



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.

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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