Health & Wellness

What is wellness? Wellness is caring for your body, mind, thoughts and feelings.

Personal experiences, things happening in your family or community, and other events in your life can affect your wellness. Wellness doesn't mean you're completely happy, healthy or not anxious or stressed. In fact, you can have challenges and be able to respond in healthy ways. Everyone's idea of wellness is different—the goal is to find what works best for you!

Before Video

Prior to watching the video, you may wish to engage in a discussion about what "Health and Wellness" is. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *What does it mean to be healthy?*

2. *Which healthy activities do you participate in?*

3. *How do you feel after participating in healthy activities.*

You may also ask students to brainstorm some positive things one can do to be healthy and well. You may also want to discuss some of the challenges of maintaining personal, physical and/or mental health.

After Video

You may wish to discuss what Health and Wellness means to the students on a personal level. Reviewing the information with your students may spark deeper reflection.

1. *What are some ways you can improve your healthy habits/wellness?*

2. *What are some things that make it difficult to be healthy?*

3. *What are goals you want to set for yourself this year for healthy living?*

4. *What are some things we can do in our classrooms to promote healthy habits?*

Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*

2. **Kids Help Phone:** *1.800.668.6868 or text CONNECT to 686868*

3. **Fraser Health Crisis Line:** *604.951.8855 or 1.877.820.7444 (toll-free)*

4. *www.erase.gov.bc.ca*

5. *www.foundrybc.ca*

6. *www.keltymentalhealth.ca*

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