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

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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.
(This workshop is available in a 30 minute and 60 minute format.)

If you are interested in other topics in the area of physical wellness (e.g., chiropractic, massage, nutrition, etc.) please contact us directly to discuss your ideas further: 403-220-5465

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.
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-behavioral 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.

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.

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.

Incorporating Mindfulness and Neuroplasticity to Develop Resiliency to Stress
Education should not be focused on supporting students for a life of tests. Instead, more work should be done in providing students the capacity to deal with the tests of life. In this workshop, learn about developing personal awareness and nonjudgmental self-acceptance. These concepts, along with other concepts of mindfulness will be linked to the science of neuroplasticity in expressing the health benefits of traditional mindfulness practices in developing a more resilient internal and emotional self.

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.
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.

Transform Stress using HeartMath®

HealthRHYTHMS® is an evidence-based Recreational Music-Making program that leverages “Transforming Stress” a HeartMath® interactive workshop will allow participants to learn the scientifically validated HeartMath® program to de-stress your life and improve your overall health. During the program you will learn strategies:

• To make better decisions
• To communicate more effectively for improved relationships
• To de-stress in the shortest time possible
• To gain more energy and optimism

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.

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.

Communicating with Ease: Improving Social Skills

In this workshop, we will help you develop your interpersonal communication skills. As you build your communication skills, you will be able to successfully interact with others and strengthen your relationships.

Handling Conflict

This workshop will engage participants to consider different communication styles and to identify how to handle conflict early to prevent it from becoming a bigger problem. Participants will be supported to consider how they can increase their ability to communicate assertively and to learn how to complain rather than criticize.

Gender Diversity for Friends, Allies and Helping Professionals

Individuals who identify as transsexual, transgender, two spirited, or gender queer express a gender identity that challenges cultural expectations. Hence they are often marginalized, pathologized or disenfranchised. This interactive workshop will utilize a variety of learning mediums to: support participants to increase their understanding of issues facing people with diverse gender expressions and identify best practices to offer support.

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 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 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 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.

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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

ucalgary.ca/wellnesscentre/healthpromotion/workshops
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.

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, please click here. If you have any questions about our workshop offerings, please contact our Community Training Coordinator at 403-220-5465.