

Wellness in Words (Online)

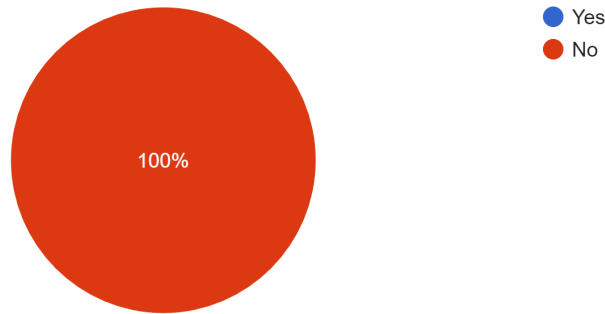
Post-Workshop Evaluations

San José State University
March 9, 2022

Number of attendees: 9
Number of evaluations: 5

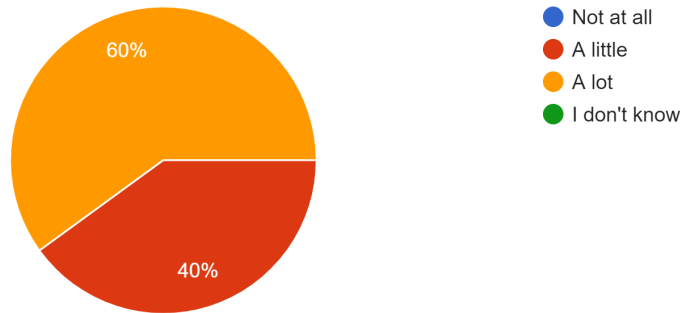
Did you know about the the Mental Health Services Act before this event?

5 responses



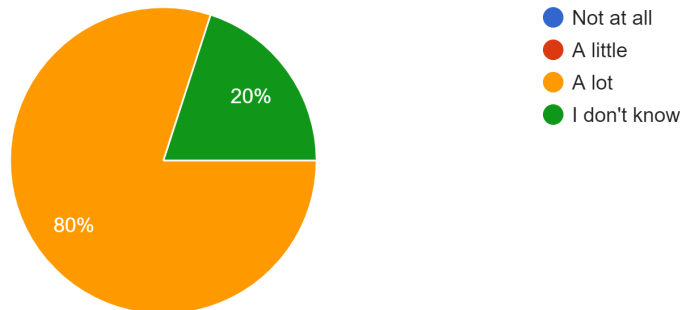
Did this workshop increase your awareness of mental health issues related to hope and resilience?

5 responses



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

5 responses



What was your main takeaway?

Expression helps with healing

It's important to remind ourselves of our strength and resilience, and that there's a lot of ways to explore and immerse ourselves using art so that we can express everything we want to express in a healthy way!

There is always a safe space within your own words

It is ok to feel your feelings and let it out in a cathartic way as long as you are mindful of it. Also, people suffer from hidden mental illness so be patient with others and reduce stigma.

How might you use what you learned today?

More poem/free writing about my emotions to cope

I will definitely be using the explore, immerse, express technique because it's such a simple yet interactive way of reflecting on our emotions using different media such as visual art, poetry, film and many more.

I will remind myself its ok to not be ok

I will engage in more writing activities to reflect on my feelings and thoughts.

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

Helpful and connecting to oneself

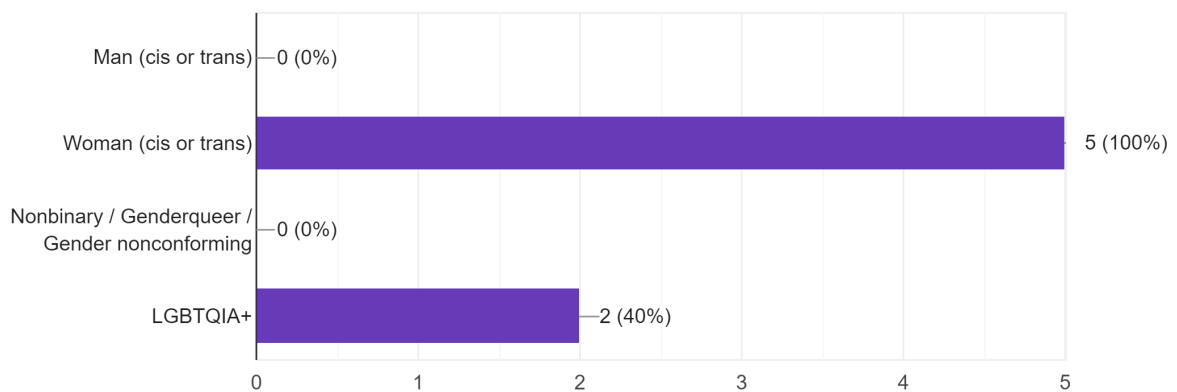
Very impactful, de-compressing and it's a really good way to reflect on our own strength and resilience through art.

empowering and amazing

Super cathartic and reflective experience and you get to be in a safe, open environment to talk about your feelings/thoughts/share your writing.

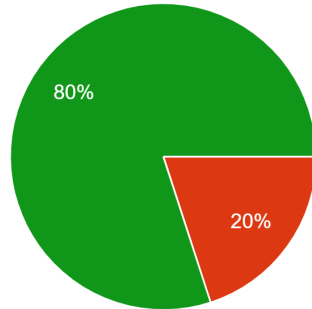
How do you identify? (Check all that apply)

5 responses



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

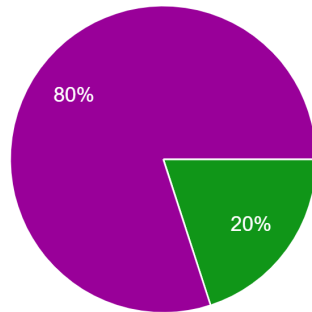
5 responses



- Less likely
- No change
- A little bit more likely
- A lot more likely

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

5 responses



- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

Types of mental health support

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

How can we improve this event in the future?

How did you hear about this event?

School's Counseling

Community Resources

Major	

Year

Race / Ethnicity		
Asian / Asian-American		
Black / African / African-American		
Hispanic / Latinx		
Indian / South Asian		
Middle Eastern		
Native American / First Nations		
Pacific Islander		
White / Caucasian		
Multiracial		
Other		