

MENTAL HEALTH AND WELL-BEING RESEARCH AND TRAINING HUB



Welcome to MeWeRTH!

Watch our video to learn more about MeWeRTH:

<https://youtu.be/ksRStqsWc5A>



Hi Everyone!

I am excited to share our latest edition of the MeWeRTH newsletter, MeWeRTH Matters. I hope you will enjoy our upcoming events, learning more about the research our members are engaged in, and implementing the evidence-based strategies to improve well-being that we have shared.

Stay well,

Joanna

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ONLINE AND SOCIAL MEDIA

Director	Dr. Joanna Pozzulo
Editor	Anna Stone
Editor	Noah Bennell

VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT MEWERTH



New Series for 2023-24

LUNCH AND LEARN LIVING WELL SERIES

Wellness presentations will be hybrid and occur the first Wednesday of each month over the lunch hour (12:00-1:00pm).

September 2023: Eco-anxiety

Dr. Stefania Maggi will be presenting "From eco-anxiety to climate action: Learning to thrive at times of crisis".

November 2023: Financial health

Dr. Johanna Peetz will be presenting a lecture on financial health.

January 2024: Mental hygiene

Guillaume Tremblay, from The Ottawa Royal will be presenting "Mental hygiene: Supporting mental wellness".

February 2024: Good sleep

Dr. Rébecca Robillard from the Canadian Sleep Research Consortium, University of Ottawa, will be presenting a lecture that discusses good sleep for good health.

March 2024: Gambling

Dr. Michael Wohl will be presenting "Taking a chance: Mapping the routes to problem gambling, responsible play, and behaviour change".

April 2024: Mind-body connection

Dr. Chad Danyluck will be presenting "Mind-body connection to better overall health".



DR. STEFANIA MAGGI



DR. MICHAEL WOHL



DR. CHAD DANYLUCK

Research

MEWERTH MEMBERS DESCRIBE THEIR PROJECTS

Lower-Risk Cannabis Beliefs and Behaviours: Moving Beyond Harm Reduction Dr. Michael Wohl and Renee St. Jean

What did the study examine?

"Our study looked at the existing research on lower-risk cannabis consumption, as reported by people who use cannabis. We searched for articles published between 1900 and 2021 that used keywords related to cannabis consumption, cannabis-related beliefs and behaviors, and positive outcomes. Out of 7,111 articles, we found 12 that met our inclusion criteria."

What was found?

"Our study identified three themes related to lower-risk cannabis use:

- informed self-regulation
- protective behavioral strategies
- normalization of cannabis consumption

These themes reflect the beliefs and behaviors of people who use cannabis in a positive and non-problematic manner. However, our study also found that some people use cannabis as a coping mechanism, which undermines lower-risk cannabis consumption."

What are the conclusions of this research?

"We conclude that there is a need for more research focused on how people consume cannabis in a positive and non-problematic way. Our research could help inform policies and practices around cannabis consumption and promote lower-risk consumption strategies."



DR. MICHAEL WOHL



RENEE ST. JEAN

Lower-Risk Cannabis Consumption

From the Consumers' Perspective

How do cannabis consumers keep their own cannabis use non-problematic and potentially beneficial? Their responses fit under the following 4 major themes.

Informed Self-Regulation

Most consumers who engage in non-problematic cannabis use engage in informed self-regulation, which entails following self-imposed rules and strategies to keep their cannabis use lower-risk and ultimately beneficial. These informal rules centre on controlling the quantity, frequency, setting, and timing of one's cannabis use.

Protective Behavioural Strategies

Employing more protective behavioural strategies (PBS) is associated with less cannabis-related consequences and fewer symptoms of cannabis use disorder. Examples of PBS are: taking periodic breaks, consuming only at times when not bound by other responsibilities, avoiding consuming cannabis in suboptimal settings, and avoiding legal consequences.

Normalization & Stigma

The ongoing stigma surrounding cannabis use leads many consumers to conceal their use from others. Cannabis use does not define consumers' identities, as there are no meaningful differences between consumers and non-consumers. Normalizing cannabis use could help combat the stigma and promote lower-risk cannabis use.

Cannabis Use Motives

Consumers' motivations for consuming cannabis can either undermine or promote lower-risk use. Consuming cannabis to sleep, to cope with negative affect, to fit in with others, or to expand one's mind is related to more cannabis-related consequences. Conversely, consuming cannabis for social motives or to enjoy oneself is related to fewer consequences.

Blood pressure disparities, nocturnal dipping, and minority stress in sexual minorities

Dr. Chad Danyluck, Dr. Katie Gunnell, and Joshua Remedios



DR. CHAD DANYLUCK



DR. KATIE GUNNELL



JOSHUA REMEDIOS

What is the study examining?

Sexual minorities (i.e., those who do not identify as heterosexual) report worse health and well-being due to unique external and internal stressors (i.e., minority stress). These stressors may translate to disparities in blood pressure, a known critical biomarker of excess stress. Those whose blood pressure does not decrease in the evenings through a phenomenon called nocturnal dipping, are at a higher risk for stress-related health complications. As well, it is possible that for sexual minorities, being autonomous (i.e., feeling authentic, self-congruent, and authorship over their choices and actions) is important for protecting against the psychophysiological consequences of stress incursion.

What is the purpose of the study?

The purpose of this study is to examine the impact of autonomous functioning on minority stress and blood pressure outcomes in sexual minorities.

What is the method of the study?

Using an ecological momentary assessment methodology, participants will complete short measures of minority stress and autonomous functioning that will coincide with blood pressure readings from ambulatory blood pressure monitors during a 24-hour period.

What are the hypotheses of the study?

Examining the within-and between-individual effects with multilevel modeling, we hypothesize that minority stress will be associated with elevated daytime blood pressure and a weaker nocturnal dip, and that higher autonomous functioning will moderate the effect of minority stress on elevated blood pressure and weaker nocturnal dipping.

This research is still in progress! Updates will be posted on the MeWeRTH website: <https://carleton.ca/mental-health/>

People Prefer to Diversify Across Different Types of Prosocial Behaviour

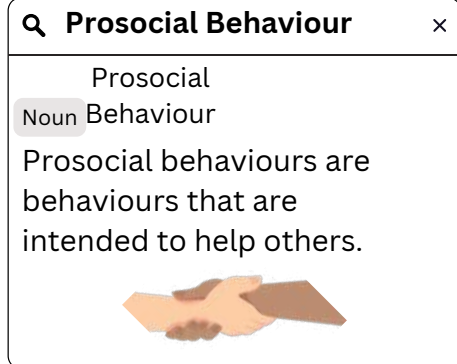
Dr. Johanna Peetz and Dr. Andrea Howard

Many individuals want to engage in prosocial behaviours, but have limited time and resources to be able to do so. Therefore, it can be difficult to decide what prosocial acts one has capacity to engage in. To examine some factors that determine when people engage in daily prosocial acts, two seven-day diary studies were conducted by Dr. Johanna Peetz and Dr. Andrea Howard.

In the first study, participants described the various prosocial acts they engaged in on a daily basis in their own words and rated the time, energy, and money required for these activities on a Likert scale. In the second study, participants indicated the prosocial acts they engaged in, and reported time and money in units of minutes and dollars.

In both studies, prosocial behaviours were categorized into types of prosocial behaviours, either by the researcher (first study) or the participant (second study). For instance, behaviours were categorized as casual help (e.g., low-effort prosocial behaviours), direct help (e.g., helping a friend complete a task), indirect help (e.g., providing advice on how to complete a task), or emotional help (e.g., providing a friend emotional support).

Both studies found that individuals preferred to spend their time and resources engaging in a variety of prosocial behaviours on a day to day basis. Those who engaged in more direct, indirect, and/or emotional behaviours the day before were less likely to engage in the same type of prosocial behaviour the following day. In sum, sometimes decisions to help might depend on the help one already gave that day or even the day before.



DR. JOHANNA PEETZ



DR. ANDREA HOWARD

PEETZ, J., & HOWARD, A. L. (2022). PEOPLE PREFER TO DIVERSIFY ACROSS DIFFERENT TYPES OF PROSOCIAL BEHAVIOUR. BRITISH JOURNAL OF SOCIAL PSYCHOLOGY, 61(3), 924-939. [HTTPS://DOI.ORG/10.1111/BJSO.12519](https://doi.org/10.1111/bjso.12519)

MeWeRTH Students *Blog*

Graduate students from the Department of Psychology submitted blog posts on how to improve mental health and well-being.

I THINK THEREFORE I AM: SOCIAL IDENTITY AS A PATH TO WELLNESS AND RECOVERY

"Social support and social groups have been long integrated in the pathway to wellness and recovery. For example, you may look for 'gym buddies' when you want to work out and no one can deny the benefits of social support when you're going through a difficult time or recovering from an illness. Johann Hari emphasises that "the opposite of addiction is not sobriety, the opposite of addiction is connection" (TED, 2016, 14:21) - in that love and support are the most important aspects when helping someone who is suffering from substance use. Simply belonging to one or more social groups or networks is supportive of recovery, and this impact can be amplified if that group has social norms and attitudes that proliferate recovery. For example, in people recovering from alcohol use disorder, those who developed a relationship with a non-drinking peer were less likely to drink in a 12-month follow-up (Litt et al., 2007; 2009)."



TIFFANY CHENG

WHAT IS SELF-COMPASSION, AND CAN IT HELP UNIVERSITY STUDENTS?

"Think about how you would help a friend or loved one through a difficult time. What words of encouragement would you offer them? Most people would be kind, understanding, and comforting. Now, think about the last time you went through something difficult. How did you speak to yourself during that difficult time? It is common for people to be much harsher towards themselves compared to people they know or do not even know. Self-compassion emphasizes a new, healthier way to treat oneself in times of difficulty or failure."



JOSHUA REMEDIOS

TURNING PAIN INTO POWER: A GUIDE TO ENHANCING RESILIENCE

"Here's what I learned about how to deliver high-quality, resilience enhancing programs through my research. First, get to know those you are serving. This might seem obvious, but you'd be surprised at how many interventions take a one-size-fits-all approach to working with vulnerable populations. Human beings lead complex, colourful, and often messy lives. When someone arrives at programming, they do not leave their experiences and histories at the door. What does life look like for them? What are their cultural values? Their aspirations? Do they have supports that can be leveraged outside of programming? It takes some time, but it is only after knowing someone that we can meet them where they are and intervene meaningfully in their lives."



ALICIA MCVARNOCK

WHAT IS M.O.C.H.I.?

"In a world facing climate change, fostering emotional resilience, and promoting wellness have become more crucial than ever. MOCHI, an acronym for Mindfulness, Optimistic, Compassionate, Healing Innovations, offers a powerful framework that advocates for mental well-being while embracing nature's healing and transformative power. By integrating mindfulness practices with a deep connection to the natural world, MOCHI empowers individuals to navigate the complexities of climate change while cultivating a sense of balance, empathy, and sustainability."



MCKENNA CORVELLO

GRADUATE STUDENT MENTAL HEALTH MANAGEMENT FROM THE PERSPECTIVE OF TWO PHD STUDENTS

"Graduate students experience depression and anxiety at more than six times the rates of the general population (Evans et al, 2018). The reasons behind the graduate student mental health crisis are complex, as each person experiences graduate school differently based on their economic situation, their program requirements, their life stage, their supervisor, and more. However, there is one thing we all experience regardless of our individual circumstances: graduate school is competitive. As much as we try to foster feelings of comradery and peer support, at the end of the day we still compete for scholarships, awards, conference acceptances, and eventually, a tenure-track position. All this to say, on top of other individual life circumstances, the graduate school climate puts graduate students under an immense amount of pressure to attain perfect grades while also producing high-quality publications, which certainly contributes to mental health difficulties.

While we can't remove competition from graduate studies, we can change the way we navigate and cope with the common stressors associated with it. Here, we share personal experiences - sprinkled with research - with two goals and a promise to not give any more time-management tips. First, we aim to normalize student experiences that are a not often talked about. Second, we want to share some strategies that worked for us to increase our well-being during grad school. The authors are second- and fourth-year PhD students, and best friends, who use these methods regularly."



JESSICA DESROCHERS



SARAH ENOUY

FULL BLOGS ARE POSTED ON OUR WEBSITE.

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

MEWERTH IS CURRENTLY ACCEPTING BLOG POSTS FROM CARLETON STUDENTS. IF YOU ARE INTERESTED IN SUBMITTING AN ARTICLE PLEASE EMAIL MEWERTH@CARLETON.CA.

Mental Health and Wellness Strategies

At MeWeRTH, we understand that life can be stressful. Below are a few evidence-based strategies you can use to alleviate stress and improve your well-being.

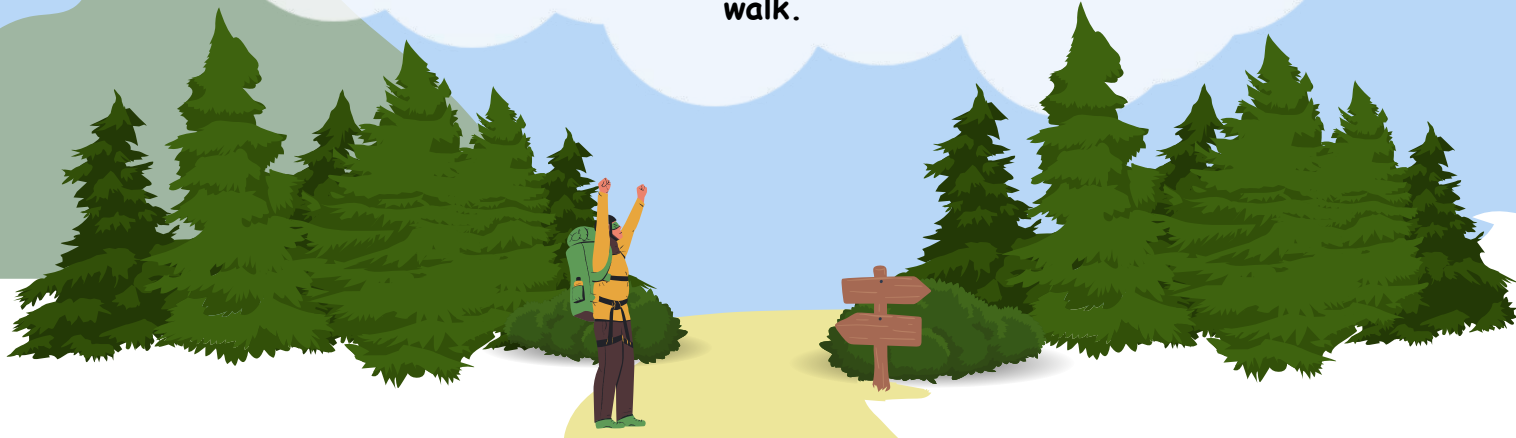


Nature

Dr. John Zelenski, a professor in the Department of Psychology and MeWeRTH member at Carleton University, has focused much of his research on the impact of nature on wellness.

Dr. Zelenski has found that the more connected one is with nature, the happier they are. Nature-connected individuals have higher levels of subjective well-being, are better at cooperating with others, and have a better social life.

Just 17 minutes in nature per day can yield these positive effects. It is important to note that being in nature doesn't have to involve intensive exercise, like running or hiking. Spending time in nature can be sitting outside on your porch or in a park or going for a short walk.



EXERCISE

EXERCISING REGULARLY IS NOT JUST BENEFICIAL FOR YOUR PHYSICAL HEALTH BUT FOR YOUR MENTAL HEALTH AS WELL! THOSE WHO EXERCISE REGULARLY GENERALLY REPORT HIGHER LEVELS OF SUBJECTIVE WELL-BEING, POSITIVE THOUGHTS, AND SELF-ESTEEM. REGULAR EXERCISERS ALSO REPORT HAVING MORE ENERGY DURING THE DAY AND IMPROVED SLEEP QUALITY AT NIGHT.

EXERCISE ALSO HAS BEEN SHOWN TO BE ESPECIALLY IMPORTANT FOR YOUTH AND THOSE WITH WITH DEPRESSION OR ANXIETY. DR. KATIE GUNNELL, AN ASSOCIATE PROFESSOR IN THE DEPARTMENT OF PSYCHOLOGY AND MEWERTH MEMBER AT CARLETON UNIVERSITY, IS RESEARCHING THIS TOPIC.

LIKE MANY OTHER THERAPEUTIC ACTIVITIES, EXERCISE IMPROVES WELLBEING AND MENTAL HEALTH IN PART BY RELEASING ENDORPHINS. ENDORPHINS ARE TYPICALLY THOUGHT OF AS A PAIN RELIEVER, BUT THEY ALSO ENHANCE FEELINGS OF PLEASURE BY ACTING ON VARIOUS CHEMICAL PATHWAYS IN THE BRAIN.

HOW MUCH EXERCISE IS REQUIRED TO IMPROVE MY MENTAL HEALTH, YOU MAY ASK. RESULTS VARY. GENERALLY, RESEARCH SUGGESTS THAT 30 MINUTES OF MODERATE EXERCISE (E.G., WALKING OR A LIGHT JOG) 5 DAYS A WEEK CAN YIELD SIGNIFICANT IMPROVEMENTS. EXERCISING WITH OTHERS OR PLAYING TEAM SPORTS ARE THE MOST BENEFICIAL.

IT IS IMPORTANT TO RECOGNIZE, HOWEVER, THAT EXERCISING CAN BE DIFFICULT, ESPECIALLY WHEN YOU ARE JUST GETTING STARTED. HERE ARE A FEW TIPS TO HELP YOU FEEL MOTIVATED TO EXERCISE:

- START SLOW. INCREASE THE INTENSITY AND FREQUENCY AS YOU GET USED TO EXERCISING.
- SET UP AN EXERCISE SCHEDULE TO HELP YOU STAY ON TRACK.
- EXERCISING WITH FRIENDS CAN MAKE THE EXPERIENCE MORE FUN. THEY WILL ALSO HELP YOU STAY ON TRACK.
- GETTING A DOG WILL ENCOURAGE YOU TO GO ON RUNS/WALKS. INTERESTINGLY, WE ARE OFTEN BETTER AT LOOKING AFTER OTHERS THAN OURSELVES.
- DO EXERCISES THAT YOU ENJOY!



Pomodoro

The Pomodoro technique will allow you to complete tasks efficiently using just four simple steps: (1) Choose your task; (2) set a timer for 25 minutes and focus on completing that task; (3) once the timer stops, set another timer for a five-minute break; (4) once the break timer ends, set another timer for 25 minutes and repeat the process until your task is complete.

Time Blocking

Time Blocking is another decision-making technique that will help you optimize your time. Right when you wake up, create a to-do list. Assign a block of your day to each task, making sure to add buffer times in between each block. It is also important to make sure that the time-blocks you assign are realistic!

Parkinson's Law

Parkinson's Law states that completing a task will take the amount of time that you give yourself to complete the task. In other words, if you give yourself less time to complete a task, you will finish that task in less time. If you are looking to apply Parkinson's Law to your school life, you can try setting strict deadlines.

Eisenhower Matrix

The Eisenhower Matrix is a decision-making technique that will help you allocate your time appropriately.

- Top row: important. Bottom row: unimportant.
- Left column: urgent. Right column: non-urgent.

Create a to-do list and place each task in the corresponding cell. Important and urgent tasks should be prioritized. Unimportant and urgent should be delegated. Important and non-urgent should be scheduled. Unimportant and non-urgent should not be done.

TIME MANAGEMENT



Sleep



Sleep can have a direct impact on your mental health, and this is true across the lifespan! Getting a proper sleep helps maintain functionality in the emotion centres of the brain, such as the prefrontal cortex and the amygdala. Your brain also rids itself of waste while you are sleeping. How much sleep is a healthy amount? It largely depends on your age, but 7 to 9 hours a night is recommended for young adults.

Here are some tips to help you get a better quality sleep!

- Set up a routine and stick to it. Go to bed and wake up at a consistent time.
- Keep your room dark.
- Avoid using electronic devices prior to sleeping.
- Avoid caffeine and large snacks before sleeping.
- Exercise regularly!



Leisure Time

THE JOY OF READING!

THE ULTIMATE SUMMER READING LIST!

BY ISABELLA BOSSUM, MEWERTH STUDENT MEMBER



Who doesn't love reading a good book in the summer to unwind? I know I certainly do! To me, there is nothing better than pairing a good book with a cool beverage, and laying back in the sunshine. However, it can be challenging to pick up the right book after months of university work, academic reading and writing, and burnout. Here's where my book list comes in handy. I have curated this list with a wide variety of genres to suit whatever book mood you're in for. Have a craving for something light, set in a fantasy world, and in the same vein as *The Hunger Games*? Then check out *A Court of Thorns and Roses* series. Perhaps something historical that isn't too dense? Try *I Must Betray You*. And of course, for those of you that enjoy themes of mental health and mental wellness in all that you read and watch, a number of books on this list delve into some of these topics (see note below). Most of these books are available at local libraries across Canada or can be found at independent bookshops. I personally love supporting Black Squirrel, Octopus Books, and Singing Pebble Books located within walking distance to Carleton University. Happy reading!

- 1 **Yellowface by R. F. Kuang***
- 2 **The Invisible Life of Addie La Rue by V. E. Schwab***
- 3 **Disorientation by E. H. Chou***
- 4 **Beartown by F. Backman***
- 5 **If We Were Villains by M. L. Rio**
- 6 **I Must Betray You by R. Sepetys**
- 7 **A Court of Thorns and Roses by S. J. Maas**
- 8 **Verity by C. Hoover**
- 9 **A Good Girl's Guide to Murder by H. Jackson**
- 10 **Ace of Spades by F. Àbíké-Íyímídé**

* = **MENTAL HEALTH-RELATED**

About the Author:

Isabella (Bella) Bossom is a member of MeWeRTH and a graduate of the MA program in Psychology and BA (Honours) in Psychology at Carleton University. She currently works as the lab manager in Dr. Michael Wohl's Betterment Labs. In this role, Bella manages all participant interactions, coordinates and monitors study launches, assists with programming of ongoing projects, and problem solves research-related issues. She is continuing her education by completing a PhD in Clinical Psychology at Dalhousie University. In her spare time she enjoys reading all kinds of fiction from classics to romantasy. You can follow her book reviews and book-related content on Instagram @bella_readz.



ISABELLA BOSSOM

MOVIE RECOMMENDATIONS

THE GRIZZLIES (2018), DIRECTED BY MIRANDA DE PENCIER, IS A SPORTS DRAMA BASED ON THE TRUE STORY OF THE GRIZZLIES LACROSSE TEAM, WHICH WAS FORMED TO COMBAT THE HIGH RATES OF SUICIDE IN KUGLUKTUK, NU. THE FILM PROVIDES INSIGHT INTO THE IMPACTS OF COLONIALISM AND MENTAL HEALTH CHALLENGES FACING INDIGENOUS YOUTH LIVING IN NORTHERN COMMUNITIES. THIS MOVIE IS AN ABSOLUTE MUST WATCH!



INSIDE OUT (2015), DIRECTED BY PETE DOCTER, IS A FUN DISNEY MOVIE THAT CAN BE ENJOYED BY THE WHOLE FAMILY. A YOUNG GIRL NAMED RILEY MUST ADAPT TO MOVING TO A NEW CITY. TO DO SO, SHE MUST NAVIGATE HOW TO CONTROL HER EMOTIONS (JOY, SADNESS, FEAR, DISGUST, AND ANGER). LITTLE DOES SHE KNOW, HER EMOTIONS ARE ALL WORKING TOGETHER TO COPE WITH THIS NEW LIFE EXPERIENCE AS WELL.

DIY CRAFT IDEAS

Save all your favourite memories in colourful marble-sized photo magnets!

- Size the photo down to the size of your glass beads.
- Print the photo and cut it to match the shape of your beads.
- Use your adhesive formula (we recommend Mod Podge) to stick the photo to the bead.
- Finally, glue the magnet to the back of the photo/scrap paper.



For this fun and inexpensive DIY project, you will need a mug, nail polish, toothpicks, and a container.

- First, you will need to fill your container halfway with hot water.
- Next, making sure that the nail polish bottle is as close to the water's surface as possible, place a few drops of nail polish into the water (you can mix colours).
- You can then swirl the water gently, with a toothpick. It should not be long until you can take the mug out and place it to dry. These mugs make great gifts! NOTE: Not microwave or dishwasher friendly.



Education

MeWeRTH officially launched the Psychology Wellness Centre in 2022!

What is the Psychology Wellness Centre?

The Psychology Wellness Centre (PWC) is a virtual centre for peer wellness coaching. The goal of the Centre is to provide education and coaching as it relates to health promotion to Carleton students seeking wellness support. Psychology graduate students registered in PSYC5904/5905 are trained as peer wellness coaches to provide the Carleton student community with education on wellness and coaching to improve their well-being and meet their wellness goals using a virtual format. Dr. Joanna Pozzulo is the Director of the PWC. Between Fall 2022 and Winter 2023, the PWC supported more than 40 students in their wellness goals.

The PWC is closed during the summer but we will be back open Fall 2023. To learn more or request an appointment with a peer wellness coach visit us at <https://carleton.ca/mental-health/resources/the-psychology-wellness-centre/>

What do former peer wellness mentors have to say about the course?

"Becoming a peer mentor was one of the most influential experiences I've had at Carleton. As a peer mentor, I was able to help fellow students better their school and personal lives. The training and practice I received prior to starting my role as a peer-mentor was incredible and really made me feel like I was prepared to fill the role. This experience was not only gratifying as I was able to help students who were struggling, but it also taught me a lot of different ways I could better support my own well-being. I highly recommend this opportunity to anyone who is able to participate!"



Juliana Nicoletta

"As a peer mentor, I had the incredible opportunity to support Carleton University students while also gaining valuable skills for my future endeavours in clinical psychology. Thanks to the extensive training and support I received throughout this experience; I was able to confidently embrace my role as a peer wellness mentor. The knowledge I gained from this practical experience in health promotion will continue to serve me for the rest of my life. If I could take this course all over again, I would!"



Audrey Hodgins

If you are interested in becoming a peer wellness coach, please visit the Department of Psychology graduate program website at <https://carleton.ca/psychology/graduate-studies/> for more information.

And that's a Wrap...

LIVED EXPERIENCE LUNCHEON SERIES

MeWeRTH hosted a series of luncheons throughout the 2022-23 school year featuring presentations from community members on their lived experiences with mental health and resiliency.

Adrian Harewood - The storyteller shares his story

Adrian Harewood, a journalist and associate professor at Carleton University was our inaugural speaker for this series. Adrian's talk focused on the value and power of storytelling as a means of building empathy, expanding our ways of seeing and enlarging our humanity, and the value of community to build resiliency.



ADRIAN HAREWOOD

Quayce Thomas - From Treating Illness to Improving Health: A student's perspective

Quayce Thomas, the founder and developer of Timsle.com, a social accountability network for feeling better with family and friends, shared his journey. Quayce built Timsle to recover from mental health challenges while studying architecture at Carleton University. His goal is to develop a low cost health system for countries without health infrastructure. Check out Timsle at <https://timsle.com/>



QUAYCE THOMAS

Anna Stone - Experiencing social anxiety in a learning environment: How social anxiety can hinder learning and promote resiliency

Anna Stone is a psychology student studying at the master's level at Carleton University. She discussed how social anxiety has impacted her ability to learn in social situations, and how it has made her a more resilient student.



ANNA STONE

MORE LIVED EXPERIENCE LUNCHEONS

Jessie Gunnell - Dyslexia: If I asked someone to help me read, I would be asking all the time, so I just stopped reading

Jessie Gunnell discussed her struggle with dyslexia, her road to a diagnosis, the supports she was grateful for, and the strengths she came to recognize in herself.



JESSIE GUNNELL

I was 10 years old and I can still visualize sitting in class frustrated and hurt that I couldn't read and therefore couldn't do my work. I struggled to connect letters to their sounds, which became obvious in the first years of learning to read and spell. Eventually, at 16 years old I was formally diagnosed with a language-based learning disability (a form of dyslexia). It was one of those moments that you don't forget, and for me, it was positive. A few years later I would register at Carleton University and obtain my degree in Psychology, which ironically, was a word I couldn't spell.

Dr. Carla Sowinski - Taking care of me: Self-care advice from my experience with grief

Dr. Carla Sowinski detailed how she coped with grief following her husband's struggle with treatment-resistant depression and suicide. Inspired by Lucy Hone's book, *Resilient Grieving*, Carla made a decision to cope with her grief by using evidence-based coping strategies, such as establishing healthy routines, self-compassion, and connecting with others in authentic ways. Dr. Sowinski is a researcher for the Department of National Defence; her research focuses on workplace well-being.



DR. CARLA SOWINSKI

Gillian Stein - Mental Health Issues Affect Us All... Even CEOs

Gillian Stein is the CEO of iconic Canadian photography brand *Henry's*. Gillian discussed her journey from enduring her first terrifying bipolar episode as a teenager, to travelling a long, never-straight pathway to diagnosis and treatment, to learning lifelong strategies for managing her mental health – all while becoming a successful CEO.



GILLIAN STEIN

BRINGING HEALING AND WELLNESS TO CARLETON

Dr. Alex Auerbach - Getting your head back into the game: Wellness foundations of high performance

Dr. Alex Auerbach, the Director of Wellness and Development for the Toronto Raptors presented the strategies he uses to help high-performing athletes maintain their mental health and performance. Dr. Auerbach emphasized that his strategies can be applied to anyone's everyday life. Check out his presentation here: <https://youtu.be/McDQtOh8Oc>.



DR. ALEX AUERBACH



Truth and Reconciliation Event

In collaboration with the Centre for Indigenous Support and Community Engagement, MeWeRTH co-hosted a Truth and Reconciliation luncheon featuring a presentation by Algonquin Elder, Albert Dumont. Elder Dumont is a renowned storyteller, poet, public speaker, and teacher. Elder Dumont talked about injustices against Indigenous peoples, his experience with racism, and how he responds to discrimination. We thank Elder Dumont for sharing his knowledge and his story, and reminding us that there is still much work to be done to combat discrimination in Canada.

Q Truth and Reconciliation x

Truth and Reconciliation

Noun

An effort to acknowledge the human rights abuses experienced by Indigenous peoples in Canada, particularly those pertaining to Indian Residential Schools.

THE HEALING POWER OF DOGS

Dr. Colleen Anne Dell: Hatred and Hope

Dr. Colleen Anne Dell discussed her experiences with illness and grief. Dr. Dell used her connection with companion dogs, as well as her community work to build resilience. Dr. Dell is a highly distinguished researcher, receiving many awards for her work on animal-assisted therapy. Check out Dr. Dell's website for more information on her work: <https://colleendell.com/>.



DR. COLLEEN DELL

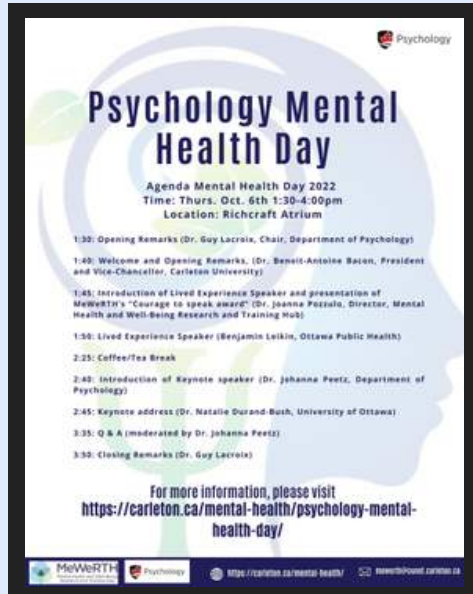
Carleton's Therapy Dog Program

Carleton University's Therapy Dog Program was established in 2017 with the aim of improving mental health on campus by allowing students to spend time bonding with trained therapy dogs. For more information on Carleton's Therapy Dog program check out the program's Instagram page @cutherapydog.





PSYCHOLOGY MENTAL HEALTH DAYS

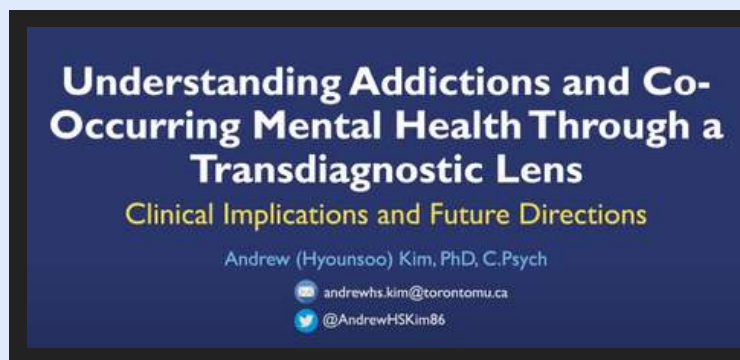


Psychology Mental Health Day 2022

The Department of Psychology and MeWeRTH co-hosted "Psychology Mental Health Day". It was a great opportunity for students and the broader Carleton Community to listen to presentations and enjoy a break with mental health experts; Benjamin Leikin (Ottawa Public Health) and Dr. Natalie Durand-Bush (University of Ottawa). MeWeRTH awarded Benjamin the Courage to Speak Award in recognition of his bravery to speak about his mental health journey. Congratulations Ben!

Psychology Mental Health Day 2023

As part of our contribution to the Bell Let's Talk mental health campaign, MeWeRTH hosted a presentation by Dr. Hyouonsoo (Andrew) Kim, an associate professor at Toronto Metropolitan University whose research focuses on addictive and concurrent disorders. Dr. Kim discussed the possibilities of using a transdiagnostic approach to treat addictive disorders, as well as to explain the co-occurrence of addictions and mental health issues. You can watch Dr. Kim's presentation here: <https://youtu.be/I3HWJ5V-Xdk>.



Resources

Carleton's on-campus resources can be found here:

<https://wellness.carleton.ca>

Looking for resources available off-campus?

Crisis Text Line Canada

Text CONNECT to 686868, www.crisistextline.ca

Good2Talk

Support for students looking for information about mental health, addictions, and well-being from a counsellor. This free service is available by phone (1-866-925-5454) or text (text GOOD2TALKON to 686868).

Ottawa Distress Centre

Mental health resources and support available 24/hours a day, 7 days a week. [Helpline \(613-238-3311\)](http://www.ottawadistresscentre.ca) offers emotional support and encouragement, crisis management, and suicide risk assessment and prevention.

Wellness together Canada

Free and confidential personalized support for mental health and substance use. Interactive apps and tools. Wellness resources and Indigenous support available. <https://www.wellnesstogether.ca/en-CA>

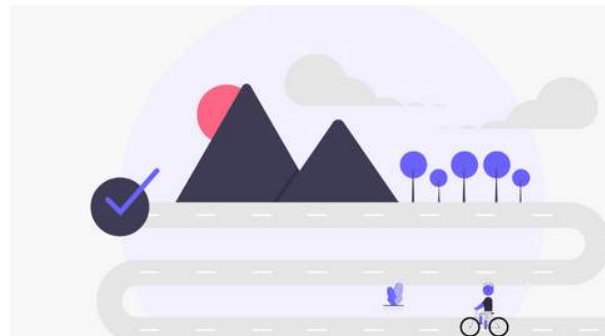
Need help finding a resource? Use the wellness navigator!



Wellness Services Navigator

The Wellness Services Navigator is designed to help navigate Carleton students to a curated list of mental health and wellness resources. If you need to talk to someone, please reach out for assistance.

Get Started →



Wellness focused podcasts

- 1) Hurdle
- 2) TedTalks Health
- 3) 10% Happier with Dan Harris
- 4) The Happiness Lab with Dr. Laurie Santos
- 5) Inside Mental Health

There's an app for that

- 1) Calm
- 2) Sanvello
- 3) Alltrails
- 4) Zombie Run
- 5) 365 Positivity



Books for mental health and well-being

- 1) Atomic Habits by J. Clear
- 2) Digital Distress, Growing up Online by L. Strohman and M. Westendorf
- 3) Our Book of Awesome by N. Pasricha
- 4) The Good Life by R. Waldinger and M. Schulz
- 5) The Myth of Normal by G. Maté

MEWERTH

WORD SEARCH

F N G X S P R C E P O H A A M
L Q P S Y C H O L O G Y V E T
O S P S S P U M H W L F W S U
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G I A A T Y W A E W D F S Q E
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WELLNESS
WISDOM

Online and Social Media



Email us at MeWeRTH@carleton.ca if you would like to be added to our mailing list for information on upcoming events.



Visit our website at <https://carleton.ca/mental-health/> if you would like more information about MeWeRTH.



MeWeRTH is social media official with our own Twitter handle [@CU_MeWeRTH](https://twitter.com/CU_MeWeRTH). Please consider following us.



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