



Thrive Partner Guide

Faculty Toolkit



THE UNIVERSITY OF BRITISH COLUMBIA

thrive.ubc.ca

What is Thrive?

It is both a mindset, and a month-long series of events, aimed at promoting and building positive mental health for all students, staff and faculty.

The Thrive 5



-  Moving More
-  Resting Up
-  Eating Well
-  Giving Back
-  Saying Hi



Highlighting Thrive in the Classroom

Share

- Share the **PowerPoint** in your course
- Share how YOU Thrive
- Use Canvas to share **announcements** about Thrive
- Invite a **committee member or Wellness Peer** to come in and talk about Thrive! Contact levonne.abshire@ubc.ca.

Engage

- Explore the Teaching Practices that Promote Wellbeing **reflective tool**
- Share the **Wellness Resources Screencast**
- Book a **wellness workshop**
- Invite the **MoveU Crew** for a movement break
- Share a "**Random acts of Exercise**" video

Learn more



- Conversation starters
- Mental health at UBC
- Thrive principles
- Mental health literacy



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



Mental Health at UBC

Mental health is our capacity to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Mental health exists on a continuum—it can change day to day and hour to hour, and is impacted by many different factors, including things such as sleep, nutrition and stress.

Supporting the mental health of students, faculty, and staff is a year-round priority for UBC and has been identified as one of six priority areas for action in the Wellbeing Strategic Framework. UBC recognizes the crucial role that mental health plays in one's ability to live, work, and learn well on our campuses, and Thrive is just one of many ways the University is committed to fostering mental health.

Supporting mental health goes beyond providing services; it is about equipping our community members with the skills they need to live well and creating environments that support them. Considering mental health in our policies, practices, and every day interactions helps create a campus culture where we can speak openly about mental health and support one another when facing challenges.

Thrive is a mindset and (this year) a month-long series of events focused on helping everyone at UBC explore their path to mental health. Thrive originated at UBC 10 years ago, and is now celebrated at numerous campuses across Canada, providing opportunities for important conversations about mental health to take place.

Thrive is for everyone—we all have mental health, and we all benefit from maintaining and fostering it. Whatever your pathway to mental health may be, we invite you to explore it, talk about it, and more during Thrive.

Let's Thrive UBC!



The Thrive Principles

1

Promote knowledge at UBC on what mental health is and how to foster and maintain it.

2

Be informed by evidence in the field of mental health.

3

Cultivate an approach that reflects and celebrates the diversity of experiences related to mental health at UBC.

What is Mental Health Literacy?

Mental health literacy is defined as:

- ✓ Understanding how to foster and maintain good mental health
- ✓ Understanding mental disorders and their treatments
- ✓ Decreasing stigma
- ✓ Understanding how to seek help effectively

Source: teenmentalhealth.org

