



Wellbeing Programme Outline

This programme is designed to be faculty and student led. The most successful pilots of this programme were in faculty where Student Wellbeing Advisory Groups were formed to decide on what the pertinent issues were and had a big role in organising events to run alongside health promotion materials.

Ideally as a faculty you would choose two of the below weeks + Mental Health Awareness week to focus on and run events for.

For the remainder of weeks you will be provided with graphic skills based information for students that can be emailed and displayed across your faculty.

For further information please contact the Wellbeing Educator: Kylie Ryan on:

k.ryan@auckland.ac.nz

In addition to this programme we also run training on Supporting Distressed Students for staff, mentors, and student wellbeing advisory groups.

Week	Date	Theme
1	24 th July	Connect
2	31 st July	Take Notice
3	7 th August	Stay Active
4	14 th August	Be Mindful with Money
5	21 st August	Health Week – Faculty Lead
6	28 th August	Faculty led Focus
Mid Semester Break		
7	18 th Sept	Give Back
8	25 th Sept	Power Off
9	2 nd October	Fuel Your Body
10	9 th October	Mental Health Awareness Week – National
11	16 th October	See Something, Say Something, Do Something
12	23 rd October	Keep Learning



Connecting with other people is really important to our wellbeing. In a University environment it can be easy to become disconnected – you don't have to engage with others for the majority of the time if you don't choose to. However, connecting with others provides you with social interaction, stress relief, support and a reason to take some time away from study. All of these factors are important to ensure we cope during highly stressful times.

Ideas for Connect Week:

Speed Meeting

Take a PA system into an area where most of your students congregate. Set up two lines of chairs, or standing is fine. Using the microphone engage students and get them to form two lines and spend 15 seconds each introducing themselves to the person opposite them and then move down the line. Move the lines in opposite directions.

This takes 10 minutes in total and helps students overcome the barrier of having to overcome the anxiety of talking to people they don't know. Even students who watch this from the sidelines receive the message.

Meet and Greet Event

A lunch type event where the main point is to say hello and introduce yourself to others.

Google icebreaker games for ideas that could suit your faculty.



The aim of this week is to introduce the skills of mindfulness and gratitude to students and staff. There is a huge body of research that shows both decrease in anxiety and increase in academic performance by practicing mindfulness and gratitude for just five minutes per day.

Ideas for Take Notice:

Mindfulness Groups

Run mindfulness across the faculty – either as separate sessions or at the end of lectures and tutorials.

The Smiling Minds App is highly recommended – it is free and was developed by Melbourne and Monash Universities for this purpose.

Contact the Wellbeing Educator – to see of their availability for running separate groups. Please note though these are not well attended usually – it is far more effective to have this as part of an event or lecture that students are already attending.

Gratitude

Research shows that by writing three things we are grateful for every day, we change the way the brain processes thoughts in relation to negative thoughts and anxiety.

Run a social media campaign where students write three things they are grateful for and post onto the faculty social media pages.



Research has consistently found that up to 30 minutes of exercise a day reduces depressive symptoms by up to 30%. Combine this with mindfulness and the rate increases to 40%. This is one of the few interventions that will result in immediate feelings of wellbeing due to the hormones that flood the body following activity.

Ideas for Stay Active:

Engage with Sport and Recreation

Sport and Recreation are able to provide pop up classes in your faculty on request.

For further information please contact Kelly Davey: k.davey@auckland.ac.nz

Walking Groups

Organise and advertise walking groups throughout the week i.e. shops tour, park tour, faculty tour etc.

Stairs Challenge

Are you in a faculty with lots of stairs? Run a 'who can get up the stairs in the fastest time challenge'. Also run promotions that encourage students to use stairs instead of lifts.

What we put into our body has a direct effect on our energy levels, how our body functions, and our overall wellbeing.



This week looks at educating and encouraging students to look at what they are putting into their body, and to be mindful of the affect that has on their energy levels, and sleep.

This includes messages about drug and alcohol intake.

Ideas for Fuel Your Body:

Engage Retailers

What retailers do you have in your faculty? Are they able to make foods that are known to increase energy and give our brains and bodies important nutrients more visible – perhaps by labelling them with the above logo?

Would they be prepared to run promotions this week in line with this message.

Educational Stand

Find an effective way to promote these messages to students. Contact the Wellbeing Educator for resources.



Random acts of kindness and giving back to others have been found to make us feel even happier than when we do nice things for ourselves. It also works to make people feel more connected to their faculty, and that people really do care about them, which can relieve symptoms of

anxiety and depression.

Ideas for Give Back:

Is there someone in need in your Faculty?

Perhaps run a fundraising event and give the proceeds to someone who is currently experiencing difficulty and would benefit from some assistance.

Give Back Cards

Talk the Wellbeing Educator about getting cards made that will involve paying it forward – so by giving another student the card, they receive a gift of some sort, and then pay it forward to another student.



Getting adequate rest and sleep is vital to good wellbeing. If you're not able to sleep, this is a big red flag that things aren't balanced for you at the moment.

This message also encourages students to take a break from study and technology and take some time to practice other parts of the wellbeing bubble – like taking notice or connecting.

Ideas for Power Off

Chill Out Zone

Offer a space in your faculty where students can go to chill out, listen to music, play games and do something other than study.

Power Off Envelopes

Contact the Wellbeing Educator about Power Off Envelopes. These are envelopes that provide messaging around the importance of sleep and disengaging from technology. The idea is that they put their cell phone in the envelope and see how long they can refrain from looking at it. This can be a personal competition, or you could run a faculty competition to see who can achieve this for a certain amount of time on a regular basis.

Lecturers may want to hand these out in class to see if students can make the hour without looking at their phone.

Cafes can also be engaged, and give them out to students as they buy coffee and get them to put their phones in the envelope and enjoy their coffee without looking at their phones.



This is messages to students that things don't always go as we want academically, but that does not mean that you need to stop learning – just that you might need to seek some help to improve in the future.

Ideas for Keep Learning

Get in the Specialists

Contact Libraries and Learning Services to see if they are able to offer either workshops or resources for students.

Send out information for Student Support Advisors and their role within your faculty.

Offer a Learning Opportunity that is outside of what your Faculty would normally offer.

For example – a dance class, a language class, a guest lecturer from another faculty.



Financial stress can be a major factor in our daily wellbeing.

Teaching students how to budget and ensure they are receiving everything they are entitled to can make a difference in managing the stress related to this.

Ideas for Be Mindful with Money

Invite the Experts In

- Approach budgeting support services to come into your faculty and provide information and guidance to students.
- See if the banks on campus are able to offer your students any skills based information.
- Invite Student Job Search to set up a stand in your faculty to encourage students to look at part time work.

FACULTY LED WEEKS

Health Week

This is your chance to choose a health related issue outside of mental illness that you think is pertinent to your faculty – for either awareness or education purposes.

For example:

- Sexual Violence
- Sexual Health
- Cancer Awareness
- Flu Vaccinations

Discuss with your Wellbeing Educator and she can help you access resources and organisations that can assist.

Faculty Led Week

Decide on the most pertinent part of the bubble to focus on for your faculty, and repeat messages and events.

The more the same messages are displayed, and events run, the more likely it is that people's awareness of the issue is raised and interventions will have ongoing positive outcomes.

So don't be afraid to repeat one of the other weeks in the programme.

Mental Health Awareness Week

This is a nationally celebrated week, and a number of events will be happening across campus, incorporated all parts of the wellbeing programme.

Decide how you would like to celebrate and promote this week within your faculty.

Resources will be available through the Wellbeing Educator.

SEE SOMETHING, SAY SOMETHING, DO SOMETHING

This week focuses on the normalisation of mental illness within the university setting, particularly around depression and anxiety. It then involves teaching skills for people to be ethical bystanders and to notice and intervene when other students aren't doing so well.

There is a social media campaign that accompanies this week that you are able to access for your faculty as well as it running campus wide.

Talk to the Wellbeing Educator if you would like to run events that encourage people to intervene over this week.

I look forward to working with your faculty and students to ensure consistency of wellbeing messages that are based on best practice research in regards to the prevention of mental illness, and supporting students through highly stressful times.

For any questions or queries:

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