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
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.
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

Western Student Experience
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

https://mrcssi.com
CRISIS SUPPORTS

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

GOOD 2 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
"Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

Noam Shpancer, PhD