



Thrive Partner Guide

2024



UBC wellbeing

THRIVE.UBC.CA



What is Thrive?



Thrive is a time when we come together as a UBC community to learn about, talk about, and explore ways to support our mental health. This year, the campaign is focusing on highlighting the incredible resources, groups, and departments at UBC that work year-round to support mental health and wellbeing. Whether you're a student, faculty, staff, or part of the broader campus community, a variety of resources are available to support you.

Mental health at UBC

Supporting the mental health of students, faculty and staff has long been an important priority for the university and Mental Health & Resilience was identified as one of six priority areas for action in the Wellbeing Strategic Framework.



Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Reducing mental health stigma, creating a supportive campus culture, and ensuring that faculty, staff and students have the resources to help them understand mental health issues, and improve resiliency and coping skills, are key to building mental health and to living, learning and working well—these are the key tenets of Thrive.

This is what Thrive is all about!

We all have mental health

One in five Canadians will experience a mental health illness or problem each year. Mental health can have a large impact on one's overall wellbeing—which can also impact our studies, our work, our relationships, or our enjoyment of everyday life. While it might look and feel different for each of us, we all benefit from maintaining and fostering it.



Mental health is impacted by many factors, both in and out of one's control. Historically, persistently, and systemically marginalized people often experience a greater frequency of mental health problems as the result of discrimination and harassment within western/North American systems. Systems that might impact mental health for some populations include capitalism, colonialism, patriarchy, racism, etc.

Taking an intersectional approach to mental health literacy means acknowledging that these multiple forms of inequity can be compounded to create challenges such as discrimination and disadvantage. Individuals with overlapping and intersecting identities face additional discrimination and harassment



Planning your Thrive event

As you plan for your Thrive event, here are some questions to consider:

1. Who is the target audience?
2. Which of the Thrive 5+ ways to boost your wellbeing will the event focus on?
3. What type of event will you host?
4. What resources are needed and who can help?



Key things to remember when planning your event

- *Be inclusive of diverse perspectives and populations on campus. For more details, review the [Accessible and Inclusive Event document](#)*
- *Consider how your event can connect to the goals of Thrive:*
 - *Promote mental health literacy*
 - *Provide opportunities for social connection*
 - *Foster a supportive and inclusive community*
 - *Build skills to support positive mental health and resilience*
 - *Highlight resources on campus*
- *Consider how you can [plan a sustainable event](#)*
- *Consider supporting IBPOC and small local businesses when purchasing prizes, catering*
- *Recruit volunteers or team members to help you host your event*
- *Don't forget to pick up your partner bag at the Wellness Centre!*

Dos and Don'ts in hosting a Thrive event



Do :

- Contribute to a thriving environment by taking care of your own mental health
- Contribute to a safe and helpful forum where people can talk and learn about mental health
- Connect with the UBC Thrive team for further resources

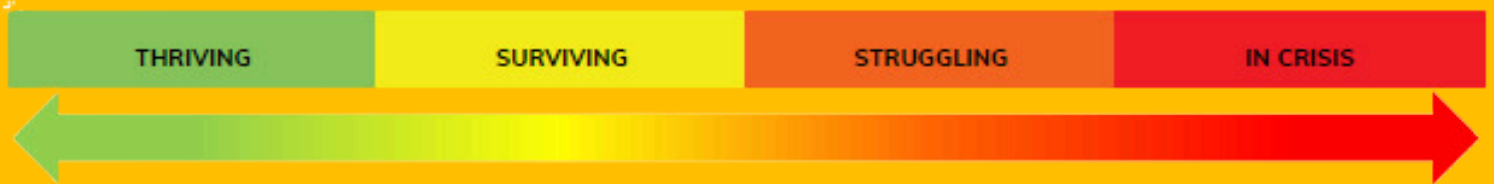


Don't :

- Expect yourself to be a mental health expert and offer a solution to an individual experiencing mental health issues
- Discount or trivialize the subject of mental health and/or mental illness
- Try to diagnose or assess an individual
- Ask for information about a person's medical condition. Medical conditions are private.

THE MENTAL HEALTH CONTINUUM

Mental health can fluctuate based on unique circumstances, life events, choices and/or behaviors, all of which may be within or outside of our control. The Mental Health Continuum Model recognizes the wide range of mental and physical health challenges that may impact a person's life.



**For tailored mental health continuums for students; faculty/staff
[click here](#)**

How can I use the Mental Health Continuum at a Thrive event?

Key talking points

- Every day, we experience situations and interactions that can affect us in different ways—sometimes positively, sometimes negatively, and everything in between
- The mental health continuum is a helpful tool for self-reflection. It allows you to assess how you're feeling, identify areas where you might need to be more mindful to support your mental health, and discover strategies to enhance your mental health and wellbeing.
- Explore the continuum to gain a clearer understanding of where you are today, and discover tools that can support your journey toward maintaining your well-being.

This is not a diagnostic tool, but can be used to reflect on your own mental health. Becoming familiar with the warning signs and indicators of mental health problems or mental illness, as well as the skills and resources associated with each phase of the continuum, can help you to be better equipped to support your mental health or to reach out for support.

TALKING ABOUT THE MENTAL HEALTH CONTINUUM

How to host a conversation and use this tool:

Start your event with a self-reflection check-in. Ask attendees to reflect on where they are on the continuum today

1. Discuss resources and support available for different points on the continuum.
2. Share why mental health is important (see page 2).
3. Introduce the tool with a brief description (see above).
4. Share how the tool may be useful.
5. Invite people to share why mental health is important to them.



How should I respond to someone if they share they are struggling or in crisis?

- Plan/check in with yourself first
- Reach out respectfully
- Share specific observations
- Use open-ended questions
- Listen actively and respond with empathy
- Refer to these resources for more details:
 - [Supporting Students in Distress resources](#) (Green Folder for UBC-V or Blue Folder for UBC-O)
 - [Helping Faculty and Staff in Distress resources](#) (Orange Folder)

ACTIVITIES & RESOURCES

Thrive Conversation Starters

Some key questions to get people talking can be:

- What does mental health mean to you?
- How do you thrive? At home vs at school?
- What does thriving look like to different people?
- Mental health involves finding a balance in all aspects of life including physically, mentally, emotionally, and spiritually. How do you find balance in your life?
- What can stigma look like from your perspective? How can we help to end stigma?

... And more! Get creative and start a conversation about thriving.

Hosting a Booth

At your event, you can host a booth for visitors.

You can:

- Give students, staff and faculty promotional Thrive items
- Share mental health facts and resources through activities such as the giving back cards, coloring sheets, etc.
- Engage students in the conversation: see conversations starters!



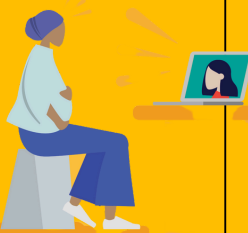
The Thrive 5

Research consistently points to five ways that can help promote a healthy mind. We call these the Thrive 5, and they are simple, easy-to-implement ways to help support your mental health.



MOVING MORE

Adding activity to each day can help you manage stress and can boost your mood. This is especially important when working or learning from home when we may tend to be more sedentary.



THRIVE BY SAYING HI!

Spending time with family, friends, and community can reduce stress and provide a sense of belonging. There are many ways you can connect with others whether it be in-person or virtually.



EATING WELL

Eating a balanced diet can help fuel your body and mind; many studies have shown a link between a healthy diet and reduced symptoms of anxiety and depression.



SLEEPING SOUNDLY

Getting enough quality sleep can help you tackle work, classes, and life's everyday challenges. Getting at least 7 hours of sleep per day also helps boost your immunity and maintain your physical health.



THRIVE BY GIVING BACK

Helping others adds to your sense of purpose, connection, and wellbeing. Explore ways to let people know you care and give back in your community.

Additional Resources

[Planning Events at UBC](#)

[Thrive UBC-V Communications Toolkit 2023](#)

[Accessible and Inclusive Event Planning](#)



Students

- [Student Health & Wellbeing](#)
- [Inclusive Event Planning Canvas Training](#)
- [Navigating Your Health & Wellbeing at UBC and Beyond Canvas Training](#)
- [Mental Health: The Basics Canvas Training](#)
- [Food, Financial, and Wellbeing Resources at UBC](#)
- [Here2Talk](#)

Faculty/Staff

- [Faculty and Staff mental health](#)
- [Employee and Family Assistance Program](#)
- [Not Myself Today](#)
- [Substance use and addiction support resources](#) for Faculty and Staff
- [Workplace Wellbeing Workshops](#)
- [The Working Mind Training](#)
- [Canadian Mental Health Association Mini workshops](#)