

Wellness in Words (Online)

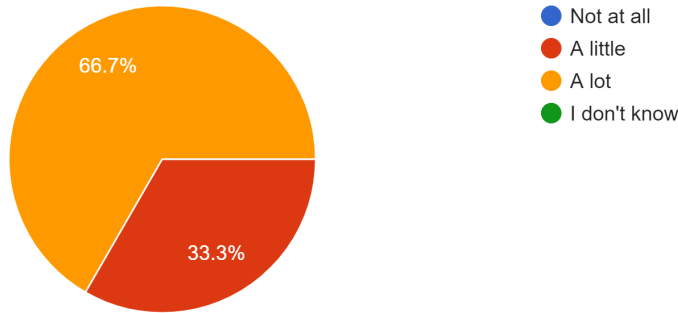
Post-Workshop Evaluations

Conestoga College
Oct 21, 2021

Approximate maximum
attendance: 18
Number of evaluations: 6

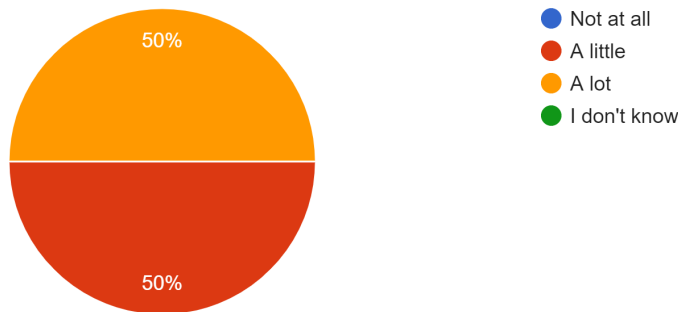
Did this workshop increase your awareness of mental health issues related to hope and resilience?

6 responses



Did this workshop help you name and see examples of stigma related to mental health issues related to hope and resilience?

6 responses



What was your main takeaway?

- There are a lot things i have learned like freedom of expression, how to stay mentally stable, and some poetries
- I was able to take away a positive exercise to use to calm and express myself.
- Mental health is very important
- Take time for yourself.
- The session used poetry to express oneself. Main idea is to accept oneself.
- Poetry

How might you use what you learned today?

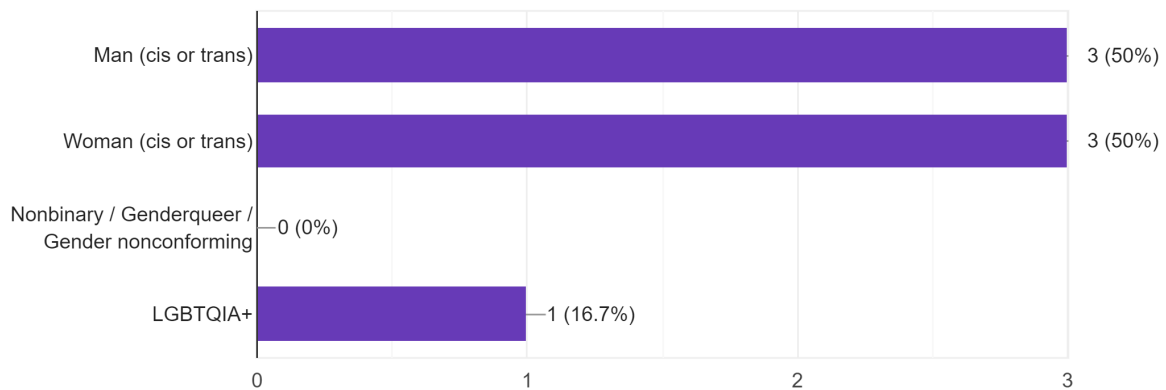
- When you feel overwhelmed just take a couple of hours for yourself and let your brain rest and release any thoughts that you may have.
- I will focus more on my mental health and implement my learning for spreading awareness.
- in my daily life, I will give priority to myself.
- I can use it in the future to relax and readjust from stressful situations.
- Probably daily due to exam week
- Help other in mental stress

If you were telling a friend about this workshop, you would describe it as:

- Creative, it was nice to have some time to reflect and dig into my creative side about a really important topic
- I would describe this workshop as informative, interesting and life changing
- Inspired workshop which teach us how to find solution of problems and how to keep our mind stress free and healthy as well
- Amazing psychological session, stress reliever as a means to accept and let the thoughts flow.
- Insightful
- you should be there

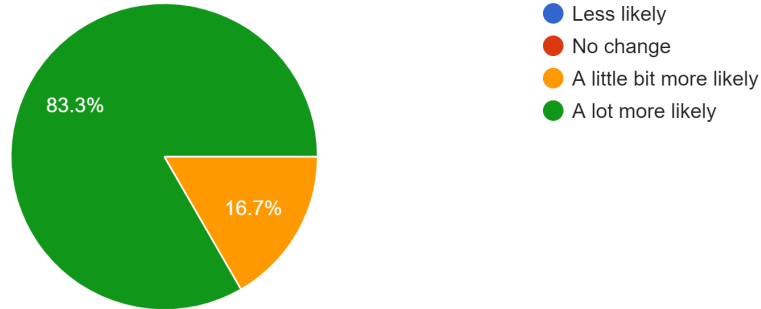
How do you identify? (Check all that apply)

6 responses



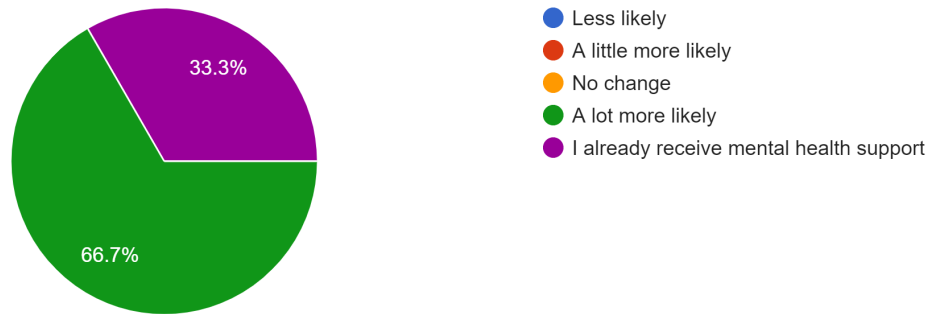
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

6 responses



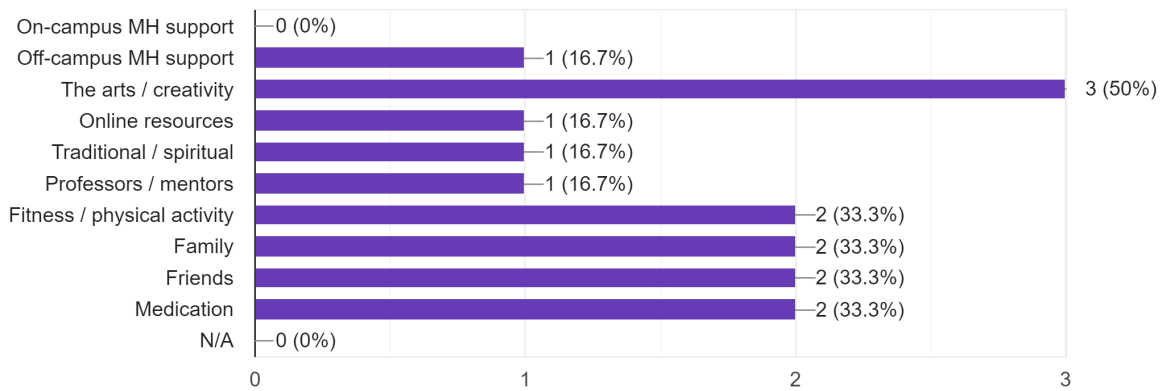
After this event, are you more or less likely to seek support for your own mental health?

6 responses



What type(s) of mental health support do you think would be most useful to you?

6 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?

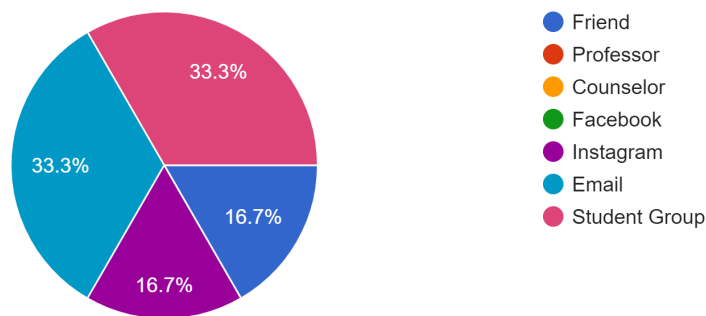
- myself- I don't often think I need to support and that other people need more help and can utilize those tools more than myself
- Insurance and doubt towards seeking mental health support.
- Fear of failure
- Lack of talk

How can we improve this event in the future?

- My little suggestion is to make this event more informative with real life examples
- Event have all the essential things which a person needs. There is nothing to improve in the event.it is perfect the way it is.
- Too lengthy
- BY participating

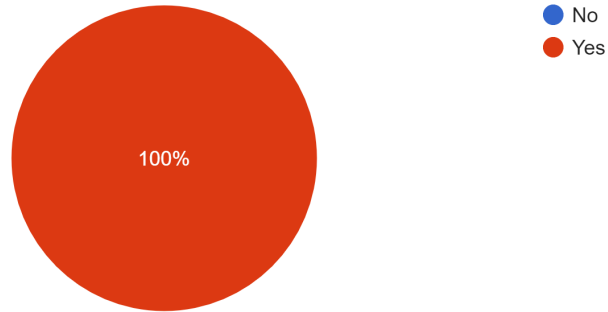
How did you hear about this event?

6 responses



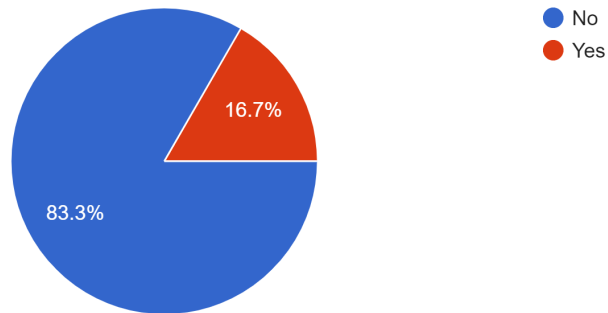
Before this event, did you know about your school's counseling services?

5 responses



Before this event, did you know about the community resource(s) who presented on the panel?

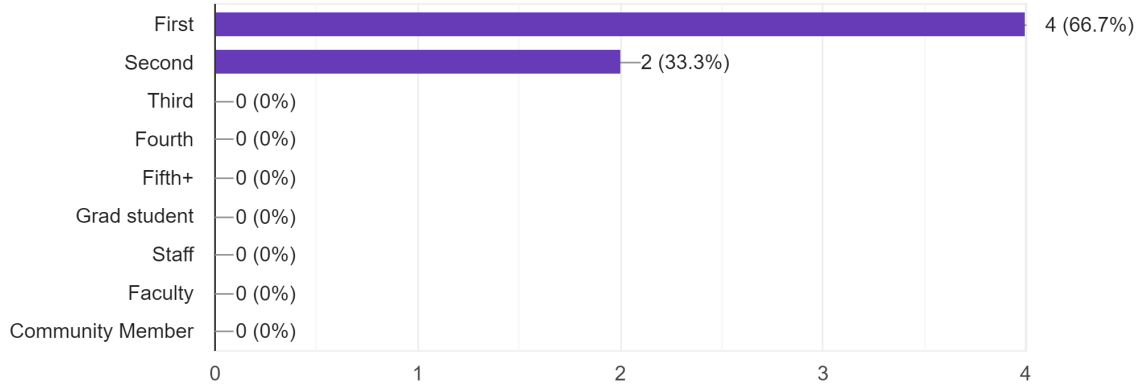
6 responses



Major
<ul style="list-style-type: none"> • Occupational Health, Safety, and Wellness (x2) • Computer Science • Graduate Diploma • OTA PTA • Health Care Administration and Service Management

Year

6 responses



Ethnicity

6 responses

