



WELLNESS OUTREACH WORKSHOP

WOW

WELLNESS SERVICES

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WELLNESS OUTREACH WORKSHOP

33% of Mount Royal students identify **STRESS** as the leading health issue affecting their academic performance (National College Health Assessment, 2010). Professionals from **WELLNESS SERVICES** are responding by offering... **WOW! Wellness Outreach Workshops.**

Linking with the class curriculum, these workshops are designed to support the academic and personal success of your students. They contribute to creating exceptional educational experiences, by helping students to link theory with action. Faculty members can integrate a **Wellness Outreach Workshop** as part of their core curriculum or may request one through the term if there is an observed need or due to Instructor absence. This program is designed to provide outreach education on a variety of health and wellness topics specific to the needs of our students.

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CLICK TO VIEW MODULE DESCRIPTIONS:

TOBACCO, DRUGS AND ALCOHOL - 04

- * The New Cool

BALANCING LIFE AS A STUDENT - 05

- * Student Wellness Wheel ... How Smooth is Your Ride?

NUTRITION 101 - 06

- * Eat Well to Learn Well

STRESS MANAGEMENT - 07

- * How to Get Your Stress Working For You

SLEEP AND SUCCESS - 08

- * ZZZZZ's to Get A's

NATIONAL COLLEGE HEALTH ASSESSMENT - 09

- * The Health of The Mount Royal Student

LOGISTICS

- * Booking and Contact details

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TOBACCO, DRUGS AND ALCOHOL

*The New Cool

This workshop is all about alcohol, drugs and tobacco use. Learn about MRU students' perceptions and find out the trends of today's college age student. Find out why students are becoming more interested in health and wellness than drugs and alcohol.

BALANCING LIFE AS A STUDENT

***The Student Wellness Wheel** **- How smooth is your ride?**

Students participating in this workshop will discover the multiple dimensions involved in optimal well-being. Through interactive discussion and group work, students will discuss the concept of wellness, explore dimensions of wellness that impact their lives, assess their current level of wellness, create a visual representation of their own wellness, and share ideas and strategies for improving personal well-being.

NUTRITION 101

✳️ Eat Well to Learn Well

Does nutrition and what you eat impact your learning? Are there foods that can impact a student's ability to learn well? The answer is YES! This workshop will help guide students into choosing foods that are right for their brain power. Students will learn how nutrition can help them cope with stress as well as teach them what exactly a serving size is. Be prepared to leave hungry.

STRESS MANAGEMENT

✳️How to Get Your Stress Working for You

This lively workshop will cover key topics in stress management. Students will learn about the physiology of stress and how to identify healthy and unhealthy stress responses. Participants will learn how to assess their own "signs of wellness" and "symptoms of stress overload". Tools for managing negative stress will be discussed, with emphasis placed on empowerment, perspective, attitude and activity. Strategies for building resiliency will also be explored.

SLEEP FOR SUCCESS

*ZZZZ's to get A's

Can you benefit from better sleep? Learn why sleep is important and how it is tied into concentration in the classroom. Don't use sleeping pills or caffeine to aid with your inability to sleep - learn tips and techniques to get the sleep you need to get As in the classroom. Lack of sleep affects everyone at some point in their lives, and we are here to teach you the proper ways to manage it.

*The Health of the Mount Royal Student

This workshop is all about the statistics! Students will learn about the National College Health Assessment (conducted in 2006, 2008 and 2010) and the trends, perceptions, and behaviours of their Mount Royal peers. This workshop is interactive and informative, and allows students to learn about many different health issues, including:

- *General health and safety
- *Alcohol, tobacco and drugs
- *Sexual health
- *Weight, nutrition and exercise
- *Mental health
- *Academic impacts

WELLNESS OUTREACH WORKSHOP

LOGISTICS:

- *Please allow at least one week to two weeks notice when booking a workshop.
- *Provided there is adequate development time, customized workshops may be developed to complement your course syllabus..
- *Presentations are based on 50 minutes, but can be adjusted to meet your needs.
- *These workshops are educational, interactive, and encourage students to critically examine their assumptions, values, attitudes, and present knowledge about health issues.
- *If you are interested or have more questions, please call Charmene Brewer, Health Education Coordinator, at 403.440.6369.

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