

Wellness in Words (Online)

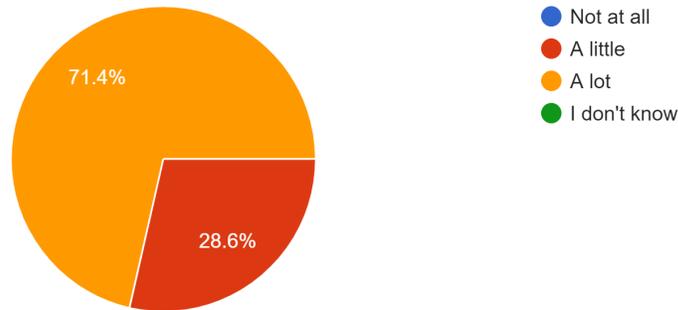
Post-Workshop Evaluations

Pennsylvania State University
December 8, 2021

Number of attendees: 25
Number of evaluations: 14

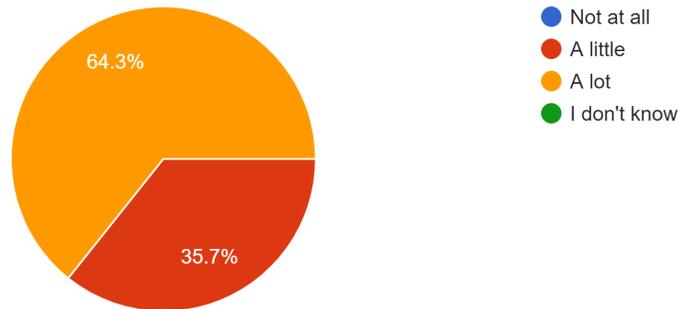
Did this workshop increase your awareness of mental health issues related to hope and resilience?

14 responses



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

14 responses



What was your main takeaway?

I learned that I can utilize art and poetry to express myself. It's not something I've explored before.

Pain needs to be discussed. Discussion is the best medicine

I realized that I have not been taking enough time for myself and my mental health, and this is just as important as maintaining your physical well-being.

My main takeaway was that basically everyone is going through it, and that you're not alone in what you're feeling at all.

Poetry is a great way to express yourself in ways other mediums can't really recreate.

Checking in with myself is incredibly important.

I have grown so much as a person and I am so thankful to the growth and the power I now have.

It really showed me how my mental health has progressed over the years. It's shown me my growth.

How might you use what you learned today?

I really enjoy writing and I need to do it more often because it helps me express myself

I really want to start doing poetry more frequently. This was the most free I've felt.

I will talk with myself more. Whether that is journaling or 5 minutes of meditation

I am going to try to check in with myself more in terms of identifying and dealing with my emotions and feelings.

I want to grab the resource packets and share them with folks who might need it. I also plan to continue working in the writing prompts we did today.

Continue to grow and thrive. While life is tough, build on the things that tear you down and just continue to flourish.

I will definitely take time to just take a step back and look at my growth rather than how I feel in the moment.

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

(Highlights: see raw data for full list)

Motivating and eye-opening

A reflection into yourself

A fun way to take a moment to reflect and provide mental health benefits through writing.

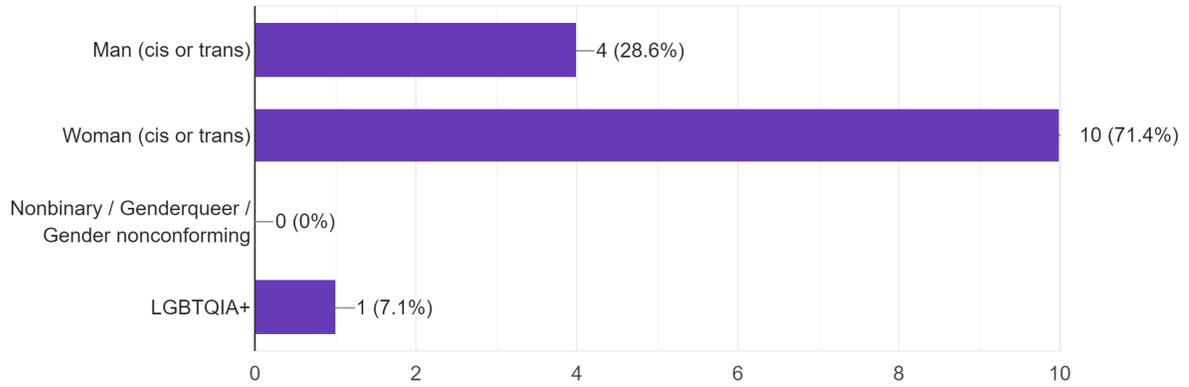
It's a great way to reflect and take a load off your mind and let yourself know what you're thinking

A chance to bring yourself peace

An empowering workshop that shows how mental health affects people and ties in your own experiences and emotions.

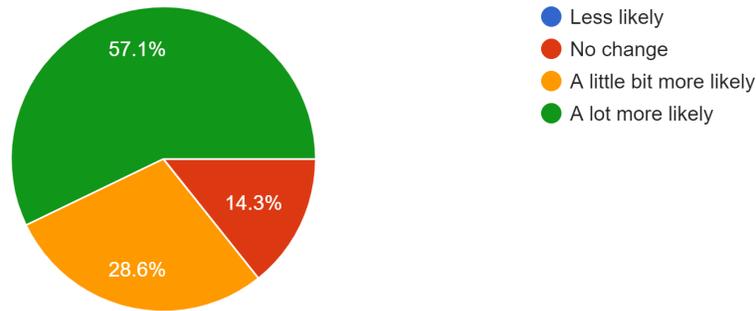
How do you identify? (Check all that apply)

14 responses



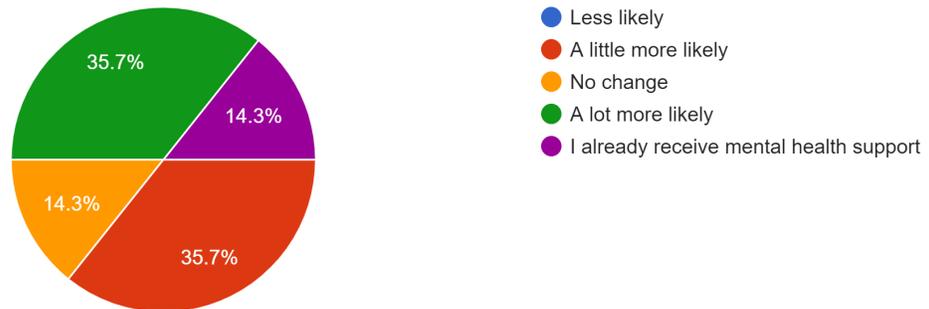
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

14 responses



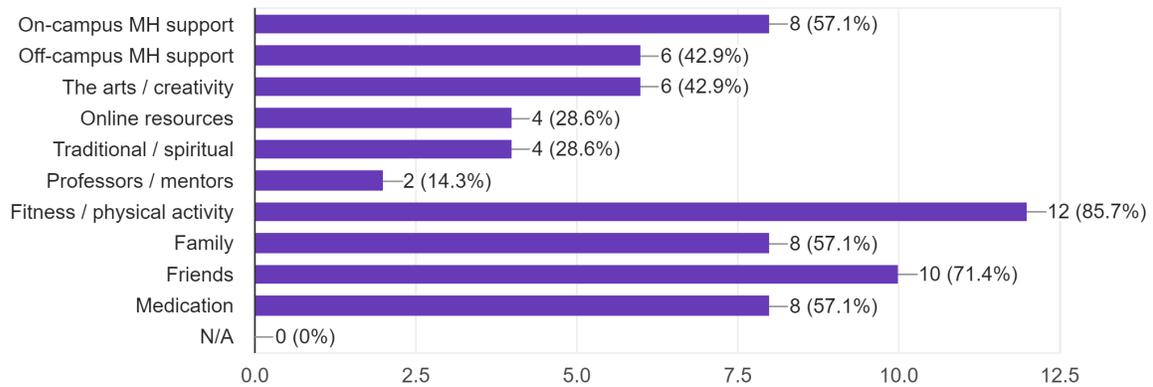
After this event, are you more or less likely to seek support for your own mental health?

14 responses



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

14 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

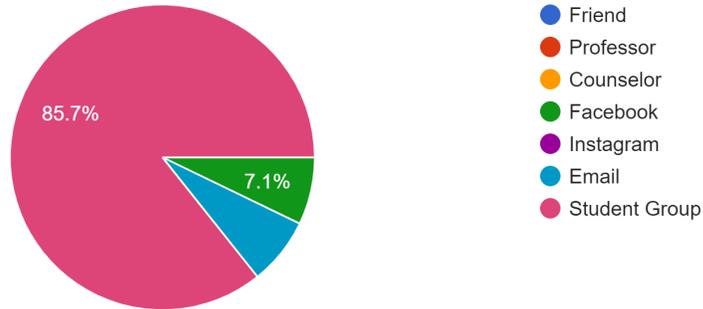
- Time
- Fears, not feeling like I need it enough
- Understanding I need support
- Being open with my thoughts and telling people how i really feel and showing emotion
- Actually having access to a therapist. there aren't enough in state college to support students and the locals, so if you're a local student, you're sol
- I'm scared of getting better.
- The feeling of disappointing others and burdening them

How can we improve this event in the future?

- Spread more awareness about it, I found it by luck
- Allow people to keep their poems, good to reflect on
- Show more videos
- Give a little bit more description as to what style we should write in, ie poems or just freestyle
- Hold more of these during the year, it was great to do this in person!
- Maybe more time writing
- A bit more discussion on the stigmas surrounding mental illness and how to combat them.

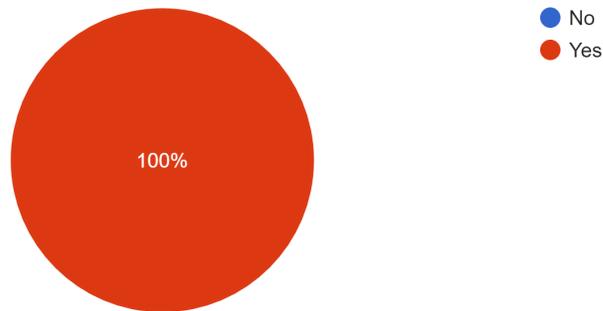
How did you hear about this event?

14 responses



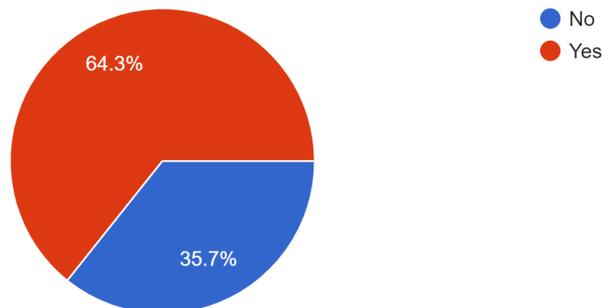
Before this event, did you know about your school's counseling services?

14 responses



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

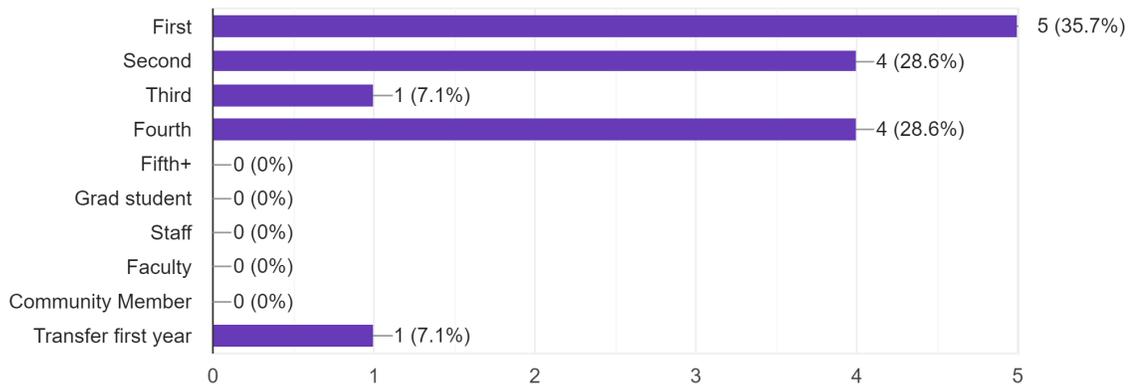
14 responses



Major	
Biomedical Engineering	1
Intended Finance	1
Middle level English education	1
Kinesiology	1
International Relations	1
Criminology	1
Secondary Education	1
Biobehavioral health	1
Political Science	1
Public Relations	1
Broadcast Journalism	1
Music Performance	1
Forensic Science	1
Undecided	1

Year

14 responses



Ethnicity

14 responses

