



ALLARD SCHOOL OF LAW

WELLBEING EXAMPLES

The Student Wellbeing Program



**PETER A. ALLARD
SCHOOL OF LAW**

THE UNIVERSITY OF BRITISH COLUMBIA

10 MINUTE WELLBEING SESSIONS

Mini 10 minute wellbeing sessions on mindfulness, breathing, muscle relaxation, thought stopping, etc using wellbeing swag. This occurs most Wednesdays in the Forum.



MINDFULNESS WALKS



Mind Your Cookies

Weds, February 27 12:30pm
(Meet at elevators on the ground floor)

A great opportunity to

- get grounded,
- take some time for self care, and
- connect with others.

to register please:
• scan QR code, or
• sign up at: <https://bit.ly/20GJY2U>

10 spaces available

Wednesday, February 27 12:30pm
Mind Your Cookies
Join us for mindfulness and cookies on the beach.

Anna Kline, Student Wellbeing Counsellor, & Lucia Pecnikova, Student Experience Manager will lead an outdoor physical wellbeing exercise

WORKSHOPS ON WELLBEING TOPICS



“How to include fitness in a busy schedule” and “Fitness Fair” including a fitness assessment, presented by Bodyworks, UBC Kinesiology (Feb 2019)

WORKSHOPS ON WELLBEING TOPICS

“Lettuce Turnip the Beet: A Meal Preparation Workshop” presented by Hillary Stevens, Dietician, UBC Wellness Centre (March 2019)



WORKSHOPS ON WELLBEING TOPICS



“Anxiety in the Law Profession”
presented
by Beyond
the A
(March 2019)

WORKSHOPS ON WELLBEING TOPICS

Student Wellbeing presents:

ORLANDO DA SILVA, LSM, SENIOR CROWN COUNSEL

...speaking on...

...the paradox and perils of high functioning individuals...

...depression and anxiety in the legal profession...

...drawing upon his own personal experiences...

His message has reached over 6 million people!



"Orlando Da Silva was beyond exceptional. His messaging was very relatable, outlined practical tools such as coping strategies, and addressed a very important stigma around high-performing/functioning individuals."

FEBRUARY 25, 2019 | 12:45 PM

ALLARD ROOM 104/101



To register, please email chiu@allard.ubc.ca

Student Wellbeing presents:

TENSION RELEASE

WEDNESDAY, MARCH 27

ALLARD ROOM 123

12:30 PM - 2:00 PM

Tension Release Exercises (TRE) are a simple yet powerfully effective way to discharge stress, calm the nervous system, and bring the body back to a natural balance where all the systems are working in harmony.

This workshop is experiential. You will learn the science behind the process to understand what you're trying, as well as participate in the TRE series.

Facilitated by Desmond Williams a Certified TRE Provider and Yoga teacher.

Each participant should bring a yoga mat or blanket to lie on.

**Spots for this workshop are limited.
Please email Anna Kline, Student Wellbeing Counsellor
to register - kline@allard.ubc.ca**



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EXAM DE-STRESS OUTREACH

In the Lew Forum during exam time where students can sit for a few minutes and have a massage, a cup of tea and a chat about exam stress with the Student Wellbeing Counsellor

