



Course fostering mental health and wellness

Individuals will learn how to protect and foster mental health. Addresses the root causes behind common struggles regarding mental health and wellness.

.....

LEARNING OUTCOMES

After taking *Wellbeing 101*, the individual will be able to:

- Construct a support system “map”
- Reflect on past trauma to identify triggers and stressors
- Distinguish between positive and negative stress
- Identify their physical and psychological responses to stress as a part of managing stressors
- Identify coping strategies that can be used to deal with stress
- Develop a personalized plan for dealing with stress and workload
- Differentiate between generalized anxiety and social anxiety
- Recognize their unique physical signs of and triggers for anxiety
- Choose positive coping strategies for anxiety and depression
- Identify the red flags of self-harm and suicide
- Understand the effect of alcohol, cannabis, prescription drug misuse on mental health
- Identify proactive steps to make informed decisions regarding substance use and abuse
- Learn ways to manage peer pressure
- Identify ways to maintain healthy romantic relationships
- List and make a plan for balancing academic and social life priorities
- Reflect on sleep patterns and improve sleep hygiene
- Identify disordered eating patterns in self and others
- Recognize the affect of nutrition on mental and physical health
- Identify the components of a balanced diet
- Identify proactive ways to practice self-care
- Identify strategies for building self-esteem
- Recognize the impact of technology on mental health
- Understand the benefits of taking a social media break
- Identify the red flags of gaming addiction
- Choose strategies for creating a balance between digital and non-digital activities



PREVENTION // COMPLIANCE TRACKING // EVIDENCE-BASED //
OUTCOME REPORTING // CONFIDENTIAL // INTEGRATIONS // PERSONALIZED FEEDBACK