

Welcome to
**Grad-Your-
Lunch**

Mental Health
& Wellbeing

UBC Forestry

Grad Student Services

GRAD-YOUR-LUNCH!



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Forestry



UBC Point Grey Campus (Vancouver) sits on the traditional, ancestral, unceded territory of the xwməθkwəyəm (Musqueam) People.

Artist: Brent Sparrow Jr

Today's outline

1. **Welcome & Introductions**
2. **Community Agreement**
3. **Take aways from today:**
 - **Understand the mental health and well-being resources available to you at UBC**
 - **Recognize the mental health and well-being of students is important to the Forestry Graduate program and UBC**
 - **Hear strategies that help other students, and perhaps share your own**
 - **Hear about FGSA community and events**
4. **Why we are holding this session now**
5. **Invite (but not requirement!) to share your own strategies**



Resources in Forestry

Nicole, as a professional resource

Embedded Counsellor

nicole.adoranti@ubc.ca



The Grad Office, as a referral agent

Erica, Julie, Lee, Meng & Robin



Viola, as a peer resource

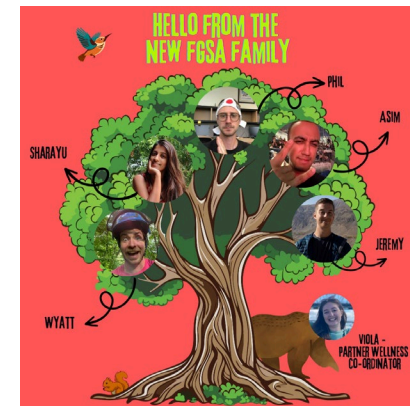
Graduate Wellness Facilitator

forestry.gradwellness@ubc.ca

FGSA, for community

Sharayu, Phil, Asim, Jeremy & Wyatt

info.fgsa@gmail.com



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Resources at UBC

- **Central Counselling, UBC Student Health Services, Peer Advising (Life building)**
- **Counsellors in Residence (if you live in Student Housing)**
- **AMS/GSS Health & Dental**
- **AMS Clubs (find community for almost all interests and hobbies)**
- **First Nations Longhouse**
- **Enrolment Services (potential financial support for wellbeing resources as needed)**
- **Food Bank, so you can eat well to think well**
- **Fitness centers, nature walks on campus**
- **Thrive month (November!)**



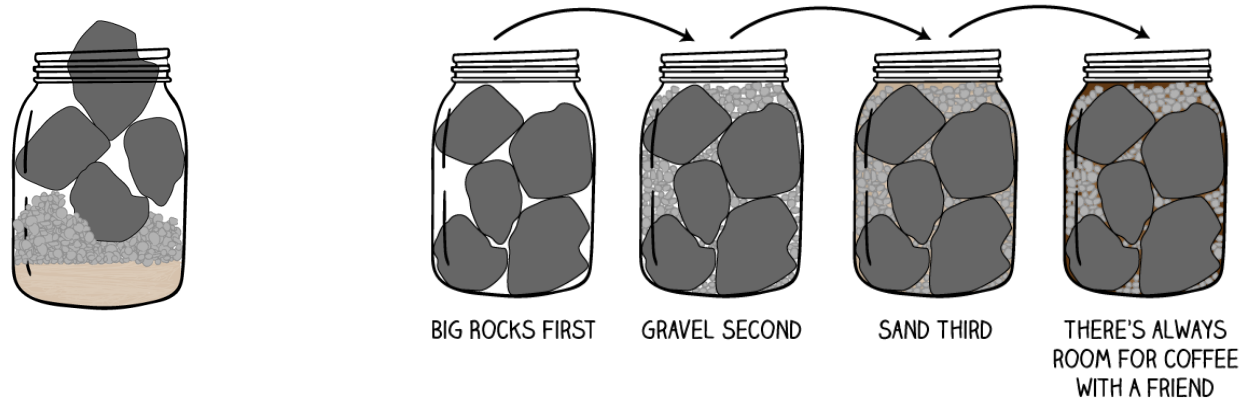
Common concerns from graduate students

- **Imposter syndrome**
- **Supervisory relationship difficulties (direct and also systemic challenges)**
- **Burnout, academic performance, stress**
- **Career anxiety (questioning whether they chose the right field, will they get a job, should they quit their graduate degree)**
- **Anxiety, depression, health impacting studies**
- **'Day to day' things: task and time management, structuring your day, balancing social and academic life**



Habits, Productivity, and Planning

- **Write down and evaluate what your jour rocks, pebbles, sand, and water are** (Stephen Covey, "The 7 Habits of Highly Effective People", Images by Patrick Buggy)



- **Stacking Habits** (James Clear, "Atomic Habits")
- **Pomodoro Technique** (Shared in bi-weekly Grad Wellness Newsletter)
- **5-4-3-2-1** (Mel Robbins, "The 5-second rule")



The Healthy Mind

- **Analysis paralysis** (Anne Bogel, “Don’t Overthink It”)
 - Manage your thoughts. Perfect solutions do not exist.
 - You will make the right decisions. You will make wrong decisions, but the worst decision is to make none.
- **Practice mindfulness** (Shared in bi-weekly Grad Wellness Newsletter)
- **Define and communicate boundaries** (Dr. Henry Cloud, Dr. John Townsend, “Boundaries”)
- **Sleep is not a luxury. It’s a necessity** (Dale Carnegie, “How to Stop Worrying and Start Living”)



Forestry Graduate Student Association (FGSA)

- As a registered Forestry graduate student, you are automatically a member of the FGSA
- FGSA hosts regular social, sports and other events throughout the year
- We represent Forestry graduate students at the Faculty and University level
- info.fgsa@gmail.com



What's next + sharing your own strategies

- Ask for help if you need it
- **G+PS session: Self-Care Strategies for Managing Stress and Avoiding Burnout**
Online | Tuesday, Nov 21 | 1 - 2:30 pm
- If comfortable, attendees can share strategies that help them be well (or ask for help when they need it)



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Thank you & time for conversation

Next Grad Your Lunch event:

January 18: Comprehensive Exams

<https://forestry.ubc.ca/programs/graduate/>

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