

# Wellness Team Workshop Descriptions

Fall 2024 – Winter 2025

Please note that the workshops below are the ones that are offered on a request basis. Additional workshops are available for open registration at set scheduled dates (and are unavailable to request using this form). To view additional workshops, please check out the Events portion on the [Mental Health and Wellness Website](#).

## Understanding the Whole Picture: A Holistic Approach to Wellness

**Length:** 55 minutes (45 minutes delivery and activity, 10 minutes for questions)

**Minimum number of participants:** 5

**Description of Workshop:** Looking to discover and learn more about how you can improve your wellness? Join the Health Promotion team in this educational and informative workshop about the 8 Dimensions of Wellness! This workshop will take participants through the 8 Dimensions of Wellness and allow participants to critically reflect on their current wellness practices and set goals to enhance their wellness in the future.

### Learning Outcomes:

1. Participants will learn about and have an understanding of the 8 Dimensions of Wellness and our holistic approach to wellness.
2. Be able to identify strengths and improvement areas in relation to individual wellness.
3. Be able to identify one's current practices of wellness, in relation to the 8 dimensions of Wellness.

## Classroom Presentation – Wellness Resources Overview

**Length:** 15 minutes (10 minutes delivery, 5 minutes for questions)

**Minimum number of participants:** 10

**Description of Workshop:** Learn about 10 resources in just 10 minutes! This workshop will review essential resources available on and off-campus to support student mental health and wellness. This workshop is intended for instructors at Carleton University who would like their students to learn more about available supports and services, how to use the Wellness Services Navigator, and explore Carleton's Mental Health and Wellness website.

### Learning Outcomes:

1. Learn how to access and use the Wellness Services Navigator.

2. Learn about available resources, both on and off-campus.
3. Discover Carleton's Mental Health and Wellness website and available services/supports at Carleton University.

## **Feeling the Burnout: Recognizing Signs and Building Resiliency**

**Length:** 55 minutes (45 minutes delivery and activity, 10 minutes for questions)

**Minimum number of participants:** 10

**Description of Workshop:** In this interactive workshop, participants will learn about what emotional literacy means and why it is crucial to one's wellness. Participants will learn how to better connect with their emotions and discover techniques to help them regulate their emotional responses through everyday practices.

### **Learning Outcomes:**

1. Participants will be able to define emotional literacy and emotional regulation.
2. Participants will learn 1-2 techniques or skills that they can incorporate into their everyday practice.
3. Participants will feel better equipped to deal with future emotional responses.