



WELLBEING MARKET

NEWCOMER WELLBEING WORKSHOP SERIES

Session Overview: Participants are welcomed into the “Wellbeing Market” with fruits of all kinds. Each fruit has knowledge, discussion prompts and activities on stress management. Topics include: setting boundaries, using our body as a strength resource and how to regulate emotions and big feelings.

Objectives

- Increase knowledge on the mind and body connection
- Gain skills in self-regulating using different stress management techniques
- Engage participants in discussions on mental wellbeing
- Exchange knowledge on existing strengths and supports
- Share new resources and materials to improve mental wellbeing



SESSION OVERVIEW

Welcome 5 min.	Welcome participants to program space. Conduct attendance. Participants are introduced to space space, facilitators, and each other. Refreshments served.
Group Guidelines 5 min.	<p>Conduct group guidelines using “pictorial group guidelines”.</p> <p>How can we create a safe, trusting, and secure space?</p> <ul style="list-style-type: none"> • Confidentiality, Respecting Identities, Boundaries and Communication, Try Something New, Ask Questions, Connect & Get support, Br Curious • Provide overview on mental health, mental wellbeing and mental health issues • Address potential misinformation or stigma about mental health
Check-In Activity 5 min.	<p>Dance Ribbons: Quick and Slow</p> <ul style="list-style-type: none"> • Give each participant two dance ribbons. Use portable speakers to play play culturally tailored music. • Participants gather in a circle formation, beginning with simple gesture. Participants are invited to mimic each others gestures around the circle.
Learn	<p>Discussion Question: Why do we eat fruits and vegetables?</p> <ul style="list-style-type: none"> • We eat fruits and vegetables to keep our bodies healthy, in the same way, we need to feed our minds nutritious “foods” to keep it healthy. <p>Everyone with a body has physical health, everyone with a mind has mental health.</p> <ul style="list-style-type: none"> • When our minds are overwhelmed, stressed, or needs a break, there are techniques we can use to help keep our minds healthy. • What are you doing currently that help your mental wellbeing? Let’s take a look at other ways we can manage stress.
Activity	<p>Wellbeing Market</p> <ul style="list-style-type: none"> • Scatter wellbeing fruits across the table making it accessible to all participants. • Invite participants to select fruits and read the description out loud in pairs or in group. You may guide them to select a Learning Fruit, Action Fruit, or Discussion Fruit. • Wellbeing fruits will teach, prompt discussion or engagement. • Continue activity until all participants have shared and tried different fruits. • Invite participants to share about their favourite fruits, prompt them to write on handout.
Check-Out Activity	<p>Body Scan</p> <ul style="list-style-type: none"> • Guide participants to lightly pat each part of their body from head, forehead, face, shoulders down to their feet and back up their bodies. Notice the sensations in the body. • Express gratitude to participants • Remind participants to take home their fruit basket handout sheet!