

MONTHLY WELLNESS E-BLAST



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November 2021

November
Lung Cancer Awareness Month
World Diabetes Day - November 14th

A collection of CHWC events and activities:

Better Together Series

To register for any of the following Better Together events, please visit: <https://durhamcollege.ca/events/list>. Please register using your student email. At this time, all Better Together sessions are virtual and will take place over Zoom.

Mindfulness with Jamie Meldrum

November 10th from 11 :30 a.m. to 12:30 p.m.

Is mindfulness something you've heard about but don't really practice or know why it can be helpful? Mindfulness has become really trendy over the last decade or so and is said to be a remedy for everything from pain to anxiety to concentration, but what is it and does practicing it really help alleviate common issues and concerns us humans have? Can practicing mindfulness help you as a post-secondary student? Join DC's wellness coach Jamie Meldrum this 1 hour session to discuss ideas about what mindfulness is, how it can help post-secondary students, and how to practice it. Participants will engage in two mindfulness practices and conversation about ideas and questions surrounding this topic, and possibly decide if this is something worth investing in!

Cognitive Behavioural Therapy 101 with Kristen and Haniah from Ontario Shores Centre for Mental Health Sciences

November 18th from 11:00 a.m. to 1:00 p.m.

CBT is one of the most commonly practiced forms of psychotherapy in mental health counselling. Its focus is on helping people learn how their thoughts impact and affect their feelings and behaviours. The theory is based on the belief that how individuals think and behave may develop and maintain psychological disorders, and that the resulting symptoms and distress can be reduced if individuals learn coping strategies. Therefore, focused on changing the way people think, CBT is designed to help an individual become aware of disproportionate or negative thinking so that they are better able to deal with stressful situations. Its basis is that much of how "we feel" is determined by what "we think". By correcting these disproportionate beliefs about themselves, their situation and the world, the individual's perception of events and emotional state improve.

Train Your Brain, Increase Your Positive Intelligence and Stop Unintentionally Sabotaging Yourself with Lucy RomaoVandepol

November 24th from 11:30 a.m. to 1:00 p.m.

Perfectionism, people-pleasing, avoidance, hyper-achievement, self-judgement, controlling, restlessness... These are just a few of the ways that we unintentionally sabotage ourselves. These behaviours can be so ingrained within us that we often do not notice them. In order to stop the self-sabotage train, you need to identify what your inner saboteurs. Participants are asked to complete their PQ assessment prior to attending the workshop, you can take the free assessment by visiting:

<https://www.positiveintelligence.com/assessments/>

It's possible to train your brain to move from out of "Sabotage" to "Sage" mode. Positive Intelligence® (PQ) can help you recognize your saboteurs and strengthen your inner Jedi aka your sage mindset. PQ helps you better respond to life's challenges with a positive and empowering mindset rather than negative and dis-empowering one, which in turn improves your well-being. During the workshop, you will learn how to intercept your saboteurs so that you can make tap into your wiser self.



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CHWC Women's Health

Dr. Alingary is with the CHWC offering

IUD insertion and a Reproductive Health Clinic once a month. For an appointment, please contact the CHWC at 905.721.3037.



Residence Life and Outreach with Louise Stiles and Krystine Wickins - Movember Programming

Where:

8:30 a.m. to 10:00 a.m. @ South Village Lobby
10:30 a.m. to 12:00 p.m. @ Simcoe Village Lobby
1:00 p.m. to 2:00 p.m. @ Open Gym Time

Timeline and Breakdown of Events:

November 4th

Topic: History of Movember and The "Why"

Activity: Moustache Photo-booth

November 11th

Topic: Mental Health (PTSD & Veterans)

Activity: Poppy Making

November 18th

Topic: Physical Health

Activity: Stress Balls

November 25th

Topic: Commitments to supporting Men's Health and Wellbeing

Activity: Pledges

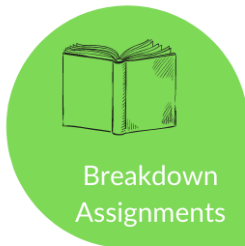


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PEER WELLNESS COACHING

DCPWC

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Need Help Navigating Your Education?

Time Management

Brainstorm Ideas for
Assignments

Help With Using Online
Platforms Such as DC
Connect

For more information, visit us at:
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Make an appointment:
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