

Health & Wellness



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

It can be impacted by personal experiences and culture, as well as other situations and circumstances in your life. Wellness doesn't just mean you are completely healthy,

or not anxious or stressed. You can strive for wellness even if you are experiencing these challenges! Everyone's idea of wellness is different—but 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 with them 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 hard 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 school community 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