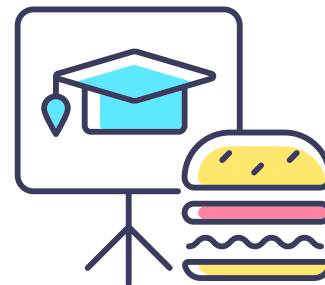


HEALTHY CAMPUS ALBERTA

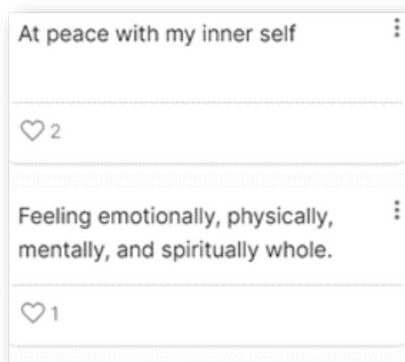
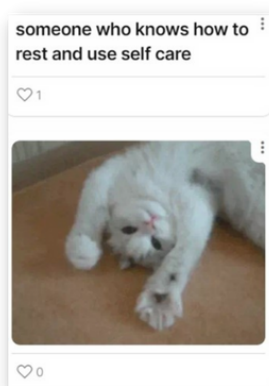
Winter 2023 Student Lunch and Learn

The first HCA-hosted Student Lunch and Learn was held online through the Zoom platform on February 28, 2023 from 1-2pm. The event was facilitated by HCA student staff and students from SAIT and Bow Valley College, and attended by **11 students** from **6 Alberta campuses**.



Event Summary

The event started with a Padlet discussion, where we shared responses to the questions: What does wellness look like to you? When you envision someone who is “well” and “healthy,” what comes to mind? What factors do you think influence wellness?



We watched a video about the [Eight Dimensions of Wellness](#) for optimum health: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual wellness. Then we moved into breakout discussions, which included a series of questions aimed at our learnings, successes, challenges, and resources related to the Eight Dimensions of Wellness.

- The Eight Dimension of Wellness were new to some students. The video served as a reminder there are other aspects of life that need to be looked at, and self-care is not limited to mental health and physical health. We discussed that the Eight Dimensions were affected during the pandemic, leading to a sense of isolation. The majority of the conversation centered around the social dimension of wellness and peer mentorship.
- Successes included making more of a conscious effort to take care of our well-being. Some self-care activities included going to the gym or hiking, listening to podcasts, connecting with old and new friends, or taking part in peer support.
- Some challenges were a sense of imbalance in the Eight Dimensions. We discussed that there was a lack of awareness in less obvious dimensions of well-being, so they weren't addressed as well as others. It was also challenging to juggle multiple obligations and priorities (e.g., school and family matters), which made taking time for self-care challenging.
- Some campus resources we shared were reflection rooms on campuses for meditation, gym facilities, KOFE (a self-guided course about finance), affordable/healthy groceries that are accessible to students, and nutritional snacks are provided in campus during exam weeks.

When we came back from the breakout rooms, we shared our takeaways before playing a fun activity. We spun the Wellness Wheel and thought of some strategies for the dimension of wellness that the wheel landed on!



Emotional:

- Journaling
- Affordable therapy
- Learning how to respond to conflict

Spiritual:

- Re-shifting focus (focusing on the good)
- Meditation
- Vision boards
- Connecting with nature/ourselves
- Reflecting on life

Intellectual:

- Reading
- Listening to audiobooks or podcasts
- Pinterest

Resources

These are some of the resources we shared to continue our learning about the Eight Dimensions of Wellness.

- **Eight Dimensions of Wellness video:** https://www.youtube.com/watch?v=2NR4_5dt7JA
- **Self-care game:** <https://youfeellikeshit.com/>
- **Stress Strategies:** <https://www.stressstrategies.ca/>
- **Self-Assessment Health Tools:** <https://www.workplacestrategiesformentalhealth.com/resources/self-assessment-health-tools>
- **BounceBack:** <https://bounceback.cmha.ca/>
- **Resources for accessing support:** <https://www.mymentalhealth.ca/category/get-help/>
- **Access community supports from 211 Alberta:** <https://ab.211.ca/>

Next Steps

The HCA Student Lunch and Learn event will return in the 2023/2024 academic year. Stay tuned for more information!



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