



Faculty Wellbeing:

Towards Building a Healthier Community

CTLT Winter Institute
December 15, 2020

Gail Hammond, PhD, RD, Faculty of Land & Food Systems

Michael Lee, Reg. OT , CPRRP, Faculty of Medicine

Crystal Hutchinson, MEd, CHES, UBC Human Resources

Jiaojiao Lu, MEd Student, CoP Coordinator



Land Acknowledgement

UBC's Point Grey campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.

Takeaways from Today's Session



The importance of
taking care of your
wellbeing



Evidence-based
strategies



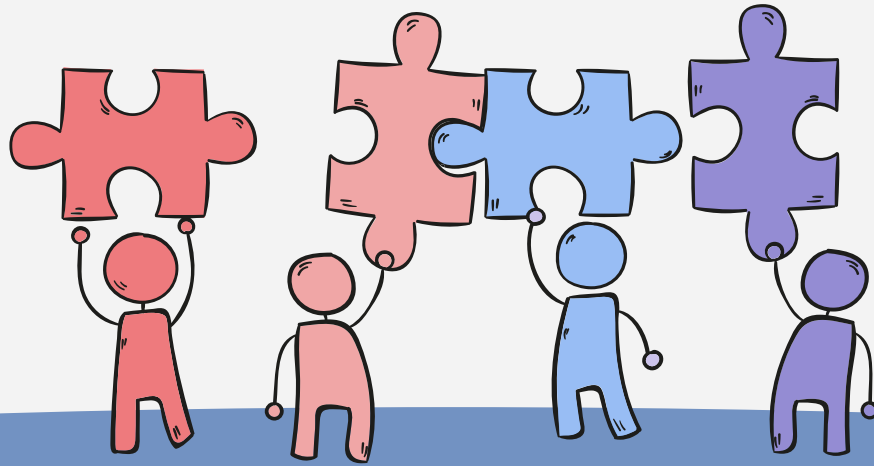
Benefits from taking
care of yourself

Agenda

- Welcome and introductions
- Wellbeing: from students to faculty to institution
- Panel: Staff & Faculty wellbeing
- Stretch break
- Create a personal mental health plan
- Breakout rooms: reflect on personal plan
- UBC HR resources
- Debrief & Wrap up

Welcome

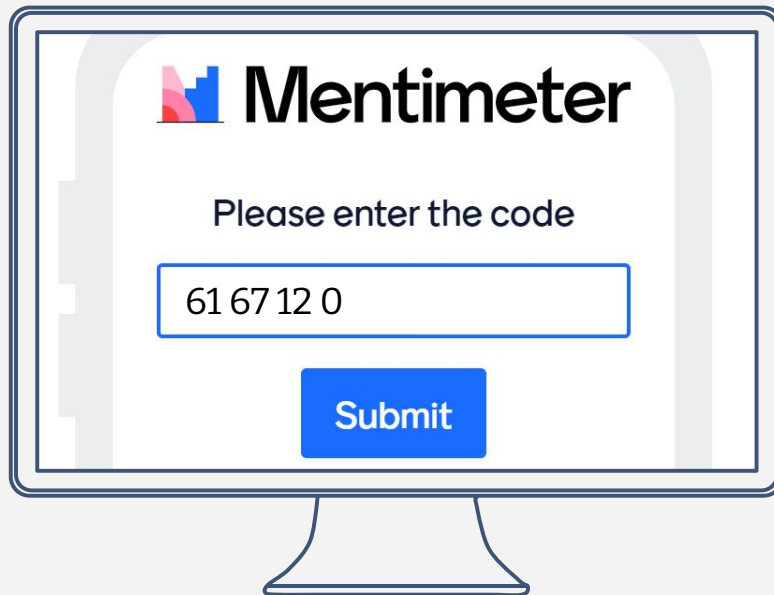
Let's get to know each other together!



Enter a few words to introduce yourself

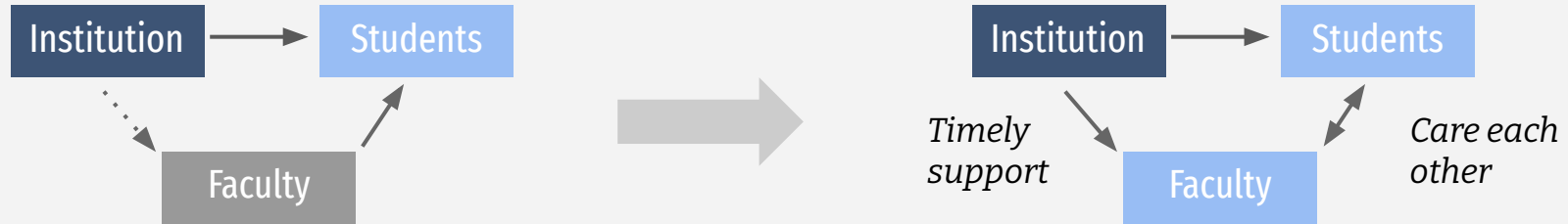
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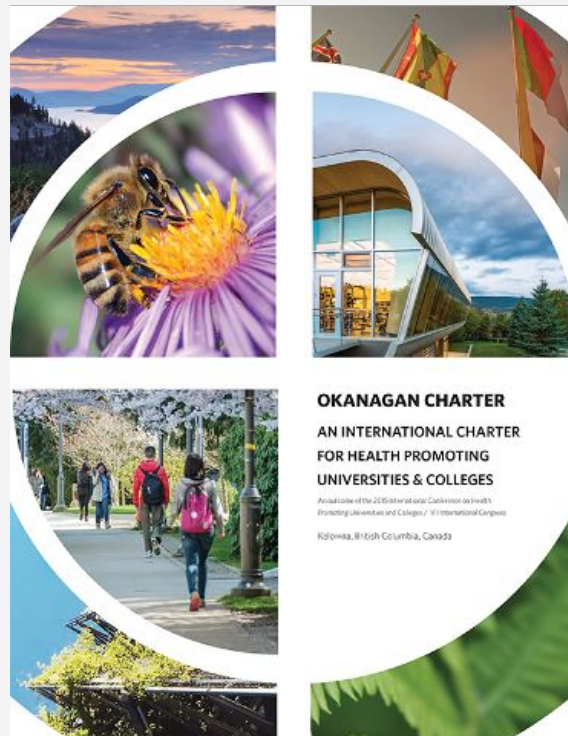
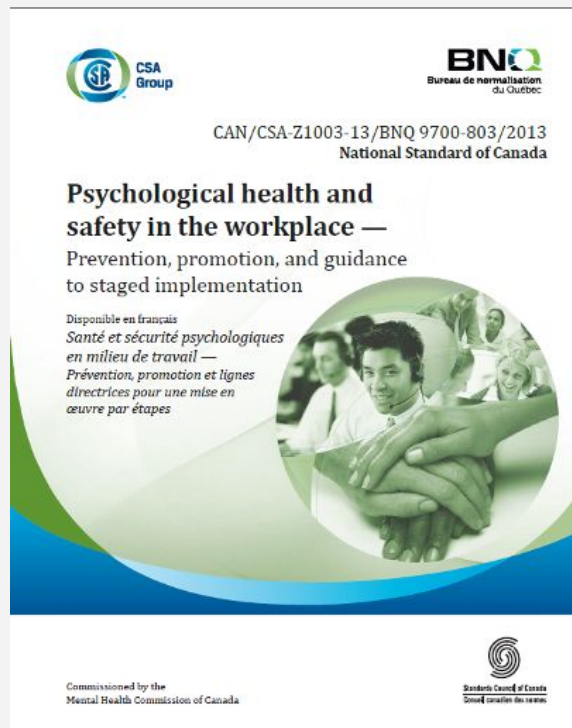


Wellbeing: from Students to Faculty to Institution

Towards Building a Healthier Community



Towards a Health Promoting University



Panel Discussion

Moderator

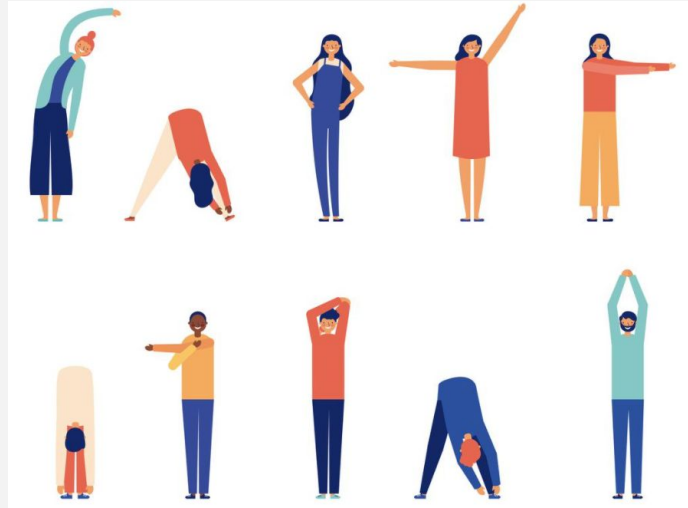
- Jiaojiao Lu

Panelists

- **Crystal Hutchinson**, UBC HR
- **Gail Hammond**,
Food, Nutrition & Health
- **Michael Lee**, Occupational Science
& Occupational Therapy



Stretch Break



Personal Mental Health Plan



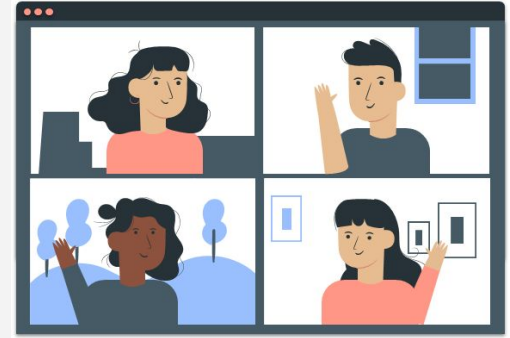
Develop a plan for yourself

https://ubc.ca1.qualtrics.com/jfe/form/SV_bpIPVamKamq1rdb

Mental Health Continuum Model



Share & Reflect



- What have you been doing to benefit your wellbeing?
- What have you gained by taking care of your wellbeing?
- What are your natural supports (support from your personal associations and relationships developed in the community)?
- What other resources you can leverage to support your wellbeing?

UBC HR Resources



Services and Resources

[Stay at Work Program](#)

[Ergonomics Program](#)

[Employee and Family Assistance Program](#) (One-to-one coaching for those in supervisory roles)

[30-Day Mindfulness Challenge](#)

[Coaching at UBC](#)

[Psychological Services through Extended Health Benefits](#)

[Workplace Wellbeing Ambassador Program](#)

[Healthy Workplace Initiatives Program](#)

Takeaways & Muddy Points

Go to www.menti.com

Use the code **47 57 06 1**



Questions? Get in Touch!



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Thanks!

Teaching & Wellbeing CoP

Welcome to join us

Self-enrolled via
<https://canvas.ubc.ca/enroll/LF3C3R>

University of British Columbia

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