

Mental Health and Well-Being Research and Training Hub (MeWeRTH) Newsletter



THE LAUNCH, Dec., 2020

The Mental Health and Well-Being Research and Training Hub (MeWeRTH) officially launched in Dec. 2020 with a virtual Hub Showcase. The audience heard brief presentations from 7 Hub members on how to stay well amid a pandemic. We saw almost 800 people register for this event. WOW!! The majority of attendees were external to Carleton. In fact, we had attendees from around the globe! The participation rate was an indication of society's interest in wellness.

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IMPORTANT DATES:

PSYCHOLOGY MENTAL HEALTH DAY

OCT. 7, 2:30-4:00

HUB SHOWCASE

DEC. 2, 2:30-4:00

PAST EVENTS

THE SPRING FORWARD LECTURE, MARCH 2021

MeWeRTH also was thrilled to host Dr. Linda Duxbury's presentation where she discussed Carleton's employee survey on well-being amid COVID-19. A landmark study! Almost 400 Carleton members joined us for a fascinating discussion on how Carleton employees have been doing during the pandemic. The Spring Forward Lecture will be an annual event on a current topic with community relevance.



DR. LINDA DUXBURY

"COVID-19 has resulted in unprecedented work/life situations for employees across Canada, and Carleton is no different."

FUTURE EVENTS

PSYCHOLOGY MENTAL HEALTH DAY IN PARTNERSHIP WITH MEWERTH

This year, MeWeRTH will partner with Psychology Mental Health Day, on Thurs. Oct. 7th from 2:30-4:00.

Our Lived Experience speaker will be Elizabeth Manley, former Olympic figure skater who will be discussing her journey of mental health and sport. MeWeRTH has established the 'Courage to Speak Award' to recognize the bravery and inspiration of our speakers to share their journey. In addition to presenting Elizabeth Manley with this award, we will be awarding retroactive Courage to Speak awards to our speakers from previous years.

Our keynote speaker will be Dr. Lara Aknin from Simon Fraser University who will be speaking on mental health during COVID-19.



Register for Psychology Mental Health Day on our website here:

<https://carleton.ca/psychology/psychology-mental-health-day/>

Resiliency... getting through uncertain times!

With more than 30 years experience in both amateur and professional figure skating, Elizabeth Manley was the first Canadian female to successfully land a triple-double combination jump in competition. She has participated in two Olympic Games (where she won the 1988 silver medal and became the Olympic freestyle champion), six World Championships, and has won three National Titles. Reliving her incredible journey for audiences, Elizabeth gives a behind-the-scenes glimpse into what it takes to make it to the top and speaks with honesty about the importance of mental health and surviving the loss of her parents. As a skater, an Olympian, a survivor and a mental health advocate, she hopes to inspire others with her mental health journey, and believes that it's important, now more than ever with the pandemic, to continue to support mental health care and research.



ELIZABETH MANLEY

Mental health and well-being during the first year of COVID-19.

Dr. Lara Aknin is a Distinguished Associate Professor of Psychology at Simon Fraser University, former Fellow with the Canadian Institute for Advanced Research, Chair of Mental Health Task Force for The Lancet's COVID-19 Commission, and a co-associate editor of the World Happiness Report. She holds a PhD in Social Psychology from the University of British Columbia.

Dr. Aknin's research focuses on the antecedents and consequences of happiness and prosocial behaviour. Most of her work examines how generous behaviour makes people feel.

Her research has been published in various academic journals, including Science, Nature Human Behaviour, the Journal of Personality and Social Psychology, Social Psychological and Personality Science and Perspectives on Psychological Science, and has been covered in international media outlets such as the CBC, CNN, Maclean's Magazine, Forbes, the New York Times and the Wall Street Journal.



DR. LARA AKNIN

FUTURE EVENTS

HUB SHOWCASE

On Dec. 2nd we will be holding our annual Hub Showcase from 2:30-4:00. Speakers will include those who received MeWeRTH funding as part of the Multidisciplinary Catalyst Research Fund from the Office of the Vice-President Research and International, highlighting wellness research conducted in collaboration with students. Check our website for registration details. Stay tuned for additional funding opportunities.



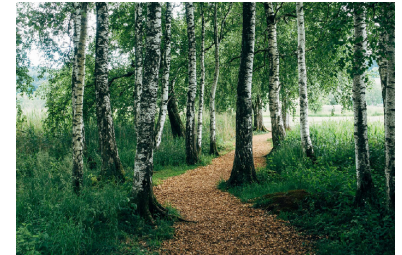
FOR MORE EVENTS VISIT:

<https://carleton.ca/mental-health/events/>

EDUCATION

NON-CREDIT COURSES

This past summer, MeWeRTH, in partnership with the Office of the Dean, Faculty of Arts and Social Sciences, offered two non-credit courses to the general public: Me, Myself, and I and The Benefits of Nature on our Well-Being (<https://carleton.ca/fass/mewerth-2021-spring-seminars/>). Courses were over zoom in real-time, and ran for 6 weeks for a total of 12 hours of instruction with lots of opportunity for discussion. Each person completing the course received a certificate of completion. The interest and demand for these non-credit courses was so high that we are pleased to announce that we are planning to offer 2 more courses in the Fall. Upcoming topics may include, "Maintaining Wellness during Chronic Illness" and "Parenting amid Climate Change". No pre-requisites are necessary for these courses. Please check the MeWeRTH website (<https://carleton.ca/mental-health/>) in the coming weeks for more details and registration.



THE BENEFITS OF NATURE
ON OUR WELL-BEING



ME, MYSELF, AND I: EXPLORING
THE PSYCHOLOGY OF SOLITUDE



MAINTAINING WELLNESS
AMID CHRONIC ILLNESS



PARENTING IN THE CLIMATE
CHANGE ERA

WELLNESS WEDNESDAY TIPS FROM MEWERTH MEMBERS

Many find the winter months particularly challenging for their wellness goals. A pandemic during the winter months can further exacerbate these issues. We turned to our MeWeRTH members to share the science of wellness by providing a wellness tip each Wednesday during the winter term. You can find our past tips on our website as part of our "Wellness Corner", <https://carleton.ca/mental-health/wellness-corner/>. You can apply these tips during any season.

"Dr. Kathyne Dupré and her colleagues... found that those who are not direct targets of aggression, but who see or hear about it happening to others, also experience reduced health and job outcomes as a result of their exposure to aggression at work."

"A study by Hub Research Member Katie Gunnell and her colleagues found that first year students who had an increase in self-compassion over the first year of university had an associated increase in well-being."

"Dr. John Zelenski and colleagues have found that asking people—even introverted people—to act like extroverts for a few minutes consistently boosts their moods."

Want more wellness tips? Visit our website:

<https://carleton.ca/mental-health/wellness-corner/>

EDUCATION

GRAD STUDENTS BLOG ON THEIR EXPERIENCE OF BEING A STUDENT DURING A PANDEMIC

It certainly can be difficult to work while dealing with the reality of covid-19. We heard from several of our grad students who felt isolated and found it difficult to keep up with their studies while maintaining their wellness. We invited grad students to blog about their experience. The blogs we received were thought provoking and insightful.

"A ROCKY TRANSITION: BEGINNING GRADUATE STUDIES DURING THE COVID-19 PANDEMIC"

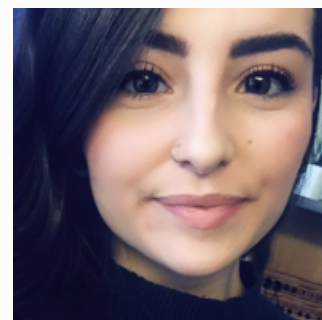


ISABELLA BOSSOM

"...In my opinion, the biggest challenge as a new graduate student during the pandemic has been the limited possibilities for networking and communication. Despite the wonderful technology we are lucky to have at our disposal, it is hard to get to know peers and professors without having met most in person. We have been getting to know one another entirely online and under intense amounts of pandemic related pressure, which has made completing the graduate program additionally challenging. Under normal circumstances, graduate students usually band together to support one another through the ups and downs of statistics courses and starting thesis research. However, our cohort has not been able to support one another in the same way. We are a very isolated and independent group and I think that will make us all the more resilient as researchers in the future, but for the time being it is hard to make meaningful lasting connections with our peers...."

"4 THINGS I LEARNT WHILE TRYING TO GRADUATE DURING A PANDEMIC"

"The start of March 2020 was hectic, as it naturally is for MA students in their final year. I had just finished presenting at a conference in the U.S. and was preparing for my first thesis committee meeting. Then in a whirlwind, the country started to lock down and I found myself on a flight to my family in Alberta. In addition to quickly adapting to the virtual environment, I made the difficult decision to change my thesis topic, knowing that I had to finish by the end of the summer. Without going into details, my proposed thesis was just not feasible with much of the world locking down. With a new topic in mind, I spent the summer determined to finish. I successfully defended my thesis in September in time for my Ph.D. to start, with my work nominated for a senate medal. To say that I went through an ordeal to finish on time would be an understatement, but I've come out of it as a stronger student and researcher. Here are four things I learnt while trying to graduate during a pandemic..."



NATASHA MALTAIS

"COVID-19: THE MULTIFACETED PANDEMIC"



RAMONA CHARBEL

"When COVID-19 locked us down for the first time, I was just shy of completing my undergraduate degree - it was a blessing and a curse. School was now completely online, workplaces were closed, and I no longer had to spend 45-minutes on a bus so packed you were close enough to people you could hear their thoughts. For a while, I was given the gift of extra time, but I was also cursed with watching all the friends I made in the last 4 years move to another city without a proper goodbye. For the rest of 2020, we clung to the hope that maybe sometime soon, life would go back to what it once was, but alas, while we waited, we needed to adjust to this new normal. The school year rolled around once more, and I started my new journey as a first year Master student. Classes were once again online, as were orientations and meetings with professors and students, which were now strictly restricted to Zoom calls. I was now faced with new challenges and feeling many different emotions..."

THE BLOGS HAVE BEEN POSTED ON OUR WEBSITE. TO READ THE FULL BLOG POSTS AND MORE FROM OUR GRADUATE STUDENTS VISIT:

<https://carleton.ca/mental-health/being-a-grad-student-during-a-pandemic-blog-series/>

EDUCATION

THE PSYCHOLOGY WELLNESS CENTRE – LAUNCHING WINTER 2022

The Psychology Wellness Centre is a virtual Centre in partnership with Health and Counselling and the Office of Student Affairs at Carleton University. The goal of the Centre is to provide education and coaching as it relates to Health Promotion to Carleton students seeking “peer wellness coaching”. Psychology graduate students registered in PSYC5904, known as peer wellness coaches, will work in the virtual Centre to provide the Carleton student community with education on wellness and coaching to improve their well-being and to meet their wellness goals.



“If we can train students to help students improve their well-being, we may be able to reduce the need for more intensive intervention,”
 Dr. Joanna Pozzulo.

Carleton Students to Provide Psychology Wellness Clinic to Promote Student Mental Health

Carleton University graduate students will soon be applying what they learn in class by supporting their fellow students at an online Psychology Wellness Clinic. As part of a new mental...

 Carleton Newsroom / jesseplunkett

To read more about the Psychology Wellness Centre visit:
https://newsroom.carleton.ca/story/psychology-wellness-clinic-mental-health/?utm_source=Homepage&utm_medium=Spotlight

ONLINE AND SOCIAL MEDIA

Our MeWeRTH website is up and running, <https://carleton.ca/mental-health/> and includes a search function at the top to easily find who or what you are looking for.



MeWeRTH became social media official with our own Twitter handle @CU_MeWeRTH. Please consider following us.



You can also send us an email at MeWeRTH@carleton.ca. Please let us know if you would like to be added to our mailing list for MeWeRTH news and events.



@CU_MEWERTH



MEWERTH@CARLETON.CA



[HTTPS://CARLETON.CA/MENTAL-HEALTH/](https://carleton.ca/mental-health/)

