

# PROMOTING WELLBEING FOR OURSELVES AND OUR STUDENTS

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CTLT SUMMER INSTITUTE



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# CONTEXT AND CALLS TO ACTION

- OKANAGAN CHARTER
  - ✓ Embed health into all aspects of campus culture, across the administration, operations and academic mandates.
- STRATEGIC PLAN
  - ✓ Lead globally and locally in sustainability and wellbeing across our campuses and communities.
- Wellbeing Strategic Framework
  - ✓ Contribute to targets identified within Collaborative Leadership, Mental Health & Resilience, and Social Connection.



# WELLNESS RESOURCES FOR FACULTY



# STAFF & FACULTY WELLBEING IN HIGHER EDUCATION: WHY?

- Universities are dependant upon their people (students, staff, faculty, postdoctoral fellows, etc.) and what we do.
- Research shows us that:
  - To teach, research and work well, **you must be well.**
  - When you are well, you are more productive, engaged, creative, innovative,....





# WHAT CONTRIBUTES TO WELLBEING IN THE WORKPLACE?

SUPPORTIVE ORGANIZATIONAL CULTURE

PSYCHOLOGICAL AND SOCIAL SUPPORT

CLEAR LEADERSHIP AND EXPECTATIONS

CIVILITY AND RESPECT

PSYCHOLOGICAL DEMANDS

GROWTH AND DEVELOPMENT

RECOGNITION AND REWARD

INVOLVEMENT AND INFLUENCE

WORKLOAD MANAGEMENT

ENGAGEMENT

BALANCE

PSYCHOLOGICAL PROTECTION

PHYSICAL SAFETY



CAN/CSA-Z1003-13/BNQ 9700-803/2013  
National Standard of Canada  
(reaffirmed 2018)

## Psychological health and safety in the workplace —

Prevention, promotion, and guidance  
to staged implementation

Disponible en français  
*Santé et sécurité psychologiques  
en milieu de travail —  
Prévention, promotion et lignes  
directrices pour une mise en  
œuvre par étapes*



## Visit the Wellbeing and Benefits websites to find:

- Physical, mental and nutritional **programs and resources**
- Information on your **UBC Extended Health Benefits**
- Connect with **wellbeing coaches or clinical counsellors** through UBC's Employee and Family Assistance Program (**EFAP**)
- Stay up to date with events, activities and relevant articles by subscribing to the **Healthy UBC Newsletter**
- Find out how to **support colleagues** who are experiencing challenges



For additional information, please visit: [www.hr.ubc.ca/wellbeing-benefits](http://www.hr.ubc.ca/wellbeing-benefits) & [wellbeing.ubc.ca/workplace-wellbeing-resources](http://wellbeing.ubc.ca/workplace-wellbeing-resources)



# Mental health training programs and on-demand workshops

- ✓ Understanding Your Employee And Family Assistance Program
- ✓ Self-Care 101
- ✓ Self-Care For The Caretaker
- ✓ Enhancing Workplace Wellbeing at UBC
- ✓ Mindfulness And The Benefits At Work
- ✓ Understanding Mental Health Challenges
- ✓ QPR: Suicide Prevention Training
- ✓ The Working Mind
- ✓ Mental Health First Aid
- ✓ UBC Thrive
- ✓ Mindfulness and Meditation Programs

Example of programs and resources:

<http://www.hr.ubc.ca/wellbeing-benefits/living-well/mental-health/training-workshops/>

## Proactive Ways to Engage

- **Healthy Workplace Initiative Program-HWIP** (annual/spring)
- **Not Myself Today** campaign and **Thrive**
- **Become a Health Contact (coming soon!)**
- Get your **Workplace Experience Survey (WES)** results and pick 1-2 areas to work on with your team: [www.ubc.ca/wes](http://www.ubc.ca/wes)
- Request an **Enhancing Workplace Wellbeing** workshop  
(contact: [Miranda.Massie@ubc.ca](mailto:Miranda.Massie@ubc.ca) or [melissa.baker@ubc.ca](mailto:melissa.baker@ubc.ca) )



# WELLNESS RESOURCES FOR STUDENTS





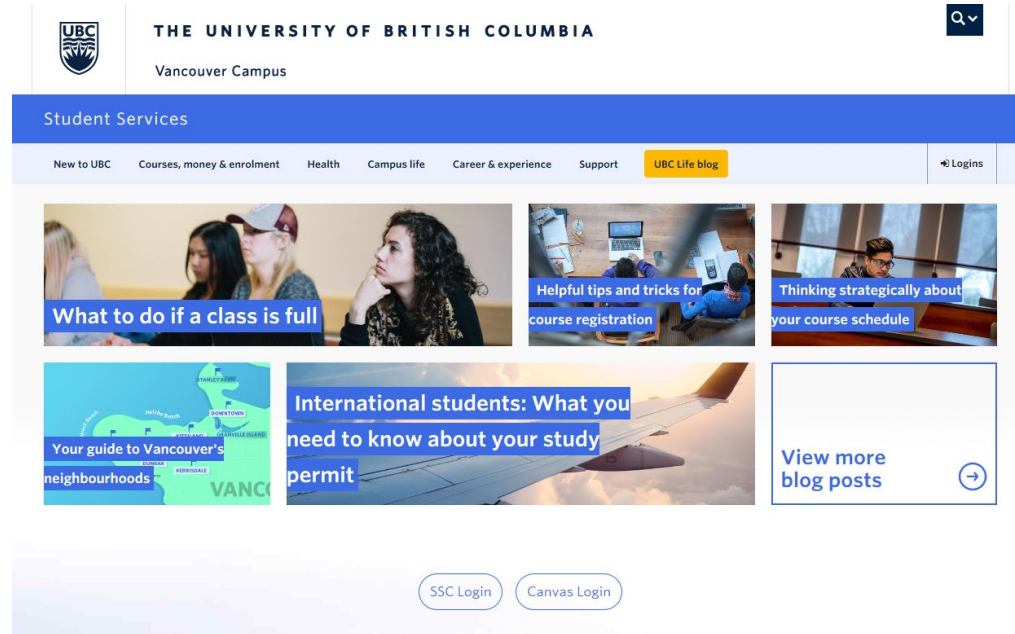
# Online Resources

A grayscale photograph of a person's hands typing on a laptop keyboard. The laptop screen displays a webpage with text and a sidebar. The text 'Online Resources' is overlaid in a large, bold, dark blue font across the center of the image.

# Students.ubc.ca

## STUDENTS.UBC.CA/HEALTH

- Simple tips & strategies to take care of yourself
- Learn more about health topics like sexual health, nutrition, and sleep
- Find out how to reach out for help and what to expect when you do
- Find out what's covered by your AMS/ GSS Health and Dental insurance



# THERAPY ASSISTANCE ONLINE (TAO) SELF-HELP

Online educational resource allow you to:

- Access 24/7 from any device
- Complete a wellness assessment to track your progress
- Try out practice tools & logs

Topics Covered:

- Communication & relationships
- Stress & anxiety
- Low mood/depression
- Substance use



# TAO

TAO is available **free** to anyone with a UBC email – you can use your alumni.ubc.ca account.

Register at <https://thepath-ca.taoconnect.org>



# In-Person Resources

A faded background image of two women walking through a forest. The woman on the left is wearing a light-colored jacket and dark pants, and the woman on the right is wearing a light-colored shirt and dark pants. They are both smiling and looking towards the camera. The forest has many tall, thin trees and a ground covered in dry leaves and pine needles.

# START AT THE WELLNESS CENTRE

- In the Life Building
- **Talk to a Wellness Peer** about what is going for you
- **Get answers** to your health & wellness questions
- Learn about ways to **take care of your wellbeing**
- Pick up **free condoms** or purchase from **'the Shop'**
- **Find out** about other campus services and what might be the right fit for you



# COACHING & COUNSELLING

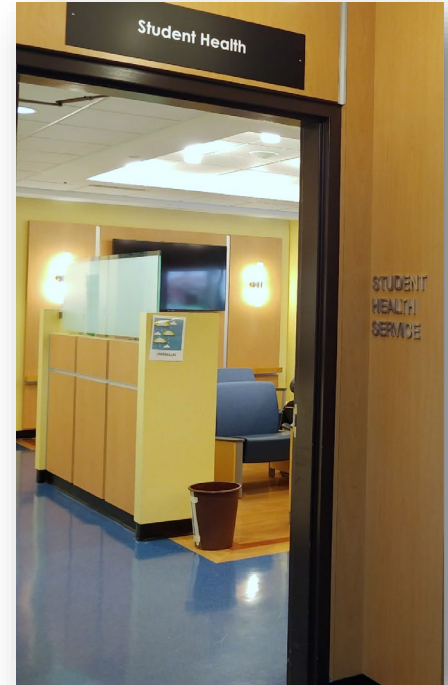
- **Empower Me** 1-844-741-6389
  - 24/7 phone and online
  - Multilingual
  - Life coaching and personal counselling
- **UBC Counselling Services** in Brock Hall
  - Wellness Advising
  - Single Session Counselling
  - Group Counselling and Brief Individual Counselling (by referral)





# STUDENT HEALTH SERVICE MEDICAL CENTRE

- In the UBC Hospital
- Get **year-round health care**
- Doctors, Nurses and Specialists
- **Book appointments** online, by phone, or in person
- Request an **urgent appointment by phone or in person**



# URGENT AND AFTER-HOURS SUPPORT

- 8-1-1 Health Link BC
  - Nurses and other health professionals available
- Urgent Care at UBC Hospital
  - 8am to 10pm daily
- Crisis Centre BC (24/7)
  - 1-800-784-2433, [crisis.ubc.ca](http://crisis.ubc.ca)
- Emergency Services (24/7)
  - Call 9-1-1 or go to your nearest hospital emergency department



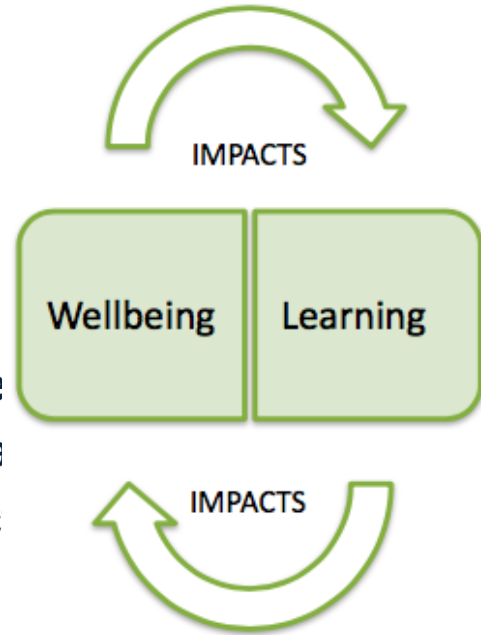
# TEACHING PRACTICES THAT PROMOTE WELLBEING





# LEARNING & WELLBEING IN HIGHER EDUCATION

- Positive mental health (flourishing) results in students' adopting more of a deep approach to learning (Trigwell, et al., 2012)
- “It is clear that, from the student perspective, university teachers and their teaching practice have the potential to enhance and support student mental wellbeing (and conversely, to have a negative effect on wellbeing).” (Baik, Larcombe & Brooker, 2019)



# KEY FINDINGS

## STUDENT WELLBEING IS IMPROVED THROUGH



1 Students are motivated to learn and feel they are learning successfully

- ✓ Helping students find value in the subject matter
- ✓ Helping students find value in the learning process
- ✓ Structuring the course effectively
- ✓ Delivering the material effectively
- ✓ Supporting learning outside the classroom



2 Students feel connected to their peers and instructors

- ✓ Fostering instructor-student relationship
- ✓ Fostering peer-to-peer relationships



3 Instructors recognize that the students' experience extends beyond academics

- ✓ Recognizing that students have lives outside academics
- ✓ Openly discuss wellbeing-related topics
- ✓ Creating a safe classroom environment

# TEACHING PRACTICES & WELLBEING



[https://www.youtube.com/watch?time\\_continue=3&v=QNR-nblgXVA](https://www.youtube.com/watch?time_continue=3&v=QNR-nblgXVA)

## DISCUSSION:

### Supporting faculty, staff and student wellbeing

- What is your role in supporting wellbeing?
- What value do you see in supporting wellbeing?
- How does this understanding of role or value align with the culture in your department/faculty/unit?
- What do you need support with?





# Key Take Aways



# THANK YOU FOR YOUR ENGAGEMENT AND PARTICIPATION!

Please take a moment to complete the session feedback form, bearing in mind that the facilitator's practice and future programming of CTLT Institutes will benefit from your thoughtfulness.

There are many relevant sessions in this Summer Institute that you may be interested:

**Working with TAs to Support Inclusive Teaching**

August 22, 2019; 2:00 - 4:00

**Green Folder and Early Alert Orientation**

August 29, 2019; 1:30 - 3:30

**Creating Inclusive Science Classrooms: Student Voices**

September 6; 2:00 - 4:00

Please consult the Summer Institute Schedule for the full program.



For your ongoing learning, you may access the self-paced **Teaching and Learning**

**Professional Development Online** Course via <https://canvas.ubc.ca/enroll/LB9YAF>.

Should you like to evaluate your students' learning and/or the impact of your teaching practice, feel free to reach out to the Institute for the Scholarship of Teaching and Learning.

<https://isotl.ctlit.ubc.ca/about/contact/> | [ctlit.isotl@ubc.ca](mailto:ctlit.isotl@ubc.ca)