

# Wellness Team Workshop Descriptions

Fall 2025 – Winter 2026

Please note that the workshops below are the ones that are offered on a request basis. For more Events and information, please visit the [Mental Health and Wellness Website](#).

## Understanding the Whole Picture: An Exploration to Supporting Your 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 Wellness 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.

**Recommended Audience:** This workshop is recommended for student groups who anticipate working directly with and/or providing peer support to fellow students. This could include, but is not limited to, student leaders, student staff, and peer support staff.

### Learning Outcomes:

1. Participants will learn about and gain 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.

**Recommended Audience:** This workshop is recommended for those who are looking for a workshop to be completed in under 30 minutes.

**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.

## **Stressed Out? What is happening, why is it impacting me, and what helps**

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

**Minimum number of participants:** 10

**Description of Workshop:** Feeling stressed out? This workshop helps participants understand what stress is, why it happens, and how it impacts both body and mind. During this workshop, participants will be guided through the functions of stress, how to recognize stress signals, and strategies to manage and reduce its impact. This interactive session highlights practical tools such as completing the stress cycle, TIP skills (temperature, intense exercise, paced breathing, paired relaxation), and using a “wise mind” approach. Participants will also explore helpful resources and supports both on and off campus.

**Learning Outcomes:**

1. Participants will learn about the sources, triggers, and functions of stress, and how it can be both protective and harmful.
2. Participants will be able to recognize personal stress signals across thoughts, feelings, behaviors, and physical reactions.
3. Participants will be introduced to evidence-based coping strategies (e.g., stress cycle completion, DBT skills, routine setting, wise mind).
4. Participants will be able to identify resources (campus, community, and self-directed tools) to support ongoing stress management.