THE STORY BEHIND OUR PLATFORM, ‘LET’S TALK GRAD WELLNESS’

Grad school is fun, but certainly challenging. It can be academically demanding, making us feel overwhelmed! It can be easy to prioritize everything other than whatever is needed to take care of ourselves both physically and mentally.

To encourage us to think about and promote OUR wellness, we paired up with the IMSSA Wellness & Wellbeing committee and graduate students across the Faculty of Medicine to create a graduate wellness package. This package aims to prioritize your wellness in three ways:

1. Connects you with the **mental health & general wellness resources** on campus and beyond.
2. Provides you with **opportunities to participate** in wellness events/initiatives on campus, using the **Let’s Talk Grad Wellness tracker**.
3. Helps you build **strong student-supervisor relationships** by helping both students and supervisors develop skills that contribute to their **wellness and a healthy lab environment**.

We hope that this platform helps prioritize your wellness over anything else. If you have further questions, concerns, or comments, please do not hesitate to contact us at letstalkgradwellness@gmail.com.

Here’s to a wellness filled year! :)

---

*This initiative is funded by the Graduate Life Sciences Education.*
| CONTENTS |
|-----------------|---|
| LET'S TALK ABOUT GRAD WELLNESS | 2 |
| Guide, Information & Wellness Tracker |
| MENTAL HEALTH & WELLNESS RESOURCE GUIDE | 4 |
| EMERGENCY SERVICES |
| U OF T RESOURCES & SUPPORTS | 5 |
| 24/7 Supports & Distress Lines |
| Mental Health Resources | 6 |
| Counselling & Psychotherapy | 7 |
| Health Resources | 8 |
| Workshops & Programs | 10 |
| Other Resources | 11 |
| COMMUNITY RESOURCES & SUPPORTS | 13 |
| 24/7 Supports & Distress Lines |
| Mental Health Resources | 19 |
| Counselling & Psychotherapy | 22 |
| Health Resources | 27 |
| Workshops & Programs | 29 |
| Conflict Resolution Resources | 31 |
| REFLECTION JOURNAL | 32 |
| CONTACT & COMMENTS | 33 |
What is ‘Let’s Talk Grad Wellness’? A new initiative supported by UofT’s Graduate and Life Sciences Education (GLSE) to help you promote wellness in your lab. Receive credit for doing so on your co-curricular record!

The team: The Let’s Talk Grad Wellness team consists of graduate student leaders across multiple departments in the Faculty of Medicine.

Become a Wellness Promoter with Let’s Talk Grad Wellness!

How does it work?

LOOK
Look out for Wellness Activities hosted by U of T Campus Groups

SIGN-UP
Sign-up for the Let’s Talk Grad Wellness Listserv to find out about Wellness Activities on Campus
https://tinyurl.com/letstalkgradwellnesslistserv

PARTICIPATE
Participate in a Wellness Activity (Jan 1 – May 31, 2021)

REFLECT
Complete the optional journal entry after the Wellness Activity

RECORD
Record it using the Let’s Talk Grad Wellness Tracker Form by June 14, 2021
https://tinyurl.com/letstalkgradwellness

DISCUSS
Join our end-of-year facilitated conversations about lab wellness with students & supervisors
Date TBD

Complete at least 2 activities each semester & become a CCR-accredited Wellness Promoter!

Some of the many on-campus hosts of Wellness Activities, Events & Workshops:
- https://studentlife.utoronto.ca/department/health-wellness/
- www.moveu.ca
- https://www.gradminds.ca/
- clnx.utoronto.ca

Let’s Talk Wellness Tracker: As seen in the ‘RECORD’ bubble, don’t forget to track what you’ve done so we can give you credit! Form: https://tinyurl.com/letstalkgradwellness

Have questions? Find an activity or campus group you think should count in the tracker? Let us know at letstalkgradwellness@gmail.com
If someone or yourself are at immediate risk, please call 911

CAMPUS POLICE
416-978-2222 | 100-21 Sussex Ave. Toronto
Provides programs on personal safety, protection of property, conflict resolution, maintenance of public order, community service and referral, crime prevention and detection.¹
24/7 SUPPORTS & DISTRESS LINES

GOOD2TALK STUDENT HELPLINE
1-866-925-5454 or Text GOOD2TALKON to 686868
Professional counselling, information and referrals helpline for mental health, addictions and student’s wellbeing.¹

U OF T MY STUDENT SUPPORT PROGRAM
1-844-451-9700, 001-416-380-6578 (OUTSIDE NORTH AMERICA)
Confidential 24/7 or appointment-based support available for registered U of T students. Support is provided for life, school, or health concerns, with immediate support available in 35 languages and on-going support available in 146 languages.
MENTAL HEALTH RESOURCES

HEALTHY MINDS U OF T
A mental health advocacy and peer support group focused on providing a physical and mental space for discussion and activities relating to well-being on campus.²

NAVI MENTAL HEALTH WAYFINDER
Chat with a virtual agent to help navigate mental health resources on campus.

U OF T MENTAL HEALTH PORTAL
Find supports/services, build your own mental health tool kit, or view upcoming campus events related to mental health promotion.

UMATTER
A student-led initiative focused on increasing student mental well-being on campus. They partner with community organizations, professors, and other clubs to host workshops and de-stressor events for students and give students opportunities to explore and learn about their mental health.²

UOFTHRIVE
A tri-campus student collective dedicated to elevating student voices on mental health.²
COUNSELLING & PSYCHOTHERAPY

GRADUATE COUNSELLING SERVICES
416-978-8030 (Press 5)
Short-term counselling offered to graduate students by the Health & Wellness Centre and School of Graduate Studies.²

OISE PSYCHOLOGY CLINIC
416-978-0654 | 252 Bloor St. W. Toronto
Sliding scale psychotherapy is provided to individual adults by Counselling Psychology graduate students who are supervised by licensed Psychologists. The clinic is open from September through April. Low cost, with sliding scale.²
HEALTH RESOURCES

HEALTH & WELLNESS CENTRE
416-978-8030 | 2nd Floor, 214 College St. Toronto
Confidential mental health and physical health services provided by an interdisciplinary team of health professionals.¹

HEALTHY U CREW
A student-led team at the University of Toronto St. George campus dedicated to creating a healthier campus for all students. They use education, advocacy, and collaboration with campus and community partners to help support students in making healthier choices.²

MOVEU.HAPPYU
MoveU. is a tri-campus initiative at U of T that promotes healthy active living and improving student mental health. HappyU is a free, unique six-week program that offers physical activity counselling and exercise training to reduce symptoms of stress, depression, and anxiety.²

U OF T SAFETY AND SUPPORT
Compilation of on- or near-campus resources for crises related to mental health, personal safety, or sexual violence/harassment.
WORKSHOPS & PROGRAMS

BETTER COPING SKILLS
If you're having trouble coping with the demands of university life—or even regular everyday situations—this series of workshops can help you build the skills you need to thrive.²

BREATHE WELL WORKSHOP
Feeling too busy to manage stress effectively as a university student? Come learn about the benefits of restorative breath, try new techniques for relaxation such as muscle tension reduction and learn new tips for taking time to pause and recharge.²

MINDFUL MOMENTS
Daily drop-in meditations, yoga, and Tai Chi for focus, relaxation, and resilience.²

“IDENTIFY, ASSIST, REFER” TRAINING
Online training module that provides useful tools and strategies to help peers that are experiencing mental health problems.

SLEEP WELL WORKSHOP
Feeling too busy or stressed as a university student to sleep properly? Come learn about what you can do to improve your sleep and feel more rested and refreshed.²
OTHER RESOURCES

ACADEMIC SUCCESS
416-978-7979 | 150-214 College St. Toronto
Help with navigating the university, building academic skills, staying focused and organized and flourishing at U of T.¹

ACCESSIBILITY SERVICES
416-978-8060 | 400-455 Spadina Ave. Toronto
Confidential service helps students to navigate their disability and related barriers and provides peer support.¹

ANTI-RACISM & CULTURAL DIVERSITY OFFICE
416-978-1259 | 356-155 College St. Toronto
Provides assistance and managing confidential concerns and complaints of discrimination and/or harassment based on race, ancestry, place of origin, colour, ethnic origin, citizenship and/or creed.¹

COMMUNITY SAFETY OFFICE
416-978-1485 | 2nd Floor, 21 Sussex Ave. Toronto
Responds to students, staff, and faculty members of the University of Toronto community who have personal safety concerns.¹
FIRST NATIONS HOUSE
416-978-8227, 1-800-810-8069 | 3rd Floor, 563 Spadina Ave. Toronto
First Nations House provides culturally relevant services to Indigenous students in support of academic success, personal growth and leadership development.¹

MULTI-FAITH CENTRE
416-946-3120 | 569 Spadina Ave. Toronto
Supports the spiritual wellbeing of students, staff and faculty and increases our understanding of and respect for religious beliefs and practices.¹

OFFICE OF EQUITY, DIVERSITY & INCLUSION
medicine.inclusiondiversity@utoronto.ca
Promotes and fosters equity, diversity, and inclusion through innovative programming and open dialogue in collaboration within the Temerty Faculty of Medicine department, students, and faculty.

SEXUAL & GENDER DIVERSITY OFFICE
416-946-5624 | 416/417-21 Sussex Ave. Toronto
Develops partnerships to build supportive learning and working communities at the University of Toronto by working towards equity and challenging discrimination.¹
SEXUAL VIOLENCE PREVENTION & SUPPORT CENTRE
416-978-2266 | Room B139, Gerstein Library, St. George Campus
The Centre facilitates access to support, services and accommodations for students, staff and faculty members who have been affected by sexual violence or sexual harassment.¹

SGS RESOURCES & SUPPORTS
Find out about various resources offered by U of T, including resources for academics, accessibility, health & wellness, Indigenous students, Black students, and more.

TRAVELSAFER
416-978-7233 | Available at all U of T Buildings & Abutting TTC Stations
Security Guard or Special Constable will meet you at your location. Student staff working in pairs (one male and one female) will escort you anywhere on campus or to a subway station.¹
COMMUNITY RESOURCES & SUPPORTS

24/7 SUPPORTS & DISTRESS LINES

ASSAULTED WOMEN’S HELPLINE
416-863-0511
Offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. Provides free, 24-hour, 7-day-a-week crisis counselling, emotional support, information, and referrals via telephone to women in up to 200 languages. Completely anonymous and confidential.¹

BLACK YOUTH HELPLINE
1-833-294-8650
Responds to the need for a Black youth specific service and promotes access to professional, culturally appropriate support for youth, families and schools. Call every day from 9 a.m. – 10 p.m.³

CAMH EMERGENCY DEPARTMENT
416-535-8501 (Press 2) | 250 College St. Toronto
Adults in need of emergency assessment and treatment with mental health and substance abuse issues. No referral required. Available 24 hours a day, 7 days per week.²
CANADA SUICIDE PREVENTION SERVICE
1-833-456-4566 or Text 45645
Offers free 24/7 highly trained responders to support to anyone worried about someone who may be having suicidal thoughts, or having suicidal thoughts themselves.

CONNEXONTARIO
1-866-531-2600
Provides Ontario health services info for people experiencing problems with alcohol and drugs, mental illness, and/or gambling. Confidential, free, 24-hour access.

DISTRESS CENTRES OF GREATER TORONTO
416-408-4357
Provides crisis, emotional support and suicide prevention + intervention + postvention services to individuals in our community via hotline, online chat, and text and some in-person individual and group support.¹

GERSTEIN CENTRE MENTAL HEALTH CRISIS LINE
416-929-5200, 416-929-9647 (TTY)
Provides mental health crisis support, strategies for addressing immediate problems, and connections to services offering ongoing support.¹
HOPE FOR WELLNESS HELP LINE
1-855-242-3310
Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Available 24 hours a day, 7 days a week. Counsellors are also available through online chat. Phone and chat counselling are available in English, French, Cree, Ojibway, and Inuktitut.²

LGBT YOUTH LINE
1-800-268-9688, 647-694-4275
Confidential, nonjudgmental & informed LGBTTQQ2SI peer support that affirms and supports the experiences of youth (29 and under) across Ontario via chat, text and email.¹

NASSEHA HELPLINE FOR YOUNG MUSLIMS
1-866-627-3342
Provides a confidential helpline for young Muslims to receive immediate, anonymous, and confidential support over the phone from 12-9pm, 7 days a week and over text Monday to Friday.²
ONTARIO’S ONLINE & TEXT CRISIS & DISTRESS SERVICES (ONTX)

Text 258258
If you are not comfortable using the phone or would prefer to communicate with someone online or over text, ONTX is able to chat and text regarding distress, crisis, and suicidal thoughts. Text services are available from 2pm to 2am, 7 days a week at 258258. Online chat services are also available from 2pm to 2am, 7 days a week.²

ONTARIO PROBLEM GAMBLING HELPLINE
1-888-230-3505
Provides information about problem gambling counselling services in Ontario and online tools for gamblers or their friends and family. Free, 24-hour access.

SCARBOROUGH HEALTH NETWORK COMMUNITY CRISIS PROGRAM
416-495-2891
Provides telephone crisis response and community mobile crisis visits to individuals over 16 years of age who are experiencing a mental health crisis in Scarborough and East York.²
**SPECTRA HELPLINE**

905-459-7777

24/7 Helpline providing confidential crisis and suicide intervention and emotional support. Text and chat options are also available. Multi-lingual helplines are available Monday to Friday, 10:00 a.m. to 10:00 p.m. in eight languages (English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu).²

**SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (8255)

The Lifeline provides 24/7, free, and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.²

**TALK4HEALING**

1-855-554-HEAL (4325)

A 24-hour helpline by Indigenous women for Indigenous women. Free and confidential, 14 Indigenous languages plus English and French. Call or text.²

**TELEHEALTH ONTARIO**

1-866-797-0000

Free, confidential telephone service for health-related advice and information. Call anytime to speak to a Registered Nurse. Does not provide diagnosis or prescriptions.
THE WARM LINE
416-960-WARM (9276) or Text 647-557-5882
A confidential and anonymous service for adults. Call, text, and online chat services are available every night from 8PM to Midnight Eastern Time.²
MENTAL HEALTH RESOURCES

BE SAFE
A mobile app to help young adults make decisions about seeking help in crises. Allows users to create a digital safety plan, informs users about local resources, directs users to the options for their needs, and empowers users to reach out safely.

CHECK UP FROM THE NECK UP
A simple mental health check-up to identify some symptoms of common mood disorders. Provides general information on mood disorders and resources to help yourself, family members, or friends.

DEALING WITH DEPRESSION: A RESOURCE GUIDE
If you or someone you know is suffering from depression, it can be difficult to know where to turn. This resource guide contains a selection of some of the best websites, organizations, and other helpful resources available to anyone who has been diagnosed with or suspects they are suffering from depression.2

EMENTALHEALTH.CA
Search engine for local mental health resources.
FIRST SESSION
A video directory of mental healthcare professionals in Toronto. Each therapist on First Session has been vetted, interviewed, and filmed to help you make the initial thumbs up or thumbs down in a matter of seconds, not hours. 2

HEADSPACE
An app designed to help users incorporate mindfulness and meditation sessions into their daily lives.

HONG FOOK MENTAL HEALTH ASSOCIATION
416-493-4242 | 3rd Floor, 130 Dundas St. W. Toronto
Hong Fook Mental Health Association is the leading ethno-cultural community mental health agency with a consolidated culturally competent team in Ontario serving the Asian communities. 2

LINKMENTALHEALTH
Connects people to diverse, private and public counseling in the Greater Toronto Area, regardless of what they can afford. 2

MINDYOURMIND
Offers support and guidance for young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience. 2
TOGETHERALL
An online community of members, who support, help each other and share what’s troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year – no need to wait until morning, the next business day or for a doctor’s appointment. You can find support simply by logging on.²

WORKPLACE STRATEGIES FOR MENTAL HEALTH: POST-SECONDARY STUDENT RESILIENCE
When they begin college or university, students may face significant stressors on their own for the first time. This resource can help them plan ahead so they are better able to cope with the personal and academic stressors they may encounter.²
COUNSELLING & PSYCHOTHERAPY

ACCESS CAMH
416-535-8501 ext. 2 | 250 College St. Toronto
Provides centralized information, intake, and scheduling for most of CAMH's services. Access CAMH makes it easy for patients, families, friends, and healthcare professionals to find the help and services they need with a single phone call.²

BARBRA SCHLIFER COMMEMORATIVE CLINIC
416-323-9149 ext. 234 | 503-489 College St. Toronto
Barbra Schlifer offers no-cost group and individual counselling as well as legal and interpretation services to women who have experienced violence.²

CATHOLIC FAMILY SERVICES TORONTO
416-921-1165 (Central Toronto) or 416-222-0048 (North Toronto) | Various Locations
Catholic Family Service Toronto provides sliding scale individual, family, couple, and group therapy.²
CENTRE FOR INTERPERSONAL RELATIONSHIPS
1-855-779-2347 | 790 Bay St. Toronto
A team of psychologists, psychotherapists, and counsellors that offer a wide range of services for adults, couples, families, and groups.²

FAMILY SERVICES TORONTO
416-595-0307 ext. 269 | 202-128A Sterling Rd. Toronto
Family Service Toronto provides free, immediate drop-in counselling for a wide range of concerns to individuals, families, and couples over 18 years of age on Wednesday evenings, opening at 3:00 PM, with the latest arrival at 6:15 PM. No appointment or referral is needed.²

GESTALT INSTITUTE OF TORONTO
416-964-9464 | 417 Parliament St. Toronto
Provides an opportunity to move through old issues, make changes, improve relationships, express creativity, decrease generalized fear and mistrust, and learn to have more fun.²
HARD FEELINGS
416-792-4393 | 848 Bloor St. W. Toronto
An innovative, welcoming community of professional counsellors who provide low-cost services and support. Their storefront sells carefully curated books and resources to help build and sustain stronger mental health. ²

MENNONITE NEW LIFE CENTRE OF TORONTO
Various Locations
Many immigrants and refugees experience high levels of stress and trauma as a result of their migration and settlement experiences. In addition, they struggle to find help in their first language. The Mennonite New Life Centre of Toronto Mental Health Program mobilizes the skills of internationally trained mental health professionals to meet the emotional health needs of newcomers in Toronto. ²

MOOD DISORDERS ASSOCIATION OF ONTARIO
416-486-8046 | 602-36 Eglinton Ave. W. Toronto
Free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. They provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery. ²
PSYCHOLOGY TODAY
An online directory of therapists all over Canada and the U.S.A., with information about their location, therapy type, experience, insurance coverage, etc. ²

PSYCHOTHERAPY REFERRAL SERVICES
A referral service that, based on an intake interview, matches individuals with trained psychotherapists in Toronto. ²

TORONTO NEW LIFE WELLNESS PLACE
647-340-5433 | 23-1122 Finch Ave. W. Toronto
Provides multicultural, multilingual therapeutic wellness services for people in the Greater Toronto Area needing mental health and wellness support. ²

ONTARIO PSYCHOLOGICAL ASSOCIATION
Includes a referral service to link individuals with psychologists for treatment or assessment. ²

WOODGREEN COMMUNITY SERVICES
416-645-6000 ext. 1100 or 1200 | 1st, Floor, 815 Danforth Ave. Toronto
Free, immediate drop-in counselling on Tuesday and Wednesday evenings to address a wide range of concerns. They open at 4:00 PM, with the latest arrival at 6:45PM. No appointment or referral is needed. There are no restrictions to access. ²
WHAT'S UP WALK-IN

Various Locations
Free Walk-In Mental Health Counselling. No fee. No appointment. No Health Card. Six Locations across Toronto. Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available.²
HEALTH RESOURCES

211
A database of available community resources.

416 COMMUNITY SUPPORT FOR WOMEN
416-928-3334 | 416 Dundas St. E. Toronto
Daytime drop-in program for women looking to gain or give support while coping with isolation, addiction and/or mental health issues and other difficulties. It is open 8:30AM-4:30PM, 7 days a week. Basic services include daily breakfast (8:30-10:00 AM) and lunch (12:00-2:00 PM), weekly food bank, social/recreational programs and life skills training. The Centre also offers weekly medical clinics and mental health and addiction case management services on a daily basis.²

ANISHNAWBE HEALTH TORONTO
416-360-0486 | 225 Queen St. E. Toronto
Improves health & well-being with Anishnawbe Health Toronto traditional healers, Elders and medicine people, and other health professionals.¹

CENTRAL INTAKE FOR THE GTA
416-338-4766 or 1-877-338-3398
Comprehensive list of shelters with direct admission.²
SEXUAL ASSault & DOMESTIC VIOLENCE Care Centre
416-323-6040 | 76 Grenville St. Toronto (Women’s College Hospital)
A comprehensive service that assists women, men, and trans people who are victims/survivors of sexual assault and domestic/intimate partner violence.¹
WORKSHOPS & PROGRAMS

BOUNCEBACK ONTARIO
1-866-345-0224
A free skill-building program managed by the Canadian Mental Health Association. It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.²

CAMH GAME CHANGERS
A mental health program designed to help young Canadians feel more comfortable talking about health, mental health, seeking help and supporting friends. Their tools have been co-created with CAMH’s clinical and education team alongside youth ambassadors to ensure they reflect informed research with a youth perspective.²
Reference Page

   https://iar.utoronto.ca/main/resources


## CONFLICT RESOLUTION RESOURCES

<table>
<thead>
<tr>
<th>UNIVERSITY RESOURCE</th>
<th>BACKGROUND &amp; FUNCTION</th>
<th>CONTACT INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRADUATE COORDINATOR</td>
<td>Coordinators operate as first-line representatives for students. They can play an active role for the conflict resolution of a student.</td>
<td>Varies per department</td>
</tr>
<tr>
<td>DEPARTMENT CHAIR</td>
<td>Chairs operate as the next-line of representatives for students. They can orchestrate a clearer resolution as they have complete power over both student and supervisor.</td>
<td>Varies per department</td>
</tr>
<tr>
<td>UTGSU ADVOCATE</td>
<td>When students consider making an appeal, a professional advocacy consultation can be obtained from the Graduate Student Union representatives. They provide information, offer guidance through the policies and procedures regarding the appeal process, advise on possible solutions regarding particular situations, offer to make inquiries to obtain facts and keep confidential records of the student’s case.</td>
<td>Gail Fernando  UTGSU Membership and Advocacy Coordinator  Phone: 416-946-8699  Email: <a href="mailto:membership@utgsu.ca">membership@utgsu.ca</a></td>
</tr>
<tr>
<td>SGS</td>
<td>Students can make a more formal complaint to the school of graduate studies to the Vice Dean of students if the issue remains to be unresolved and if there is a continued problem.</td>
<td>Charmaine Williams – Vice-Dean, Students, School of Graduate Studies  Tel: 416-978-5986 Fax: 416-971-2327  <a href="mailto:sgs.vdeanstudents@utoronto.ca">sgs.vdeanstudents@utoronto.ca</a></td>
</tr>
<tr>
<td>OFFICE OF THE OMBUDSPERSON</td>
<td>The office of the ombudsperson deals with issues from all campuses and faculties. The FoM has complex policies, procedures and working environments (ie. lab spaces etc.) and clarifying these for graduate students could be part of the embedded facilitator role and highlighted in codes of conduct guidelines. The current Ombud portfolio at the U of T is broad.</td>
<td>Make a formal request at:  <a href="https://governingcouncil.utoronto.ca/contact-ombuds-office">https://governingcouncil.utoronto.ca/contact-ombuds-office</a></td>
</tr>
</tbody>
</table>

### COMING SOON

| SUPERVISOR SURVEY | Later this year, an anonymous supervisor survey will be deployed to do a check-in on your relationship with your PI. This will be an anonymized survey that releases aggregate information (at N=5) and comments to the Department chair. Comments that endanger your well-being are de-anonymized and handled by the Faculty of Medicine. | Will be sent to you annually in an email. Although completion of the survey will be optional, participation is very strongly encouraged. |
| SGS CENTRE FOR GRADUATE MENTORSHIP AND SUPERVISION | SGS is in the process of launching a new Centre for Graduate Mentorship and Supervision which will focus on promoting healthy, supportive and productive mentoring relationships to improve student experience, enhance mental wellness, and positively impact academic and career outcomes for graduate students, post-doctoral fellows and faculty members alike. | Coming soon in Spring 2021 |
Finding a reason why this is a good day. And if I can’t find one, I’ll try again tomorrow.

Entry
Today I did a wellness: Workshop | Educational Class | Movement Session | Other _______________
Immediate reflection: ____________________________________________________
Do I notice any changes from before to now? __________________________________
Noteworthy challenges, motivators, setbacks or achievements: ______________________
__________________________________________________________
Strategy / Tip for Future Self: _____________________________________________

I will treat myself kindly, and actively try not to judge myself.

Entry
Today I did a wellness: Workshop | Educational Class | Movement Session | Other _______________
Immediate reflection: __________________________________________
Do I notice any changes from before to now? _____________________________
Noteworthy challenges, motivators, setbacks or achievements: _________________
__________________________________________________________
Strategy / Tip for Future Self: ____________________________

I am doing the best I can. And when I don’t feel like I’m doing my best, that doesn’t define me.

Entry
Today I did a wellness: Workshop | Educational Class | Movement Session | Other _______________
Immediate reflection: ______________________________________
Do I notice any changes from before to now? ___________________________
Noteworthy challenges, motivators, setbacks or achievements: _______________
__________________________________________________________
Strategy / Tip for Future Self: _____________________________________

Finding a reason why this is a good day. And if I can’t find one, I’ll try again tomorrow.

Entry
Today I did a wellness: Workshop | Educational Class | Movement Session | Other _______________
Immediate reflection: ______________________________________
Do I notice any changes from before to now? ___________________________
Noteworthy challenges, motivators, setbacks or achievements: _______________
__________________________________________________________
Strategy / Tip for Future Self: _____________________________________

I will improve my boundary-setting. Politely, but firmly.

Entry
Today I did a wellness: Workshop | Educational Class | Movement Session | Other _______________
Immediate reflection: ______________________________________
Do I notice any changes from before to now? ___________________________
Noteworthy challenges, motivators, setbacks or achievements: _______________
__________________________________________________________
Strategy / Tip for Future Self: _____________________________________

RANDOM THOUGHTS (Wellness-related, or not…)

Entry
Today I did a wellness: Workshop | Educational Class | Movement Session | Other _______________
Immediate reflection: ______________________________________
Do I notice any changes from before to now? ___________________________
Noteworthy challenges, motivators, setbacks or achievements: _______________
__________________________________________________________
Strategy / Tip for Future Self: _____________________________________
COMMENTS OR CONCERNS?
CONTACT US
IMSSA.WELLNESS@GMAIL.COM
LETSTALKGRADWELLNESS@GMAIL.COM

PRODUCED BY

IMSSA WELLNESS & WELLBEING COMMITTEE
LET’S TALK GRAD WELLNESS

WITH SUPPORT FROM
THE DEPARTMENTS OF PHARMACOLOGY & TOXICOLOGY, MEDICAL
BIOPHYSICS, PHYSIOLOGY, & IMMUNOLOGY

GLSE GRADUATE STUDENT WELLNESS GRANT

UPDATED: JANUARY 2021