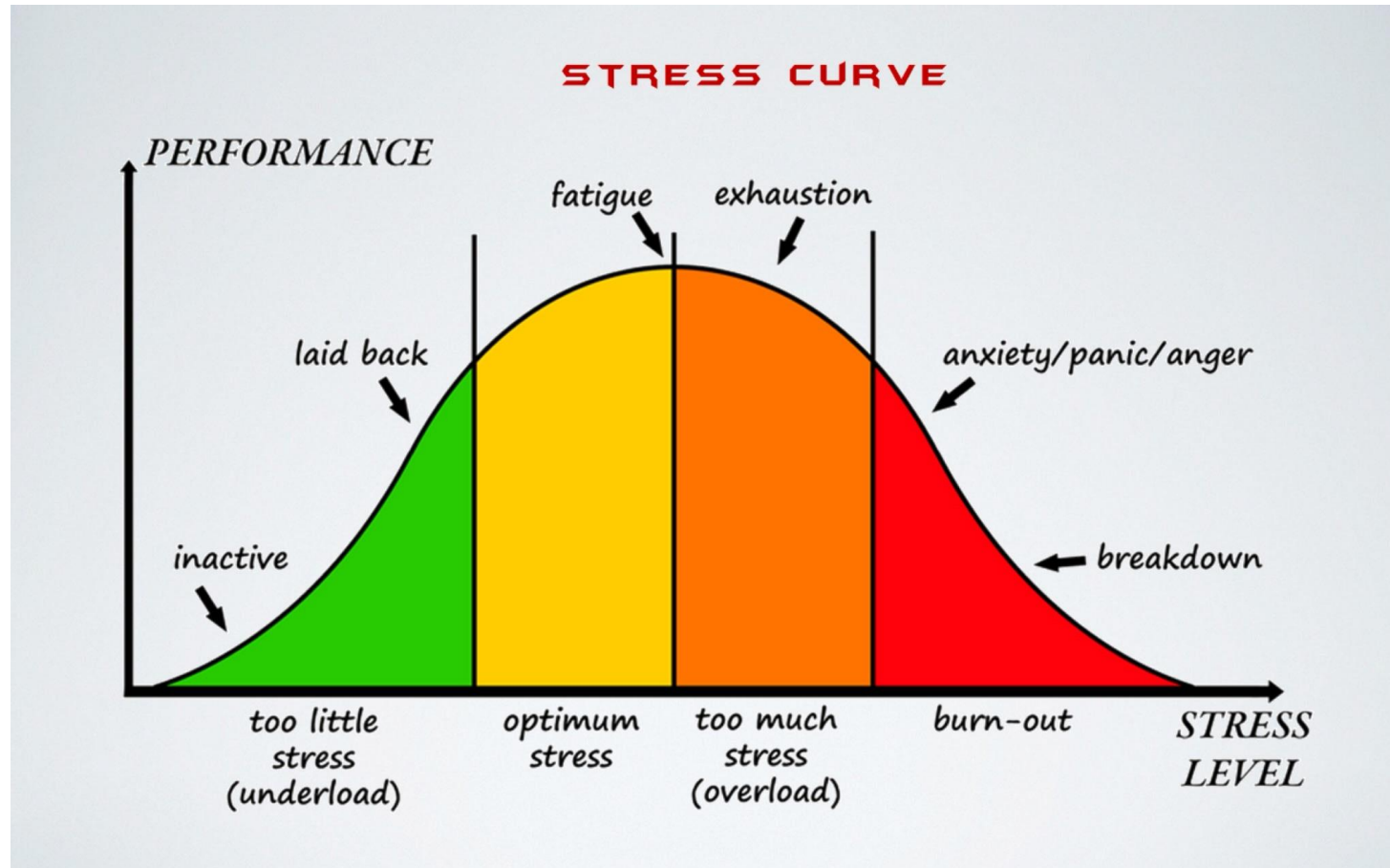




# IS STRESS ALWAYS A BAD THING?





“

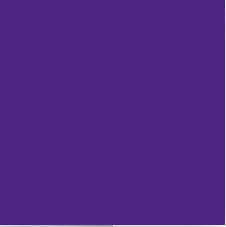
**Taking care of ourselves  
and others in the *Echo  
Pandemic***

# What is normal after acute stress/trauma?

- Range of thoughts, emotions and behaviours
- Seemingly unrelated memories
- Grieving process, anniversary reactions
- Renewed insights

## So What Can We Do?

- Media vacation
- Manageable activities (gardening, cleaning)
- Be honest and open with your emotions
- Take action
- Re-establish a normal routine

- 
- Look after your physical health
  - Connect with people
  - Talk and/or spend time alone
  - Think about what has helped you in the past
  - Trust yourself

## Self- Compassion



### **Mindfulness**

Being aware of the physical, emotional, or mental pain of the moment.



### **Self-kindness**

Treating ourselves with kindness, considering our own needs.



### **Common Humanity**

Recognizing that these experiences are a normal part of being human.



# MindShift

Clinically Recommended Solutions  
based on Cognitive Behavioral Therapy (CBT)





# Mental Health Team

Western  Student Experience

# Overview of Supports



- Individual sessions by phone or Zoom
  - Brief, change-oriented therapy
  - Strength-based, solution focused
- Counsellors specialize in supporting those who have experienced sexual violence, LGBTTIQQ2SA+ students, BIPOC students, and international students.

# Overview of Supports



- For BIPOC students who are experiencing race-related stress and are seeking a safe space to talk, they can request to speak with counsellors who are themselves persons of these communities with lived experience.

# Overview of Supports



- Extended hours
  - Mon-Thurs 9am-7pm and Fri 9-5.
- Same-day virtual (and in-person) crisis appointments
- Virtual Groups [https://www.uwo.ca/health/psych/group\\_care.html](https://www.uwo.ca/health/psych/group_care.html)
- Call 519 661-3030 or email [help@uwo.ca](mailto:help@uwo.ca)

# Engineering Specific Supports

- Laura Donelan, MSW, RSW
- To book an appointment with Laura, please contact Graduate Services (Kristen Edwards) and she can refer you.
- Or call 519 661-3030 and ask to be booked in with Laura.

# Muslim Specific Supports



WE'RE JUST A  
**CALL / TEXT AWAY**  
1-866-NASEEHA (627-3342)

[CONTACT ME](#) [LEARN MORE](#)

7 DAYS 12-9PM EST  
7 DAYS 9-6PM PST

<https://mrcssi.com>



## CRISIS SUPPORTS

For whatever's on your mind,  
we're good to talk.



**1.866.925.5454**  
or connect through 2-1-1

**Post-Secondary Student Helpline**

[Learn more](#)



# REACH OUT



You can now **text**  
**Reach Out 24/7** at  
**519-433-2023.**

Three reliable ways to  
connect to and receive  
mental health and  
addictions support.

Call or Text: **519-433-2023**

Toll-free: **1-866-933-2023**

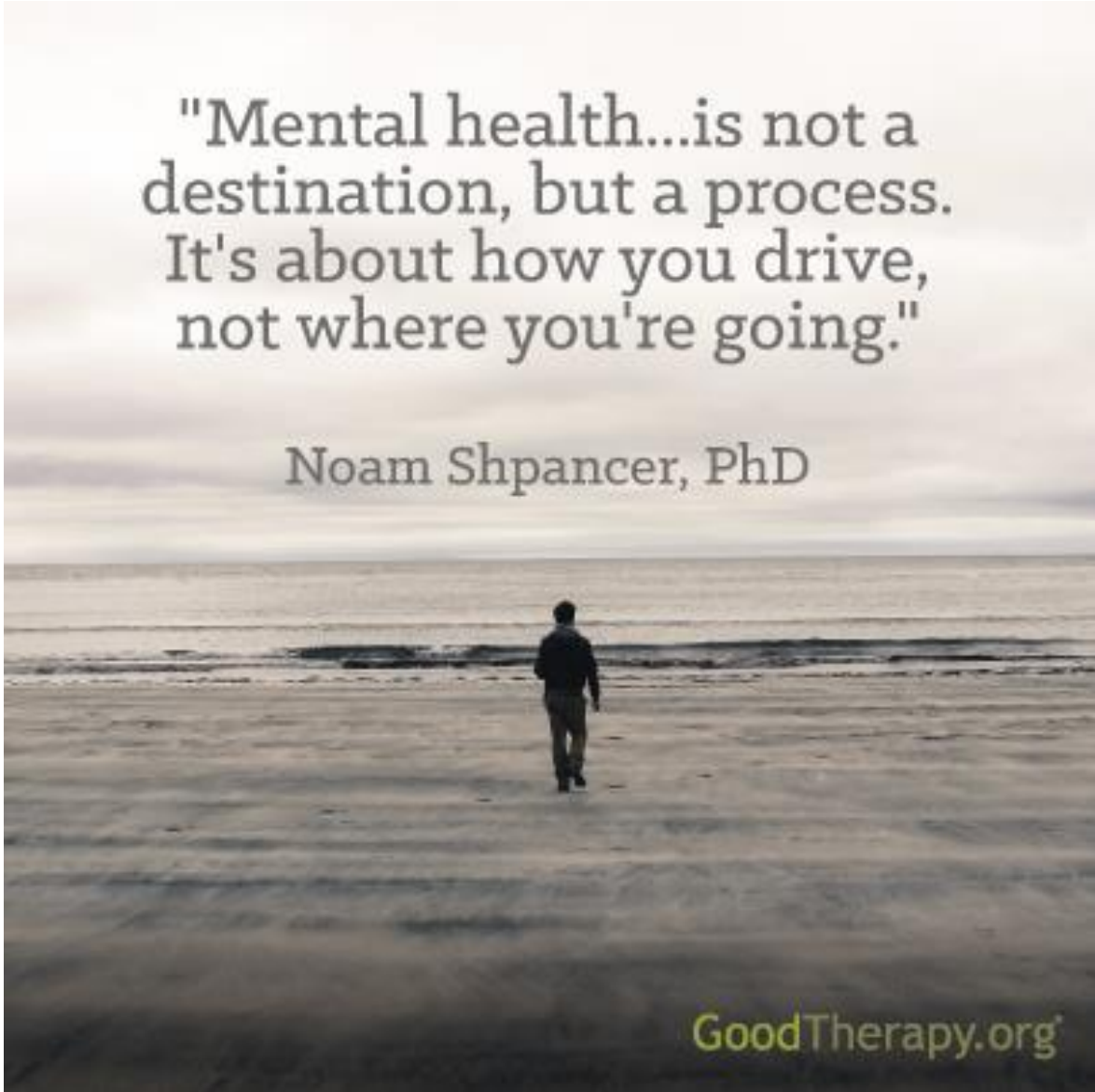
Web Chat: [reachout247.ca](https://reachout247.ca)







“



"Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

Noam Shpancer, PhD

[GoodTherapy.org](https://www.GoodTherapy.org)