Mental Health and Well-Being

A Hot Topic

Institutions and organizations are expanding mental health support through training programs, Wellness apps, and community-based initiatives. As continuing education units are being asked to do more with less, this session will focus on stress management, mindfulness, and fostering supportive workplace cultures.

Discuss

Would anyone like to share any of the concrete impacts you are seeing now or anticipate as possible for us to set the context.

Discuss

- What role does stress management play in fostering a supportive work environment in educational settings?

- How can mindfulness be integrated into daily routines to improve mental well-being?

Discuss

- What community-based initiatives have been successful in supporting mental health on campuses?
- What are some effective, low-cost strategies that continuing education units can implement to support employee mental health and well-being?

Discuss

- In what ways can technology—such as wellness apps—enhance mental health support?

- What are the limitations or challenges of relying on digital tools?

- In what ways can technologies such as wellness apps or virtual training enhance mental health support while maintaining a human centred approach?

Discuss

- How do we ensure these tools are accessible and inclusive for diverse populations?

Discuss

- What role does leadership play in fostering a supportive workplace culture, and how can leaders model healthy stress management behaviors?

- How can leadership model and reinforce the values necessary for balance and self-care effectively?

Wrapping Up

- What steps are some practical steps institutions can take to foster a supportive workplace culture that pressurizes mental well-being, specially during times of organizational strain?
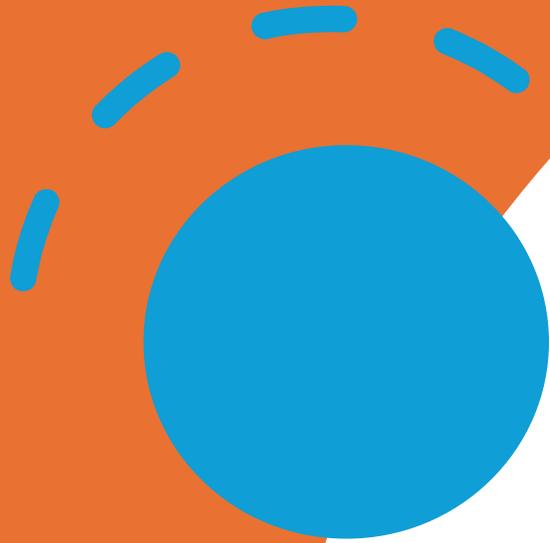
Thank you!!!

Have a great conference