

# wellness workshops

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## WELLNESS

is the integration of mind, body, and spirit to create a greater quality of life. Overall, wellness is the ability to live life to the fullest and to maximize personal potential.

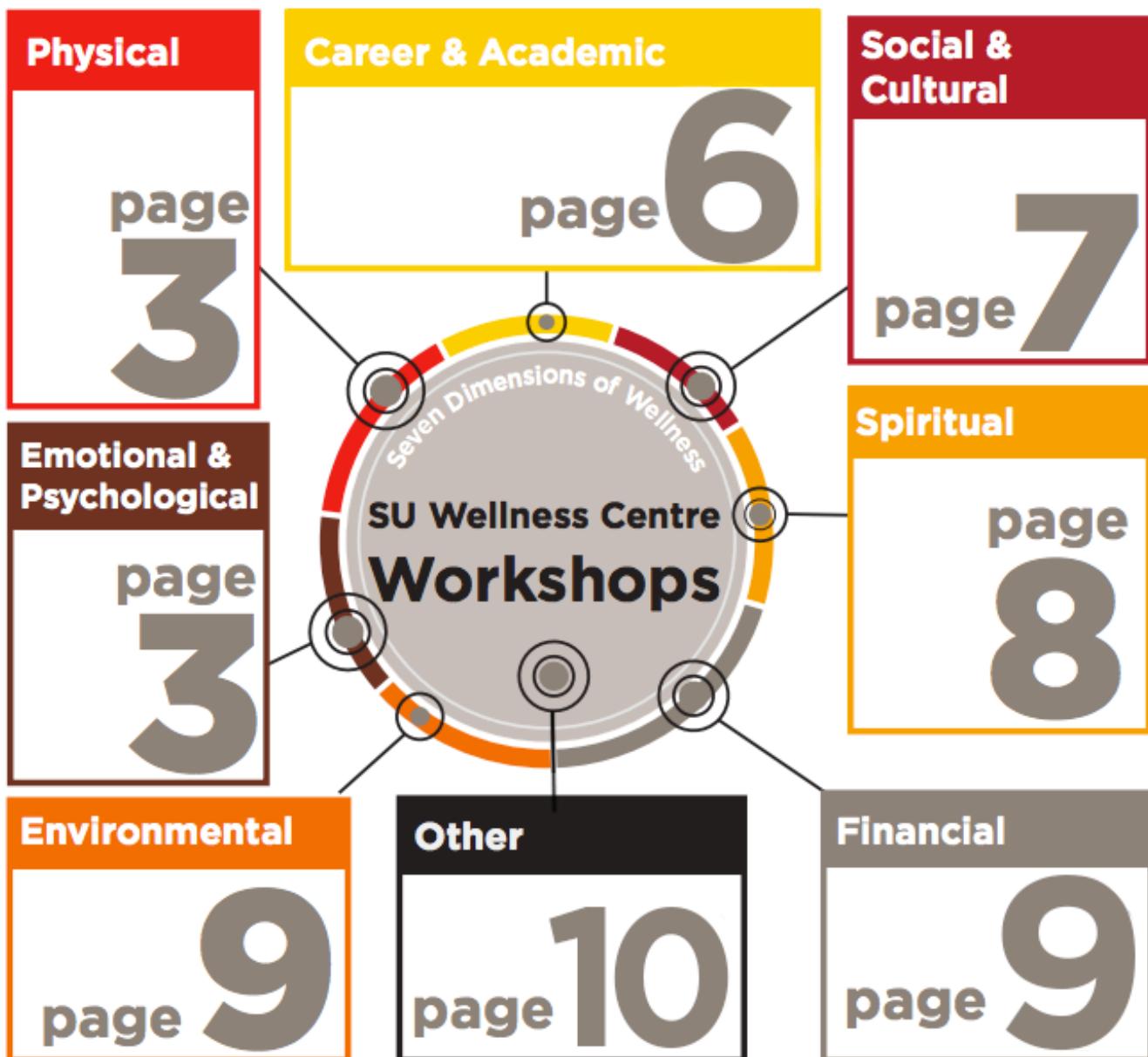
Take time to explore your wellness today! Below are our current workshop offerings that can be requested by students, faculty or staff. To see a list of our ongoing wellness workshops, visit our [Wellness Workshops](#).

Our workshops are designed to provide health outreach and education based on the seven dimensions of wellness in our lives.

Last Updated: March 8, 2016



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# **physical**

## **Eat, Sleep, Play: Your Best Physical Self**

Learn about the three key elements for enhancing your health and building your resilience. Practical tips and strategies to maximize your nutrition, sleep and physical activity will be provided. Building physical wellness will boost your ability to manage the stress of university.

### **Getting a Good Night's Sleep**

Quality sleep is an essential for academic and personal success, yet insomnia can disrupt your energy and well-being. In this practical workshop, we will talk about sleep and insomnia, as well as learn strategies to address sleep issues. Interactive activities and discussion will be included.

### **Smart Student Nutrition\***

Learn about nutrition to not only improve your health, but also energy, focus, and performance as a student. You will be guided in assessing your own diet and hear practical tips to improve it.

\*This session may be associated with a cost if facilitated by our registered dietitian.

# **emotional & psychological**

## **Emotional Connection in Intimate Relationships**

This workshop looks at the key factors for creating and maintaining the emotional connection that helps to keep relationships healthy and happy. While the workshop's focus

is on intimate relationships, the skills introduced can be used in a variety of relationships including family, friends and work colleagues.

## **HealthRHYTHMS® Drumming**

HealthRHYTHMS® is an evidence-based Recreational Music-Making program that leverages the benefits of group empowerment drumming as a life enhancement tool. By giving people permission to play, HealthRHYTHMS® has been shown to boost the immune system, improve mood, and reduce stress and burnout. HealthRHYTHMS® may be used to create a health promoting environment, empower people to move beyond their perceived limits, bring to the surface what is difficult to express in words alone, draw people together, and enhance communication and morale.

This workshop is open to students, staff and faculty and is a great team-building activity for any group. No experience is necessary and drums are provided. This workshop is made available through the Faith and Spirituality centre.

## **Life Balance**

Juggling multiple obligations and commitments is a reality for students. Pause and reflect on what is most important in your life to ensure your choices reflect your priorities. Learn strategies to balance your commitments and increase your vitality and energy.

## **Mindfulness for Stress Management**

Mindfulness practice has been shown to help individuals reduce stress, manage thoughts, boost working memory and focus, manage emotions and improve relationship satisfaction. In this interactive session, participants are invited to learn about mindfulness theory and participate in meditative practice. Topics will include an introduction to the science and practice of mindfulness, an exploration of exercises that help individuals cultivate mindfulness in daily life, and resources for continued learning.

## **Mood and Motivation**

In this workshop, you will learn ways to become more in touch with your feelings, to effectively regulate your reactions and respond to situations in healthy ways. You will also learn strategies to keep motivated and set SMART goals to successfully complete the term.

## **Reducing Anxiety**

In this workshop, you will be introduced to strategies for managing anxiety and become familiar with resources to assist with reducing anxiety. You will also learn to recognize and challenge anxious self-talk.

## **Relieve Stress Now using HeartMath®**

This interactive workshop will introduce you to the scientifically validated HeartMath® program which can de-stress your life and improve your overall health. During this workshop you will learn: What stress is, How stress and emotions impact your body, brain, and emotional health, How to transform the negative emotional and physiological effects of stress, and How to manage stress and build resiliency by using a HeartMath® technique that can be used in the moment to reduce stress, gain more energy, increase productivity, boost optimism and more

## **Road to Resiliency**

Resiliency is the ability to bounce back or adapt in the face of transition and adversity. It is inevitable that we will all experience transition and adversity at some point in our lives. In this workshop, we will explore the factors associated with resiliency and discuss strategies to enhance our personal resiliency.

## **Self-care for Stress Management**

In this workshop, you will increase your understanding of stress sand explore practical strategies to manage stress and increase your energy and focus. Time is given in the workshop to prepare a personalized and practical self-care plan to manage your stress.

## **Self-compassion**

Have you ever criticized yourself for not doing something as well as you had hoped? Self-critical thoughts are very normal; however, they can also get in the way of your goals and personal success. In this workshop, you will learn new skills to defeat that inner critic that could stand in your way.

## **Stress Management**

Understand stress and the impact of long-term stress. In this workshop, learn practical strategies to manage stress and increase your energy and focus. Come relax your body and mind!

## **Stress Reduction**

In this workshop, you will learn both cognitive-behavioural and mindfulness -based strategies that can be easily applied in your life. Time is given in the workshop to practice exercises and you will leave feeling relaxed and more equipped to manage your graduate experience.

## **Transition**

Experiencing change can be both exciting and overwhelming at the same time. During this workshop, we will explore your past experiences with change, common reactions to major life transitions, and strategies to help you successfully negotiate transition.

## **Understanding Emotions**

In this workshop, we will help you learn ways to become more in touch with your feelings, to effectively regulate your reactions and respond to situations in healthy ways. As you strengthen your emotional awareness, you will increase your capacity to enjoy life, cope with stress, and focus on important personal priorities.

## **Understanding Grief**

Grief is a natural process that happens when we experience loss through death, yet it can feel very disorienting and overwhelming. Understanding grief can assist you in navigating loss with greater awareness and insight. Learn about the process of grief, how it can impact your well-being as a student and ways to support yourself and others living with loss.

# **career & academic**

## **Managing Test Anxiety**

Nervous, worried, stressed out feelings during exams can significantly affect your

performance. In this interactive workshop you will learn and practice with relaxation techniques and cognitive strategies to manage your anxiety during tests leaving you feeling more in control and performing better.

## **Career Contentment**

Many students are hoping to find a fulfilling career path that will bring them happiness, and want to feel confident that they are headed in the right educational and occupational direction. This workshop will assist students in looking at how to discover their passions and values and their important role in career decision making, and how maintaining a healthy career and life balance is key to their overall contentment and wellness!

## **Avoiding Procrastination**

During this workshop you will work to understand why you procrastinate, learn strategies to keep motivated, and set priorities to help you overcome your procrastination.

## **Presentation Anxiety**

If you struggle with class presentations required as part of your course work, you might want to consider this workshop. This workshop will provide participants with an opportunity to learn and practice skills and strategies to manage the anxiety you experience when doing presentations. **(This is a series of four 2hr workshops)**

## **Preparing to Defend your Thesis: Strategies to Manage Your Anxiety**

In this workshop, you will increase your understanding of your anxious response and learn how to change these reactions. Strategies to reduce and manage anxiety during your defense will be demonstrated with time to practice these skills.

# **social & cultural**

## **Conflict Resolution**

This workshop will help participants understand sources and causes of conflict. Specifically,

participants will learn about different communication styles and how to identify and handle conflict early to prevent it from becoming a bigger problem. Interactive activities will engage participants in the practice of conflict resolution skills.

## **Making Connections! Meeting New People and Creating New Friendships**

One of the major tasks in adjusting to university is learning how to make friends in an environment that is very different than high school. In this workshop, you will learn the science of how to expand your social circle.

## **The Helping Skill**

Have you ever been in a situation where your peer dropped a bombshell of a problem on you and you were wondering what you should do next? Ever wondered what to say to someone going through a crisis or life changing event? Do you want to learn how to help someone without giving them advice? The Helping Skill workshop will give you the tools to handle such situations. During this workshop you will learn 6 easy steps that will make you more aware of what you're doing when you're helping people and will make you an effective helper. All post-secondary students, staff, and faculty members are encouraged to participate.

# **spiritual**

**Spiritual Wellness** is about fostering the mind-body connection and finding meaning and purpose in human existence.

It includes things like:

- Making time to reflect and relax during the day
- Having compassion and being able to love and forgive those around us
- Understanding your own values and respecting the values and beliefs of others

If you are interested in a spiritual wellness workshop, please contact us directly to discuss your ideas further: 403-220-5465

# financial

**Financial Wellness** is having an understanding of your financial situation and being able to manage financial changes and responsibilities.

It includes things like:

- Knowing where your money comes from and where it goes
- Budgeting, planning and spending within your means
- Having financial goals
- Using credit wisely

If you are interested in a financial wellness workshop, please contact us directly to discuss your ideas further: 403-220-5465

# environmental

**Environmental Wellness** is about understanding our impact on the environment and how the environmental affects our health.

It includes things like:

- Realizing the effects of our daily habits on our planet
- Being aware of our limited natural resources
- Understanding the health effects of various environmental factors like the way our communities are designed, pollution, chemicals, and second-hand smoke.

If you are interested in an environmental wellness workshop, please contact us directly to discuss your ideas further: 403-220-5465

# other

## Helping Resources

Ever wondered where to turn to on campus and in the community for support in the areas of mental health, academics, career, financial and other areas of wellbeing? Ever wondered where to refer a friend or student who is in crisis? Join us for an interactive activity that walks participants through common scenarios and explores which resources on campus and in the community would be helpful.

## Wellness Needs of Students

Join us for a workshop exploring the National College Health Assessment (conducted in January 2013) of University of Calgary students. This interactive workshop will highlight key statistics and illustrate trends, perceptions and health behaviours of our students. You will also have the chance to learn about what the Wellness Centre is doing to help create a healthy campus community. Topics included from the survey are:

- General health and safety
- Alcohol, tobacco and drugs
- Sexual health
- Physical health (e.g., nutrition, physical activity)
- Mental health
- Academic impacts

# info on booking

- Please try to allow at least three weeks notice when booking a workshop.
- Most workshops are approximately 1 hour in length but can be adjusted to your needs.
- If you are interested in a topic not seen above, customized workshops can be developed with adequate notice.
- Workshops can be tailored according to the audience – students, faculty or staff.
- Workshops are educational and are designed to be fun, interactive and encourage students to think about their own health needs and experiences.
- If you are interested in booking one of the above workshops, [use our booking form](#). If you have any questions about our workshop offerings, please contact our Community Training Coordinator at 403-220-5465.