Campus Peer Support Training Program

Module 3





Land Acknowledgement



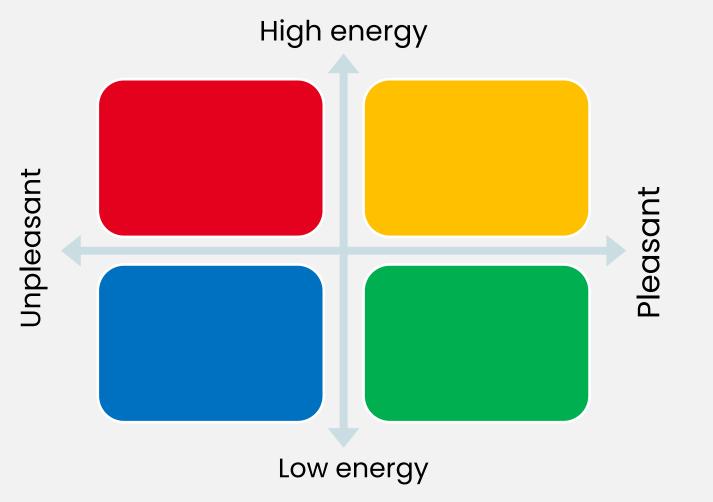
	01	03
	Wellbeing	Resilience
Agenda	02	04
	Stress vs Crisis	Substance use health



Group

activity

How are you feeling?





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How are you feeling?

Enraged	Panicked	Stressed	Jittery	Shocked		Surprised	Upbeat	Festive	Exhilarated	Ecstatic
Livid	Furious	Frustrated	Tense	Stunned		Hyper	Cheerful	Motivated	Inspired	Elated
Fuming	Frightened	Angry	Nervous	Restless		Energized	Lively	Excited	Optimistic	Enthusiastic
Anxious	Apprehensive	Worried	Irritated	Annoyed		Pleased	Focused	Нарру	Proud	Thrilled
Repul sed	Troubled	Concerned	Uneasy	Peeved		Pleasant	Joyful	Hopeful	Playful	Blissful
Disgusted	Glum	Disappointed	Down	Apathetic		At Ease	Easygoing	Content	Loving	Fulfilled
Pessimistic	Morose	Discouraged	Sad	Bored		Calm	Secure	Satisfied	Grateful	Touched
Alienated	Miserable	Lonely	Disheartened	Tired		Relaxed	Chill	Restful	Blessed	Balanced No
Des pondent	Depressed	Sullen	Exhausted	Fatigued		Mellow	Thoughtful	Peaceful	Comfortable	Carefree
Despairing	Hopeless	Desolate	Spent	Drained		Sleepy	Complacent	Tranquil	Cozy	Serene



Wellbeing range



Surviving





Stress vs Crisis

St	ress

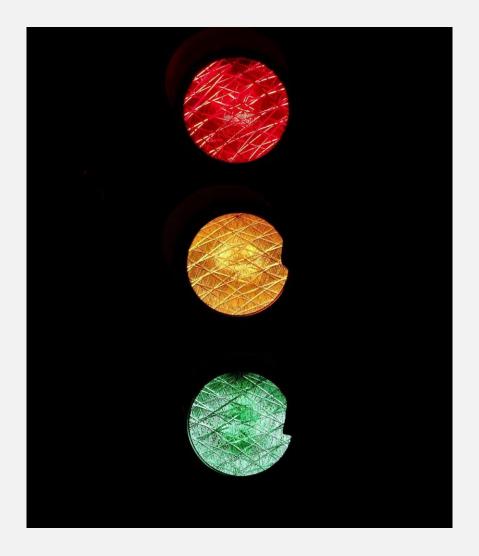
Distress

Stress is a survival mechanism Stress is a normal part of life

Distress is a stressful situation that is hard to cope with or where our normal coping strategies are not enough.

Crisis

Crisis is when distress becomes severe, there is a feeling of not being in control or being able to cope with situations or feelings





Warning signs

- Isolation from others
- Bottled up emotions
- New/excessive irritability
- Flashbacks to traumatic events
- Chronic physical ailments
- Feelings of dread when you think about your peer support role



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Resiliency

- Ability to bounce back
- Skill that can be developed
- Self-awareness is important!



Early warning system

Describe a situation likely to create challenges Identify the early warning signs for you Consider strategies that would help

Individual activity

Substance use health

Understanding substance use through the "Chair model"





Substance use health

How does our campus culture promote substance use?







Your relationship status

Reflect individually on your substance use:

Does your use of substances sustain you in positive ways?

Individual activity



Summary

- Wellbeing
- Stress vs crisis
- Resilience
- Substance use health

