

Mindfulness activities to support wellness and resilience

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In this workshop participants will be able to experience a range of mindfulness and wellness activities, as well as discuss how to implement these in their own programs. With increasing reports of stress and mental health disorders across the age range, but especially in young people, how do academics support the mental health and wellness of students? Students face particular challenges managing their studies, WIL, jobs and other commitments and being resilient in the face of these pressures. We are all familiar with the importance of managing our physical health with daily exercise ('find 30') but how do we have conversations with students about managing their mental health? How can we create a safe space for students to explore their own wellness and make plans for managing wellness throughout their careers? What activities can we engage students in for wellness purposes? In paramedicine and speech pathology a range of strategies have been embedded to support positive mental health in students. We will share our experiences as well as discuss future directions in this area.