

# Wellness in Words

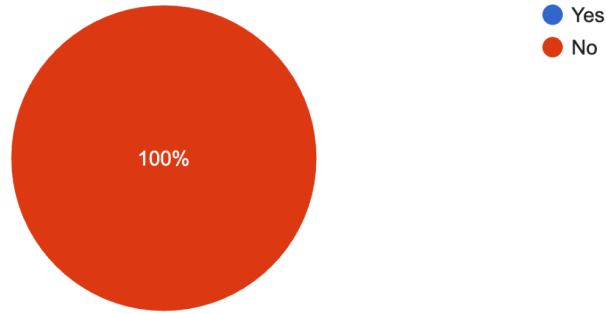
## Post-Workshop Evaluations

San Jose State University  
2/23/23

Number of attendees:  
Number of evaluations:

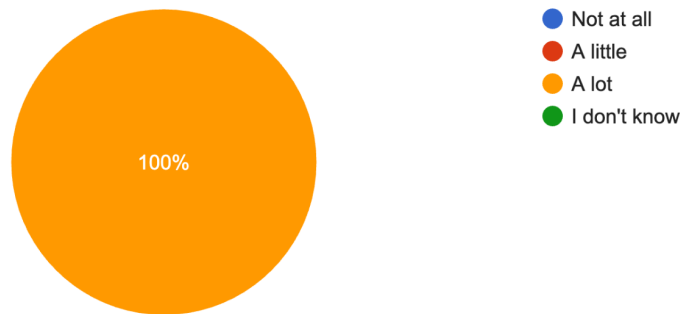
Did you know about the the Mental Health Services Act before this event?

3 responses



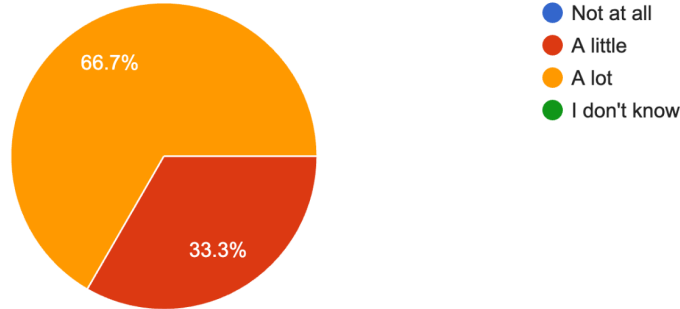
Did this workshop increase your awareness of mental health issues related to hope and resilience?

3 responses



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

3 responses



### What was your main takeaway?

Tools for self-care and connecting with yourself  
I love the techniques and exercises!  
Poetry can serve as another tool for mental health.  
I can be a poet.

### How might you use what you learned today?

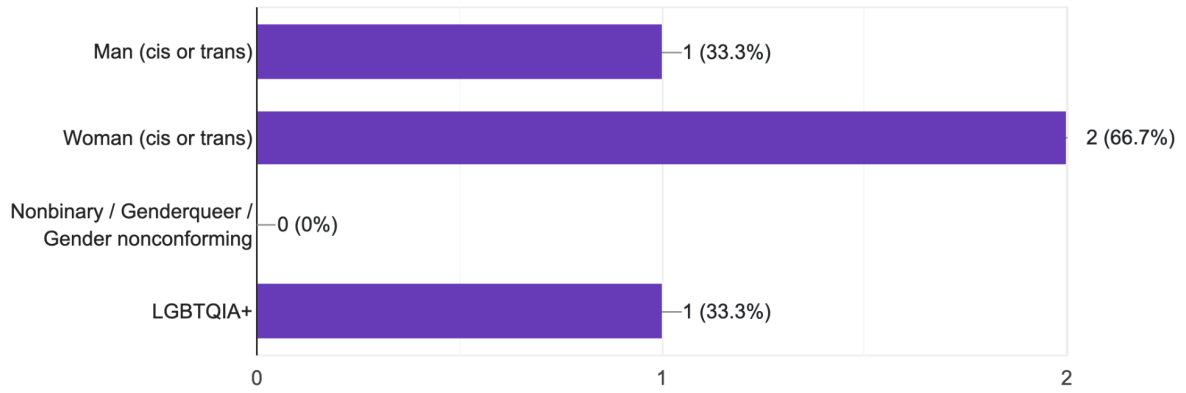
Ongoing self-care practice  
It inspires me to practice free writing and poetry more  
Use free writing and poetry with my students to help provide a healthy outlet

### If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

Peaceful and grounding  
Beautiful, insightful, liberating, healing

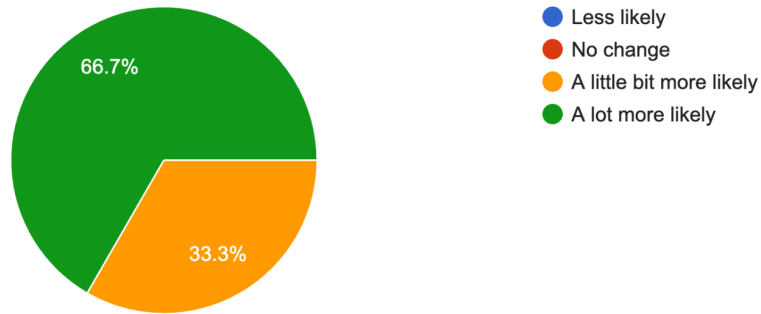
### How do you identify? (Check all that apply)

3 responses



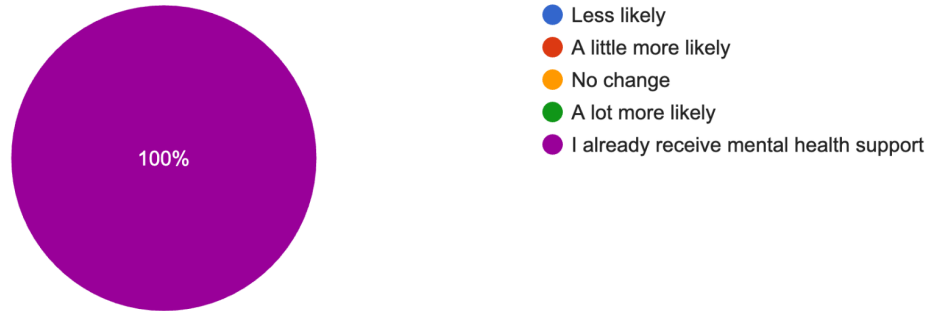
### After this workshop, are you more or less likely to take action to support the mental health of people in your life?

3 responses



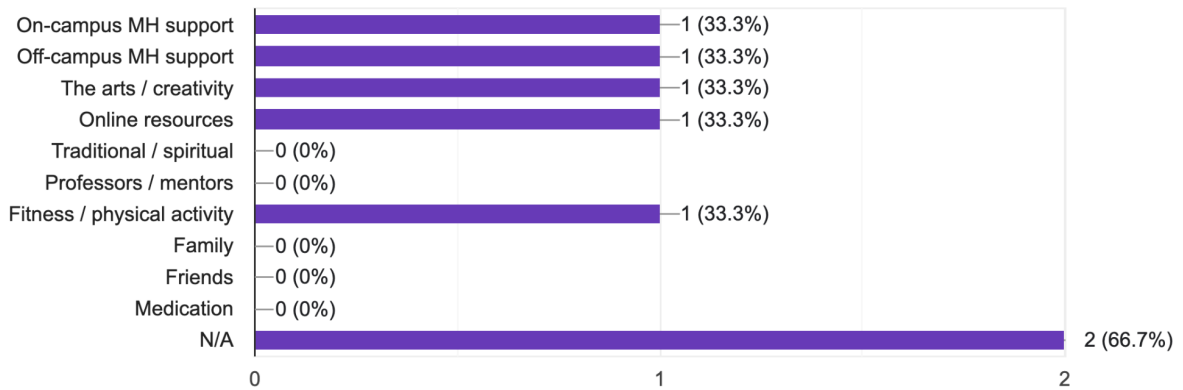
After this event, are you more or less likely to seek support for your own mental health?

3 responses



What type(s) of mental health support would you like better access to?

3 responses



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

(Highlights: see raw data for full list)

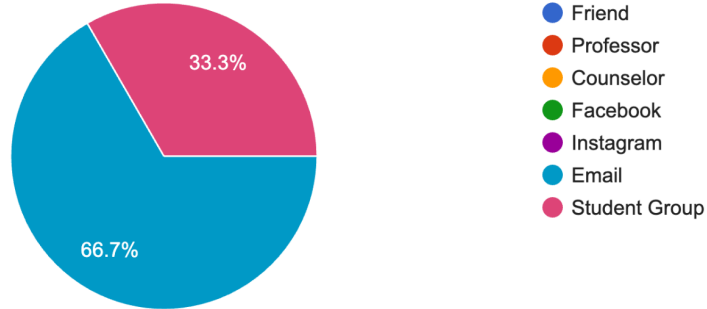
Lack of time  
 finding a good therapist when i am an adult  
 Myself. Being more open

**How can we improve this event in the future?**

put it in the wow page of sjsu or the student union ad board  
 Marketing. So many ppl could benefit from this. But only 4 ppl signed up

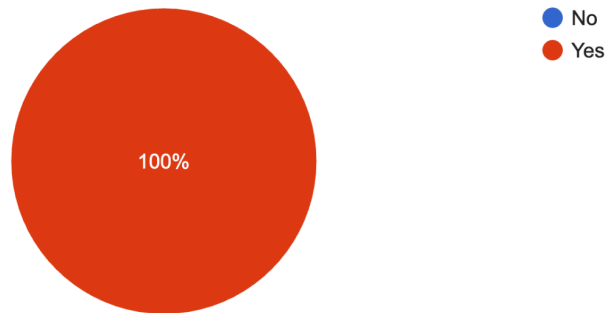
### How did you hear about this event?

3 responses



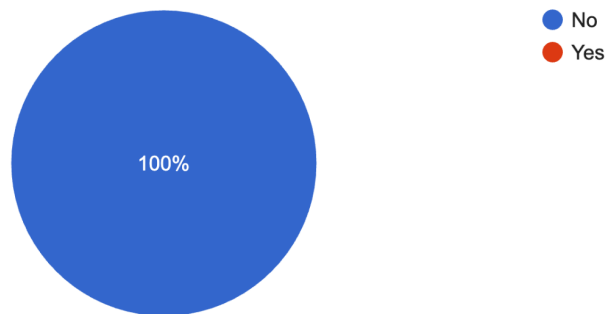
### Before this event, did you know about your school's counseling services?

3 responses



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

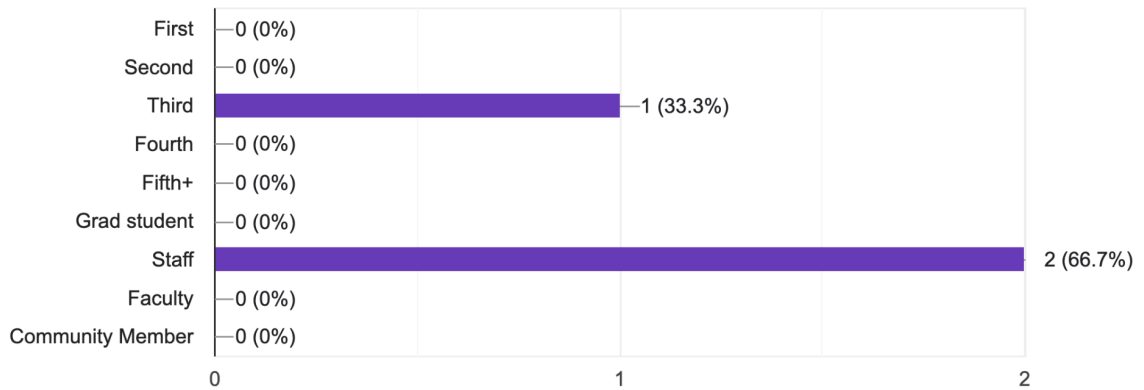
3 responses



Major	
Design Studies	1
n/a	2

### Year

3 responses



Race / Ethnicity		
Asian / Asian-American	1	33.3%
Black / African / African-American		
Hispanic / Latinx	2	66.7%
Indian / South Asian		
Middle Eastern		
Native American / First Nations		
Pacific Islander		
White / Caucasian		
Multiracial		

Other		
-------	--	--