I am thrilled to share with you what mental well-being looks like at Cambrian College.
CAMBRIAN COLLEGE AND MY ROLE

About Cambrian
Located in Northern Ontario (about 450 km north of Toronto) with about 5000 full time learners in 80 programs.

About my role
Working in a job I consider a calling as the Wellness Coordinator of Cambrian College in the Glenn Crombie Centre for accessibility and student support services. Supporting our whole campus Wellness and Resiliency Policy and collaborating with staff and student groups to initiate and reinforce well-being initiatives.
There are 8 Wellness Pillars:

- Spiritual
- Emotional
- Social
- Environmental
- Physical
- Financial
- Career
- Intellectual
2018-2019 Monthly Themes

September: SOCIAL
As staff and students come together we can celebrate a crucial key to our wellbeing: social connection.

October: INTELLECTUAL
Getting into the groove of our routines and looking to maximize our learning potential.

November: FINANCIAL
For students learning to budget limited funds at this point in the semester and for staff with holidays on the horizon.

December: EMOTIONAL
This month we focus on self-care and managing our energy.

January: SPIRITUAL
Stepping away from the hustle and bustle of the materialistic holidays and looking to expand our minds in a spiritual sense.

February: CAREER
For students this is Career Fair time and prepping for post-graduation careers and summer positions. Also for staff taking a scan of career health and goals.

March: PHYSICAL
With the weather turning (hopefully) we can focus on our physical vitality. Fueling our bodies with activity and nutrition will improve our brain health and optimize the crucial mind/body connection.

April: ENVIRONMENTAL
Earth Day is celebrated around the globe in April. The Cambrian Community can celebrate the benefits of being outdoors and how we can contribute and enjoy our personal environment and our global one.
COLLABORATIONS

◎ Student Governments
◎ Wabnode Centre for Indigenous Services
◎ Glenn Crombie Centre
◎ Student Life Centre
◎ Enrolment Centre
◎ First Generation Advising
◎ Wellness Ninjas
◎ International Department
◎ Varsity
◎ Residence
◎ Career Centre
◎ Learning Centre
◎ Staff Wellness Committee
◎ Women's Resource Centre
◎ LGBTQ+
◎ Library
◎ Academics
YES! WE HAVE NINJAS!
October: Intellectual Wellness Month (example)
NOVEMBER FINANCIAL WELLNESS MONTH

Collaboration with Student Life Centre Chef’s and First Generation Advising Program

Staff contributed frugal recipe ideas to make a small cookbook for the students

Library staff created a cook book section with posters marketing the event

Residence promoted it and reserved seats in the sessions from this came the re-igniting of the grocery store bus
1. **Emotional wellness** inspires self-care, relaxation, stress reduction, and the development of inner strength. It is important to be attentive to both positive and negative feelings and to be able to understand how to handle these emotions. Emotional wellness also includes the ability to learn and grow from experiences.

   Emotional Wellness Activities
   - Build your passion by investing time in a new hobby or re-starting an old hobby
   - Manage your time by setting weekly goals
   - Do three random acts of kindness and savour the feeling you have from this
   - Try one new food, activity, or experience to get out of your comfort zone a little
   - Give up a bad habit
   - Create something beautiful or helpful to give as a gift to someone you love
   - Write a list of your positive attributes to remind yourself how strong you can be during difficult times
   - Visit an Elder
   - Practice meditation
   - Create a vision board

2. **Environmental wellness** inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment. You can have a strong environmental conscience simply by raising your awareness of what is around you. A clean, safe, comfortable place helps you feel good, whether you are in your home or out in the community.

   Environmental Wellness Activities
   - Go for a walk alone or with a friend; Look around and get your daily dose of vitamin D
   - Remove clutter by organizing one closet/drawer in your home
   - Grow/buy a plant
   - Car pool
   - Recycle and compost
   - Encourage someone else to recycle
   - Check out vintage/used clothes and consignment shops
   - Use reusable water bottles
   - Switch to natural cleaning products (like white vinegar)
   - Eat something made with locally-sourced ingredients
Financial wellness and developing financially-smart habits during college are valuable investments that will help you achieve your future goals.

College students often experience significant financial stress. Student debt can be a looming challenge, especially with the rising costs of higher education, housing, books, food, taking care of other dependents, and other basic expenses. Keeping up with these financial responsibilities can quickly become overwhelming, but ignoring them will only increase feelings of stress, anxiety, and fear. With so many things to juggle within a busy academic schedule, adding in some time every day to seek ways to improve financial wellness will help you feel less stress.

**Financial Wellness Activities**
- Download the FLIPP app and see where the deals are
- Price match one item
- Write down every single thing you buy in a week and evaluate where you can cut back
- Make a weekly and monthly budget
- Take advantage of a student discount
- Try out Project Breakfast
- Visit the Professional Clothing Depot
- Make a present or card instead of buying one
- Meal plan for the week based on what is on sale
- Use loyalty point systems to your advantage

Intellectual wellness encourages learning.

It is important to explore new ideas and perspectives in order to become more mindful and better-rounded. Having an optimal level of intellectual wellness inspires exploration. Intellectual wellness also stimulates curiosity, which is important because it motivates you to try new things and develop an understanding of how you see the relationship between yourself, others, and the environment.

**Intellectual Wellness Activities**
- Visit a museum/gallery
- Attend a cultural event
- Participate in a hands-on activity
- Read a new book (check out our library)
- Engage in a discussion group
- Sign up for a daily email of brain training exercises
- Learn about the Truth and Reconciliation calls to action and see how you can help create change through awareness
- Play a board game
- Try a puzzle (jig saw, crossword, Sudoku, etc.)
- Attend a session at The Learning Centre or The Glenn Crombie Centre on learning strategies and study skills
Vocational wellness is far more than the money you make or the title you hold. It is a sense of living and working in alignment with your unique combination of gifts, abilities, passion, education, and life experiences that make you who you are. It is being fully yourself, and making money as you do it! Vocational wellness is receiving fulfillment from one’s work by performing with integrity and enthusiasm and fully engaging in your role. Work-life balance is key to vocational wellness.

Vocational Wellness Activities
- Attend a networking event or presentation held by a local professional organization (e.g., Chamber of Commerce) to build connections and spark new ideas.
- Attend the Career Fair Conference held the second Tuesday in February at Cambrian College’s Barrydowne Campus.
- Update your résumé and cover letter. Then meet with a Career Advisor during an Open Résumé Clinic or through a scheduled appointment to discuss your career goals, have your résumé and/or cover letter critiqued, or get some interview practice.
- Schedule time for your hobbies or take up a new hobby or activity.
- Reach out to someone in your chosen field of study and schedule time to talk to them about their job. Ask them what they like and dislike, how they obtained their current and previous roles, what their goals are, and get a general impression of the job market.
- Write down a five-year plan to pursue your career goals.
- Make a bucket list.
- Develop transferable and soft skills by participating in a Co-Curricular activity, volunteer experience, or other experiential learning opportunity.
- Get a part-time job while in school to gain valuable experience and references.
- Participate in an internship, co-op, field placement or another work-integrated learning opportunity.

Physical wellness promotes proper care of your body for optimal health and functioning.

There are many elements of physical wellness that all must be cared for together. Overall physical wellness encourages the balance of physical activity, nutrition, and mental well-being to keep your body in top condition and nurtures personal responsibility for your own health.

Physical Wellness Activities
- Take a multivitamin.
- Try out a fitness class (bring a friend!).
- Swap an empty calorie for a healthy one.
- Drink more water (six glasses a day) and less sugary drinks.
- Cut down or eliminate energy drinks for the week and see how you feel.
- Be mindful of alcohol intake.
- Practice safe sex.
- Ask an Elder about natural medicines.
- Get eight straight hours of sleep a night for a week.
- Walk a minimum of 10,000 steps a day for 5 days.
**Social wellness** refers to the relationships we have and how we interact with others.

Our relationships can provide support during difficult times. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you. Conscious actions are important in learning how to balance your social life with your academic and professional commitments. Social wellness also includes balancing the unique needs of romantic relationships with other parts of your life.

**Social Wellness Activities**
- Go to see a movie or have a coffee with someone you have wanted to reach out to or someone you have not seen in a long time
- Volunteer your time
- Join one of the many clubs on campus
- Phone/Text a relative you have not communicated with in a while
- Participate in a drumming circle
- Attend a campus event
- Host a game/movie night
- Give someone a compliment
- Have a good laugh
- Become a peer mentor or mentee

**Spiritual wellness** not only allows you to seek meaning and purpose in human existence, but it also allows you to appreciate your life experiences for what they are.

When you find meaning in your life experiences, you will be able to develop a harmony with your inner self and the outside world. In simpler terms, spiritual wellness grants you balance.

**Spiritual Wellness Activities**
- Try a yoga class
- Go to mediation in the Cultural Room
- Visit with our campus Elder
- Participate in a dance
- Write down three good things that happen each day for a week
- Try four by four breathing: Inhale for four slow counts, hold for four slow counts, and exhale for four slow counts
- Take a technology/social media break for an evening
- Get rid of 10 things you never use
- Try the Loving Kindness meditation
- Watch a Ted Talk and be inspired
Develop Harmony
Inhale breathe
Exhale
Write down good memories
Declutter
Get rid of things you don’t need

Spiritual
Take a break from technology
Find meaning
Learn something new
Get inspired

Career
Find your passion
Take an internship, placement, or co-op
Network
Update your résumé
Make a bucket list

Work-Life Balance
Make time for hobbies and activities
Visit a museum or gallery

Intellectual
Explore ideas and perspectives
 Attend a cultural event
Try a puzzle

Visit a campus elder
Do a hands-on activity
It's Wellness Week at Cambrian College! We've got a number of events planned to promote well-being - body and mind, www.cambriancollege.ca/cambrian-wellness.
"And I would walk 500 miles, and I would walk 500 more..."
We're going a lot further than that. As a lead-up to next week’s Cambrian Wellness Week, we're inviting all students, staff, and faculty to walk across Canada, in our Strides For Wellness campaign. We began in B.C. After three days, we're approaching the Saskatchewan border.
Are your boots made for walking? Join the fun! Learn more about Strides For Wellness and our other Wellness Week activities at www.cambriancollege.ca/cambrian-wellness.
Imagine losing a parent to suicide, right in the middle of your college studies? It happened to Alanna LaHay, Cambrian grad and President of our Athletic Association. As part of Cambrian Wellness Week, Alanna will share with students her remarkable story of courage and resilience. She'll be in the Zen Den in the library Tuesday, January 30th, 10:30 am.
Cubing with Ben:
Special workshop open only to staff and students in the Glenn Crombie Centre

This is Ben working with staff (library, advisors and counsellors).
Mental Health Awareness Day Creative Art Contest

Deadline: Friday, October 19 4 p.m.

Our theme this year is

“START THE CONVERSATION”

Categories:

Poster Art Writing Video Photo

Winners in each category will receive special prizes and have their work recognized in a public space. Winning submissions will be published on the Cambrian College website.

To enter, pick up an entry form at the Glenn Crombie Centre.
What People are Saying About the Eight Pillars

“The 8 Pillars of Wellness have provided a framework for wellness initiatives for both staff and students at Cambrian. They get us all to focus on steps we can take to remain well and flourish.” Alison De Luisa
Vice President Student Success and Employee Engagement

“Holistic health and wellness at Cambrian College is sustained by the 8 Pillars of Wellness. These pillars provide a sense of how to work toward optimal wellness, while allowing the journey to be uniquely different for each individual. The common thread is that wellness requires a holistic approach, because the path to wellness is not one-size-fits-all. At Cambrian, our goal is to help everyone reach theirs!” Kelleen Schonfeldt
Founder and Chair of the Wellness Ninjas

“The pillars of wellness means that WE can fly, it allows us to fall so we can succeed, it allows us to adapt, it allows us protect, it allows us to keep our life meager and accessible, it allows us to survive with gratitude, it allows us to change, facilitate, and carry on with life, it allows us to BE!”
Seija Korpela
Director of Glenn Crombie Centre for Student Support

“The 8 Pillars of Wellness is the guide that we use to provide structure to our wellness initiatives for staff and students”
Monica Martikkala
Chair of Staff Wellness Committee
THANKS!

Any questions?

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