

2023 Carleton Virtual Care Package

Ottawa, Canada
wellness.carleton.ca



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Welcome to the 3rd annual Carleton Virtual Care Package! This PDF is full of resources, activities, and ideas to inspire new ways to support your well-being this year.

Resources are divided into four categories: Carleton, mental health, well-being, and substance use health. Each item is hyperlinked to allow you to explore and discover what might be an exciting new tool in your wellness routine.

We would love your feedback! Please email wellness@carleton.ca and let us know what you'd like to see next year.

Carleton Resources

Carleton Wellness Services Navigator (Wellness Services Navigator - Carleton University): The Carleton Wellness Services Navigator takes just a few minutes to fill out and curates a list of mental health and wellness resources that are specific to your needs, situation, and identity. Each submission is anonymous and you can use it as often as you'd like.

Carleton Wellness Website (Wellness - Current Students - Carleton University): Looking for anything related to mental health and wellness at Carleton? Explore the new wellness website to stay up to date with all things wellness on campus.

Learn about your health coverage (Home (studentcare.ca)), the pharmacy (The Prescription Shop - Travel Clinic and Pharmacy at Carleton University), and health and counselling services at Carleton (Counselling - Mental Health and Wellness - Wellness - Current Students - Carleton University): Having key information about the health services available to you is important for your physical and mental health. Call Health & Counselling at 613-520-6674 to book an appointment from 8:30 am to 4:30 pm EST, Monday to Friday for a counselling or medical appointment.

Care report (Care Report - Mental Health and Wellness - Wellness - Current Students - Carleton University): Anyone in the Carleton community can submit a care report for a student they are concerned about to document their concern and/or prompt a follow-up by the Care and Support team.

From Intention to Action (FITA) (From Intention to Action - Carleton University): From Intention to Action helps students better manage their stress and improve academic performance by navigating the personal stressors that can often get in the way of school. Students meet 1-on-1 with a Coordinator for 1 hour every week for 12 consecutive weeks.

Paul Menton Centre (Paul Menton Centre - Carleton University): The Paul Menton Centre consists of Disability Coordinators, Learning Strategists, Assistive Technologists, and Student Support Staff who work together to coordinate academic accommodations and support services for students with disabilities at Carleton University.

Empower Me (Empower Me - CUSA (cusaonline.ca)): This service is available to all Carleton undergraduate students for 24/7, confidential, multilingual, culturally sensitive, gender inclusive, and faith inclusive mental health support. You can access Empower Me's health professionals through video conferencing, phone, or in-person.

Mental Health Resources

Good2Talk (Good2Talk): Good2Talk provides free and confidential mental health support to post-secondary students in Ontario through phone, text messaging, or Facebook Messenger. Languages are available in English, French, and Chinese.

Great Meditations on Youtube (<https://www.youtube.com/c/GreatMeditation>): Free guided meditations of various lengths to support your mindfulness practice.

Journal Book (JournalBook): A free website to journal your thoughts with guided prompts and reflections. Not only a place to write your thoughts, there are also tools to track habits such as sleep, movement, and mood.

Black Women in Motion (<https://blackwomeninmotion.org/>): Black Women in Motion is a Toronto-based, survivor-led, grassroots organization that empowers and supports the advancement of Black women, girls, nonbinary and gender-non-conforming survivors of gender-based violence. They work to create culturally-relevant resources, healing spaces, educational and economic opportunities for survivors. @blackwomeninmotion

Daily Affirmations Generator (<http://alt.graceland.edu/~samuel1/Affirmations/>): Looking for an affirmation? Use this Daily Affirmation Generator to discover an affirmation to repeat throughout the day and ground into a positive thought.

Guided Practices for Self-Compassion (Self-Compassion Exercises by Dr. Kristin Neff): Try one of Dr. Kristen Neff's guided practices or exercises to strengthen your self-compassion.

MoreGoodDays (Online Care | [kickstand \(mykickstand.ca\)](http://kickstand.mykickstand.ca)): It can often be tough to reach out to someone for support or advice. MoreGoodDays is a messaging service that delivers a daily dose of inspiration straight to your phone via text message. Get started by texting MoreGoodDays to 393939 (MoreGoodDays is totally free - but if you normally pay to receive text messages, you may incur charges).

Mental Health Apps:

Calm App (Calm - The #1 App for Meditation and Sleep): A variety of guided meditations and sleep stories centred around themes such as improving sleep, reducing stress or anxiety, improving focus, or staying present.

InsightTimer (Insight Timer - #1 Free Meditation App for Sleep, Relax & More): In addition to meditations available in several languages, this app provides yoga, live events, and the option for paid courses on a variety of wellness topics.

MindShift CBT (MindShift® CBT App - Anxiety Canada): Developed by Anxiety Canada, this app addresses anxiety, worry, panic, perfectionism, social anxiety, and phobias through cognitive based tools to help reorient your thinking and behaviour strategies.



Well-Being Resources

Move

Yoga With Adriene (<https://www.youtube.com/c/yogawithadriene>): Hundreds of free yoga videos for beginners with little to no equipment needed.

Madfit (<https://www.youtube.com/c/MadFit>): Feel like you need to get moving and shake out the stress of your day? Check out Madfit dance workouts, no equipment workouts, yoga or low-impact classes that can be done in the comfort of your own home.

Stretches For Stress Relief (Quick Stretches for Stress Relief You Can Do Right Now | Everyday Health): Have you been sitting a lot today? Try some of these quick stretches and pay attention to how your body feels before, during, and after.

Second-hand Equipment and Rentals: Check out these second-hand equipment and rental spots to try out winter sports on a budget!

- Kundstadt Sports offers used equipment: Used Skis & Ski Trade In — Kundstadt Sports
- The NCC provides equipment rentals along the Rideau Canal during skating season: Equipment rentals - National Capital Commission (ncc-ccn.gc.ca)
- Dow's Lake provides group discounts on skate rentals in the Winter: Dow's Lake (dowslake.com)

AllTrails (<https://www.alltrails.com/>): Explore the many trails in your city or neighbourhood with easy to use search terms such as biking, dog friendly, wheelchair friendly, trail running, and more.

Play

Ottawa Passport (https://www.canva.com/design/DAFTiMx3Xc4/r8T8bDMO8sWaAOZ_ckt-7A/view?utm_content=DAFTiMx3Xc4&utm_campaign=designshare&utm_medium=link&utm_source=homepage_design_menu):

A budget-friendly list created by Carleton's student health promoters to explore Ottawa by yourself or with friends! View this passport on Canva or print it out to check off activities as you go.

Create a Vision Board (<https://www.canva.com/create/vision-boards/>): Explore Canva and create a vision board using a free account. Vision boards are a great way of infusing purpose, direction, and intentionality into your goals and dreams.

Goal trackers: The app "Habit Tracker" (Habit Tracker by Davetech Co., Ltd. (appadvice.com)) is highly customizable, allows you to add friends, and is beautifully designed, while the app

"Habitify" (Habitify - The Minimal, Data-Driven Habit Tracker) has extra features like mood tracking.

Colouring Sheets (Adult Coloring Pages | Free Coloring Pages | crayola.com): Take some time for yourself and print out a free colouring sheet to unwind your mind.

Jigsaw Puzzles (<https://thejigsawpuzzles.com/>): Looking for a jigsaw puzzle without the clean up? This website has dozens of free jigsaw puzzles of varying levels to explore.

I Miss My Cafe (I Miss My Cafe): This virtual cafe provides all the sounds you would expect when visiting one in person, making for great background noise if you're studying at home.

Air Fryer Recipes: The Health Promotion team compiled this list of their favourite air fryer recipes worth checking out!

- Parmesan Tomatoes
- Chicken Wings
- Twice Baked Potatoes
- Sweet Potatoes
- Banana Chips
- Apple Hand Pies
- Cauliflower Bites
- BBQ Tater Tot Casserole
- Tofu
- Mozzarella Sticks
- Breakfast!



Learn

Libby App (Libby - Welcome (libbyapp.com)): If you own a free local library card, you can access thousands of books, magazines and audiobooks all through the Libby app. Recommendations from the Health Promotion team include:

- Atomic Habits - James Clear
- The Body Keeps the Score - Bessel van der Kolk
- The Untethered Soul - Michael Singer
- You Are A Bad*ss - Jen Sincero
- Year Of Yes - Shonda Rhimes
- The Mountain Is You - Brianna Wiest
- Burnout - Emily Nagoski
- Daring To Take Up Space - Daniell Koepke
- All That You Deserve - Jacqueline Whitney
- A Gentle Reminder - Bianca Sparacino
- The Power of Now - Eckhart Tolle
- The Gifts of Imperfection - Brené Brown

Duolingo (Duolingo - The world's best way to learn a language): Discover a new language to challenge yourself and build a new skill, it may even benefit your health (How Learning a New Language Can Benefit Your Health (languagenetworkusa.com)).

Poignant Podcasts!: Podcasts are a great way to learn and reflect on-the-go. Explore this curated list of podcasts collected from the Health Promotion team.

- "Psychology Unplugged" By Dr. Corey J. Nigro
- "The Morning Ritual" with Lilly Balch
- "Minding the Brain" by Dr. Kim Hellemans and Dr. Jim Davies
- "The Happiness Lab" by Dr. Laurie Santos

TEDTalks (TED Talks): TED Talks are a quick and impactful way of listening to new perspectives and thought-provoking ideas. Not sure where to start? Check out "The Power of Vulnerability" (Brené Brown: The power of vulnerability | TED Talk) by Brené Brown, "There's No Shame in Taking Care of Your Mental Health" (Sangu Delle: There's no shame in taking care of your mental health | TED Talk) by Sangu Delle and "How to Make Stress Your Friend" (Kelly McGonigal: How to make stress your friend) by Kelly McGonigal.

Games for the Brain (Games for the Brain): Explore simple online games that strengthen working memory, word association, and reaction time.

Pomofocus (Pomodoro Timer Online - Pomofocus): Use this free webpage to practice the effective Pomodoro Technique! This technique uses a timer to break down working time into intervals, traditionally 25 minutes in length, with breaks scheduled in between.



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Substance Use Health Resources

All People All Pathways (Supports and Resources - Mental Health and Wellness - Wellness - Current Students - Carleton University): A peer support group facilitated by individuals with lived or living experience with substance use and addiction. This is an open drop-in group for the Carleton student community with no weekly commitment, offered in collaboration with the Community Addictions Peer Support Association (CAPSA)

Virtual Naloxone Training (Naloxone Training Registration - Mental Health and Wellness - Wellness - Current Students - Carleton University): The Office of Student Affairs has partnered with Naloxone Care to provide training sessions and Naloxone kits to members of the Carleton community. Register to secure your spot in an upcoming workshop.

Party Safer Tips (PARTY SAFER TIPS (ottawapublichealth.ca): If you choose to consume substances at a party, follow the Party Safer Tips provided by Ottawa Public Health to reduce your risks.

Minding the Brain (Minding the Brain - Cognitive & brain science episodes from Jim Davies & Kim Hellemans (mindingthebrainpodcast.com): Minding the Brain is an award-winning, monthly science podcast by Dr. Jim Davies and Dr. Kim Hellemans, brought to you by Carleton University's Faculty of Arts and Social Sciences. Check out these specific episodes that focus on substance use and its effects:

- Ep. #3 Marijuana
- Ep. #14 Alcohol and the Developing Brain
- Ep. #55 Caffeine

Breaking Free Online (Breaking Free Online | Recovery Program for Alcohol & Drugs): Breaking Free Online (BFO) is a new, safe and confidential online tool that supports individuals looking to reduce or stop their use of over 70 listed substances. A service code for Carleton students is available: carletonuni22.

National Overdose Response Service (NORS) (NATIONAL OVERDOSE RESPONSE SERVICE (NORS): NORS is an overdose prevention hotline for Canadians providing loving, confidential, nonjudgement support for you, whenever and wherever you use drugs. Call 1-888-688-NORS(6677) to connect with someone who wants to help you stay safe.

The Brave App (Brave App): The Brave App connects people who would otherwise use substances alone with remote supervision and overdose support, while protecting their privacy, anonymity, and autonomy.

Carleton Wellness Cootie Catcher

Print out this Carleton Wellness Cootie Catcher and cut along the solid black lines. A video tutorial for how to fold a cootie catcher can be [viewed here](#). Explore positive affirmations on the inside by choosing a different colour and number each day!

