



Being Well

Student Handbook developed by Siobhan Marie, PVNC Student Trustee with attributions from Jennifer Angelo, Mandy Hamu, the Student Council Liaison Committee, and PVNC participants.

E-Mental Health Resources

- The Being Well Portal, <https://beingwell.pvnccdsb.on.ca/>
- Kids Help Phone, <https://kidshelpphone.ca/>
- Resources Around Me,
<https://kidshelpphone.ca/resources-around-me/#search?location=Downeyville&search=keyword>
- Canadian Mental Health Association, <https://cmha.ca/>
- Bounce Back, <https://bouncebackontario.ca/>
- Children's Mental Health Ontario, <https://cmho.org/findhelp/>
- National Indian Residential School Crisis Line: [1-866-925-4419](tel:1-866-925-4419)
- LGBT Youthline Ontario: [647-694-4275](tel:647-694-4275) + <https://www.youthline.ca/>

Content



Developing a Coping Plan



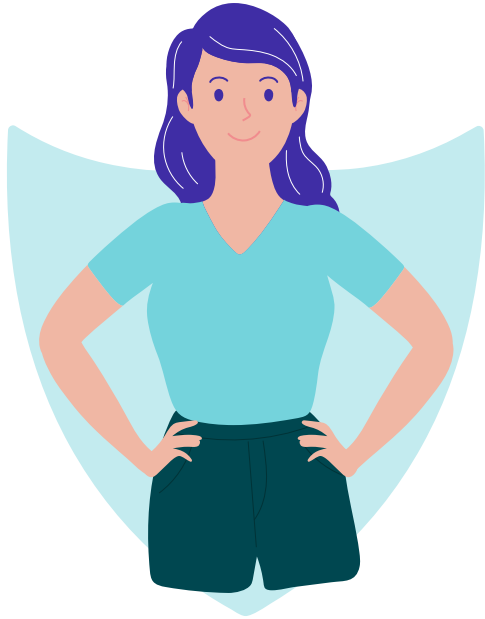
Faith and Wellness



Five Golden Rules



What do students think?



“I think Being Well is important, especially at this age, because having a positive mindset and goals to improve wellness is what will help us live a fuller life. The habit of working on our personal growth and mental wellbeing is a habit we should start now.” - Student, Holy Trinity Catholic Secondary School

Land Acknowledgement

It's important to recognize that we are all situated on Indigenous land. In all areas of our board we are part of the Williams Treaty and Treaty 20, the most recent treaties in this area. This land acknowledgement, I hope, inspires you to contemplate deeply your understanding of and commitment to the land we each call home, and also serves as a source of encouragement to continue learning about local Indigenous cultures. Here, in the Peterborough, Victoria, Northumberland, and Clarington regions, we live off of, work on, and have the benefit of simply existing on the land of the Michi Saagiig Nishnaabeg who have been here since time immemorial.

Learn more about Indigenous land we occupy: <https://native-land.ca/>

Prayer

“Hold me steady Lord.
Let not winds or storms erode my roots.
Let me be strong, like an oak tree, tall, and grace filled,
Budding with expectant shoots.
Bending gently, through each season,
Waiting patiently for change.
Upright, righteous, full of life,
Giving shade and shelter with each bough.
Pushing roots so deep with growth,
Quenching thirst from eternal streams.
Hold me steady Lord, strong and healthy,
Let my mind be close to thee.” - [LINK](#)

Welcome!

I'd like to welcome you all to this school year's second volume of Voices That Accompany: Being Well! For those of you who are not a member of or are new to student council, each year, the Student Council Liaison Committee plans four events for the student councils from across the board to meet with one another. I'm sure that we can all agree that the last few years have been unpredictable and a time of adjustment, not only to our school and work lives, but also to our personal lives.

This year, our vision is Voices That Accompany. It's been derived from the new Strategic Priorities created by the Director of Education, Ms. Carragher, and a team at PVNCCDSB. The Strategic Priorities have been developed to help us transition into a new normal. The Director of Education has stated in her message to the PVNC community, "We chose the theme of accompaniment, the image of Jesus on the road to Emmaus, carefully. The art of accompaniment is about taking the time to walk alongside one another to listen, and in so doing, to transform. If the global pandemic has taught us anything, it is that the road ahead is unpredictable and it is more important than ever that we walk this road together." The underlying priorities that we will focus on throughout this year are Being Creative, Being Well, and Being Community.

On [Thursday, February 10, 2022](#), the student councils from each high school in PVNCCDSB gathered to connect with the keynote speakers, the PVNC Mental Health Leads Jennifer Angelo and Mandy Hamu, to talk about the importance of Being Well for our second Voices that Accompany retreat. The retreats have been designed for the student councils to attend, however, Being Well extends to ALL PVNC students. After completing this handbook, we'd like you to all think of [innovative services, resources and thoughts on leadership that can be more responsive toward inspiring Wellness for you and your peers during the pandemic](#). Thank you and enjoy!

What is 'Being Well'?



Although wellness is an encompassing definition, it includes but is not limited to:



Engaging in self-compassion-- acknowledging your emotions and responding to them in healthy ways.



Taking time to address your needs-- this can range from having a bubble bath once a week to seeking out professional help.



Engaging in healthy activities that make you feel good-- exercising both the brain and body and getting a sufficient amount of sleep.

01: Developing a Coping Plan

When we're faced with new or unexpected challenges, it's easy for us to become overwhelmed and doubt ourselves. This is why developing a coping plan to deal with uncomfortable emotions is vital to supporting yourself and your well-being. Your coping plan should include what your stressors are, what kinds of methods you use to cope with stressors, and coping mechanisms you would like to try. PVNCCDSB Mental Health Leads Jennifer Angelo and Many Hamu suggested that we include the following in our coping plan:

- ~ Ten or more **helpful** activities/coping mechanisms
- ~ Five or more people you can **reach out** to
- ~ Three or more **trusted adults**

Coping Mechanisms: Yay or Nay?



Constructive... YAY!

Talking to a friend or a trusted adult about what's bothering you



Destructive... NAY!

Isolating yourself from others



Constructive... YAY!

Spending time with your pets, friends, and family to relax



Destructive... NAY!

Substance use and abuse



Constructive... YAY!

Engaging in meditation and/or mindfulness



Destructive... NAY!

Acting angry or violently towards friends and/or family members

02: The Five Golden Rules



01- Say What You See

If you notice a friend has been experiencing excessive negativity, let them know you've noticed.



04- Know Your Role

As a peer, you are not a therapist, a social worker, a psychotherapist. You're their peer- to be an ear, but also know that you can connect them to the help that they need.



02- Show You Care

Ask your friend what you can do to help- whether they need advice, someone to lend an ear, or simply a hug.



05- Connect To Help

Know when to reach out to a trusted adult or professional for your peer- it's not easy, but sometimes you need to acknowledge when the issue is bigger than what you can handle.



03- Hear Them Out

Listen to your friend without judgement and listen to them to understand, not always to respond.



03: Faith and Wellness: Words of Wisdom from Father Paul Massel

"I came that they may have life and have it abundantly."

(John 10:10)

"If there were words in all the bible to remember, these words of Jesus from John's gospel... are those words!

The new strategic priorities in our PVNC schools are truly amazing. They call us to live life to the full and to live it abundantly. Know that you are loved exactly as you are! Simply BE all that you can be. Simply BE and love with all your heart. Simply BE and celebrate life to the full. Let your creative energies flow, knowing in God's design, you are beautiful, you are unique and you are one in spirit with every person and all creation. Wellness is holiness... and holiness is to be ever more *whole* with God and each other. From the single cell to the largest star, all ... in communion, all... coming together...and all, with a love that unites. And that love...is God.

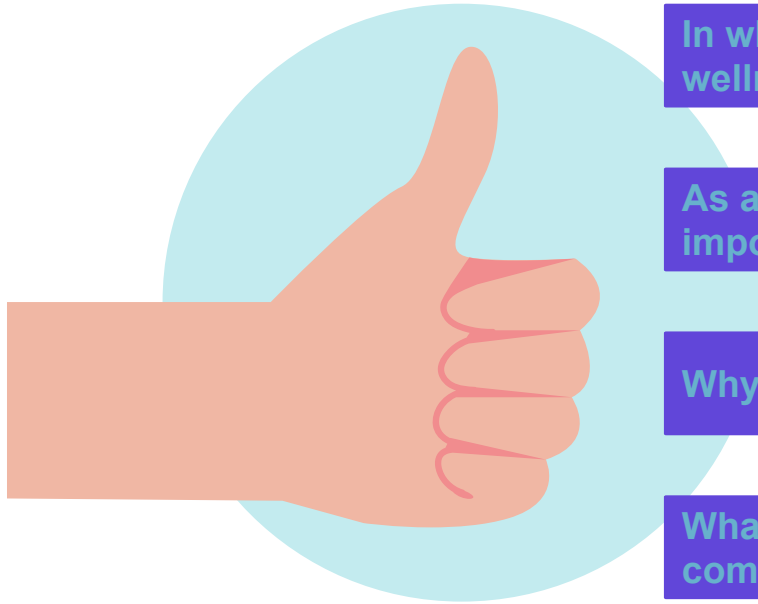
In the joys and challenges of life, WELLNESS... is knowing that all is possible, with God as close to us... as our very breath.

You are loved! You are beautiful! You are well!"

- ***Father Paul Massel***

04: What Do PVNC Student Think About Being Well?

Students were asked to answer the following questions:



In what ways can you actively incorporate positive wellness into your daily schedule?

As a student, how do you relate to and understand the importance of Being Well?

Why is Being Well important?

What prevents you from Being Well, and how to you combat that?



Why is Being Well important?

“Wellness impacts every angle and aspect of my life- if I want to help other people, I can't do that without helping myself.”

“Being well is important for many different reasons. It helps you physically because even though mental wellness occurs in the mind, it affects the whole body. Being well also affects our happiness; you can't be happy without being well, they are one of the same! It also helps with how we complete our everyday tasks, how we view life, and how we can strive for success.”

“Being Well allows you to progress through life easily and can help everything seem more fulfilling. It also allows for you to focus on self improvement rather than self deprivation.”



As a student, how do you relate to and understand the importance of Being Well?

“It’s important as a student leader to reach out to other students.”

“I relate to this theme because as a student leader, I see how other students can struggle with mental well being. It’s important to know what works best for you and that mental health is extremely important, you must have patience and courage to figure yourself out and know what makes you feel healthy and what doesn’t. Mental wellbeing affects everything else you do in your life, even if it might not seem like it.”

“As a student, it’s important to understand that you don't have the role of a therapist; don't take on too much. Use the five golden rules.”

What prevents you from Being Well, and how do you combat it?

“Something that would prevent me from feeling completely well is stress. School, jobs, at home life, and more can influence how everyone feels, oftentimes weighing negatively on their mind. How I fight is by having a balance between work and leisure time and making sure I have enough time to talk with friends and family and go out to get fresh air.”



“Anything academic related, like tests, quizzes, exams. I can persevere through those challenges by taking a break, talking to someone about your stress or how to deal with the problem directly and going back to that issue later.”

“For me it is probably criticism, or others pointing out how they are better than me. I would try to figure out what I've done wrong in the past to ensure that it doesn't happen in the future, but also understand that no one knows me better than myself.”

In what ways can you actively incorporate positive wellness into your daily schedule?

“Listen to music.”

“I think being more self aware of how I deal with stuff and trying to fix things that are actually bad for me.”

“Read or take a break from whatever you’re doing to relax your mind.”

“Focus on positivity.”

“Hot tubs.”

“Spend time with your pets.”

“There are numerous ways I can actively incorporate positive wellness into my life. For example, using hobbies as an outlet for unresolved anger/frustration I might have and by doing something I love, I am filling my life with optimism and opportunities, which all point towards a better wellness. Another is by looking online for strategies and what other people have done to incorporate their positive wellness, taking inspiration from that.”

“Identify how you react.”

Conclusion

Thank you so much to the keynote speakers, Jennifer Angelo and Mandy Hamu, the Student Liaisons who helped collect student voice and organize the retreat, and of course, all of the students across PVNCCDSB who participated! We look forward to developing the next student retreat handbook, Being Community, in April. We hope that you've finished reading this handbook inspired to create innovative services, resources and thoughts on leadership that can be more responsive toward inspiring

Wellness for yourself and your peers.

Presentation template credited to <https://slidesgo.com/>

Thank You!