



# Thrive Partner Guide

UBC Vancouver - 2023



UBC wellbeing

[THRIVE.UBC.CA](https://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. The last few years have brought unprecedented challenges and complexities that have impacted the mental health of our community, and now more than ever, it is important that we support one another in learning to thrive.

## 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 huge 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



# 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.

# 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!*

# ACTIVITIES & RESOURCES

## 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!



## 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.

# 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.

# Additional Resources

[Planning Events at UBC](#)

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

[Accessible and Inclusive Event Planning](#)

## Physical Activity

[Book yoga and fitness sessions](#)

[Book the Move U Crew for your event](#)

[UBC Yoga Club](#)

[UBC Recreation Lawn Game Rentals](#)



### Students

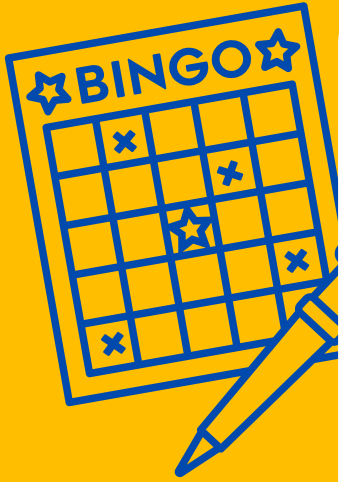
- [Student Health & Wellbeing](#)
- [Inclusive Event Planning Canvas Training](#)
- [Navigating Your Health & Wellbeing at UBC and Beyond Canvas Training](#)
- [Mental Health: The Basics Canvas Training](#)
- [Food, Financial, and Wellbeing Resources at UBC](#)
- [Here2Talk](#)

### Faculty/Staff

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



# APPENDIX: THRIVE EVENT IDEAS



## **Thrive Bingo:**

if you're interested in receiving Bingo templates, connect with us!

## **An event promoting physical activity:**

Yoga classes, Zumba, or similar

## **An arts and crafts activity:**

colouring pages, bracelets, origami, succulent planting

## **Create a gratitude wall**

## **Make self-care kits for team members:**

Featuring local and sustainable products

## **Host a workshop on mental health & wellbeing**

## **Feature live music**

## **Review the Days of Significance:**

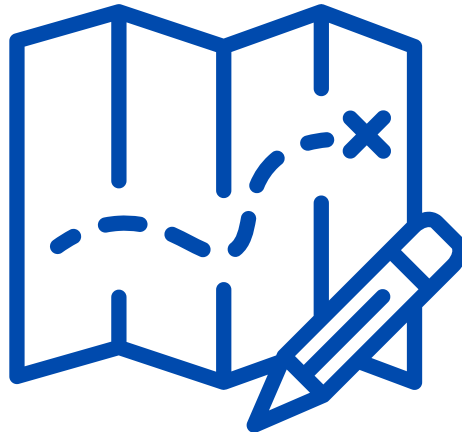
Consider supporting your community with specific supports or events to recognize and honour these days



Looking for Thrive event inspiration?  
Check out the Thrive events calendar for ideas!



# THRIVE EVENT IDEAS



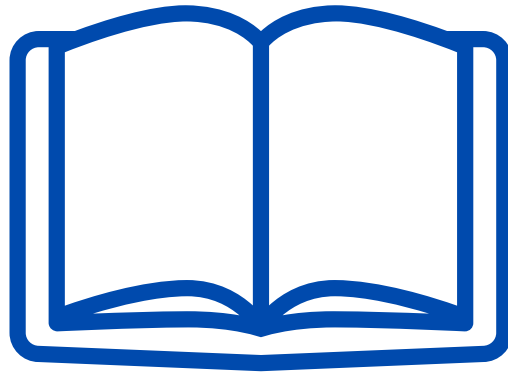
## Resource Scavenger Hunt

Familiarize students with resources on campus while also promoting community and teamwork. Provide clue cards with situational or hypothetical prompts with corresponding answers. Then pick a location to hide those clue cards and begin the hunt! With each prompt or clue, consider adding a challenge question or a discussion prompt.

- Sample prompt: Sue is super stressed for her upcoming midterm. She thinks it's the end of the world if she doesn't do well on this test and she noticed that taking time to practice mindfulness has helped her in the past. Find a place where she can practice mindfulness.
- Sample answer: AMS Sensory Room, Wellness Centre, Arts Student Centre
- Sample discussion prompt: What are some benefits of practicing mindfulness?

If you are interested in more prompts, connect with us!

# THRIVE EVENT IDEAS



## Thrive Book Club

Book Clubs are great options to bring together people on a common topic and foster self-paced and collective learning.

- Discuss a wellbeing or self-help book throughout the month of November. Each week the club can opt to discuss chapter by chapter or divide the book into sections.
- During these short book club sessions, participants can elect a moderator to guide a discussion on how the book connects to themes of wellbeing, relates to personal experiences, or how it promotes and fosters mental wellbeing. Mental health literacy and reframing the narrative of mental health can be a key focus here.

Examples of books: Ikigai, Maybe You Should Talk to Someone, How it Feels to Float, Mind-Gut Connection, The Invisible Gorilla, When the Body Says NO.

# THRIVE EVENT IDEAS

## Terrarium Making



Plants and nature can provide a good boost to mental health. Host a small terrarium making workshop or event to help students create this space to help themselves grow (literally).

Provide items like stones, a base, plants, and more to help participants build their terrariums. While building the terrarium and after you are finished, have some discussion and connect it to a metaphoric meaning for wellbeing or what the plant means and signifies.

## Random Acts of Kindness Day

Make a printable list or visual graphic of some random acts of kindness and distribute it. Encourage folks to practice this and market this day as something for everyone across campus to participate in to celebrate kindness and foster compassion.

Examples of random acts: Holding a door, non-physical based compliments to strangers, donating old clothes, flowers



# THRIVE EVENT IDEAS



## Taste of Home

Host a multi-cultural potluck where students/staff/faculty can share comfort food from around the world. Those attending are encouraged to bring a dish, dessert, or drink to share and enjoy!

The idea is to have as many dishes as possible so participants are able to sample food from around the world. When planning your dishes please keep in mind to make food for the expected number of attendees. Support your attendees by providing gift cards to grocery stores.

## ADDITIONAL QUESTIONS OR CONCERNS?

*Please connect with Truelove Twumasi ([ttwumasi@mail.ubc.ca](mailto:ttwumasi@mail.ubc.ca)) or Daksha Jadhav ([daksha.jadhav@ubc.ca](mailto:daksha.jadhav@ubc.ca))*