Be Well, Be Connected, Be A Leader

Student Wellness Services
Counseling Center
Icebreaker Activity
VIA Character Strengths

Creativity  Perspective
Judgment  Curiosity
Honesty  Bravery  Fairness  Humor  Zest
PERSEVERANCE  Teamwork
Love  Kindness  Leadership  Love of Learning
Social Intelligence  Hope  Prudence
Forgiveness  Humility  Gratitude
Appreciation of Beauty & Excellence  Spirituality  Self-Regulation
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Character Strengths Mat Activity
Strengths Discussion

❖ What strength did you select?
❖ How do you see this strength show up in your daily life?
❖ What strength(s) have you utilized as a leader within your chapter?
Seize The Awkward
Seizing the Awkward and Being a Leader

❖ Be willing to step out of your comfort zone to help someone
❖ Confront stigmatizing or judgemental language
❖ Talk about mental health openly
❖ Listen to understand, not to respond
❖ Know your limits
❖ Attend mental health events
❖ Educate yourself---Know the facts
Question Persuade Refer (QPR)

❖ 90 minute suicide prevention training
❖ Learn warning signs
❖ How to ask if someone is considering suicide
❖ What to say to help them get to help
❖ How to work as a team
❖ Understand available resources
Workshops Available By Request

❖ Time Management
❖ Resilience
❖ Test Anxiety

Request a Training at:
https://counseling.uni.edu/trainingandworkshops
On-Campus Resources
University of Northern Iowa
Counseling Center

8:00 am to 4:30 pm
Monday - Friday
319-273-2676

❖ Initial Assessment
❖ Consultations
❖ Group Therapy
❖ Counselor On-Call
❖ Individual Counseling
❖ Mental Health Referrals
UNI Counseling Center 24/7
Crisis Phone Line:

319-273-2676

Press 2 to speak to a crisis counselor
Crisis Text Line

Text Hello to 741741

Free, 24/7 support for people in crisis.
STUDENT WELLNESS SERVICES CAN HELP BALANCE YOUR WHEEL
Request an SWS Workshop for your Chapter!

Interactive workshops on the following priority health topics:
- Stress management / relaxation
- Alcohol education
- Body image
- Intuitive eating / nutrition
- Sexual health
- Sleep habits
- Holistic wellness

Complete program request online: studentwellness.uni.edu
WELLNESS COACHING
Individual Coaching Sessions

For a free wellness coaching session, go to studentwellness.uni.edu
WHAT IS WELLNESS COACHING?

Wellness Coaching is a way for you to reach your goals and create the life you want. It gives you an opportunity to explore your strengths while focusing on your health and well-being.

WELLNESS COACHING IS:

• Strength-Based
• Student-Centered
• Goal-Oriented
• Free for all UNI students
Wellness Wednesdays & Take Time Thursdays
11 AM to 1 PM
Rod Library Makerspace, LIB 286

Drop-in for relaxing, rejuvenating activities, and support!
Think, Pair, Share

❖ What character strengths can you utilize to develop trusting relationships within your organization?

❖ What is one thing you can do this semester to increase the caring culture within your organization?

❖ How can you utilize the resources available on campus to support your members’ mental health and wellbeing?
QUESTIONS?
THANK YOU

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