### Campus Peer Support Training Program

Module 3





#### Land Acknowledgement



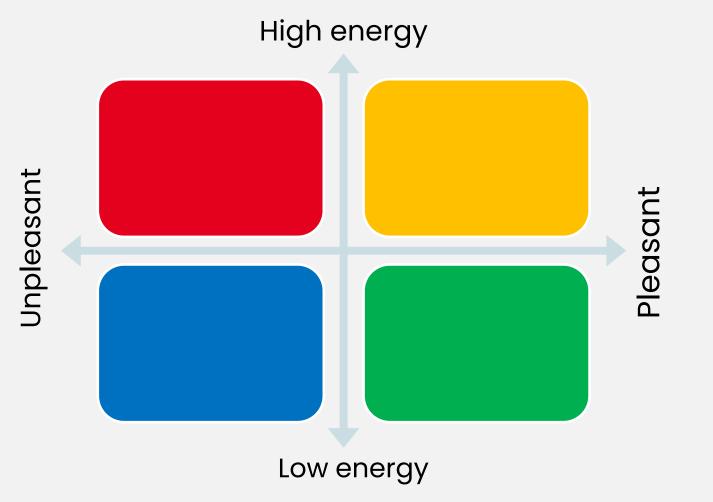
	01	03
	Wellbeing	Resilience
Agenda	02	04
	Stress vs Crisis	Substance use health



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	<b>Frightened</b>	Angry	Nervous	Restless		Energized	Lively	Excited	Optimistic	Enthusiastic
Anxious	Apprehensive	Worried	Irritated	Annoyed		Pleased	Focused	Нарру	Proud	Thrilled
Repul <b>sed</b>	Troubled	Concerned	Uneasy	Peeved		Pleasant	Joyful	Hopeful	Playful	Blissful
Disgusted	Glum	Disappointed	Down	Apathetic		At Ease	Easygoing	Content	Loving	Fulfilled
<b>Pessimistic</b>	Morose	Discouraged	Sad	Bored		Calm	Secure	Satisfied	Grateful	Touched
Alienated	Miserable	Lonely	Disheartened	Tired		Relaxed	Chill	Restful	Blessed	Balanced No
<b>Des</b> 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

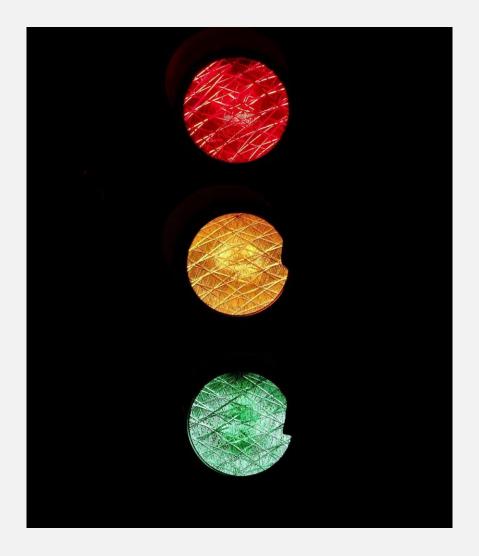
#### Distress

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

