



# Interactive Training Experiences

## **Social Emotional Wellness for Students: How to Begin Healthy Habits to Last a Lifetime**

### Abstract

This workshop will acknowledge the mountain of hardships and stressors that students have had to endure in recent years. Interactive exercises will guide students to explore their own life domains that help them to manage stress and rejuvenate. Utilizing the Eco-map as a tool, students will explore their connections and positive supports. Examples of healthy hobbies and habits will be presented alongside the most recent research on self-care and mental wellness. Students will be encouraged to contemplate what works for them and what new habits they may begin incorporating in their lives. Participants will examine how healthy coping mechanisms and cognitive strategies play a role in suicide prevention and substance use prevention and recovery.

### Objectives

At the conclusion of the workshop, students will be able to:

- Give themselves credit for continuing to show up through what is arguably the most challenging time in the history of learning.
- List 3-4 social emotional competencies that they can develop and strengthen in their youth.
- Identify 2-3 coping mechanisms or strategies that they can employ to further strengthen their own mental wellness.
- Assess where they are in their school/family/social life balance to recognize and name if there are any life domains that they'd like to create or strengthen.

**Workshop Length:** 40 minutes (In-person or online option) In-person is recommended.

**Participants:** Students in grade 6-12.

Workshops are being facilitated in-person.