**CMHRT Community Education Outreach**

**Mental Health 101 Workshop**

**Held on May 14 2021**

*Sydney Waring, Aleece Katan, and Sarena Daljeet* presented an excellent and engaging workshop on **Mental Health** **101** to University of Waterloo graduate students on **May 14, 2021.** The Arts Graduate Studies office hosted the event which was attended by about 20 graduate students, and the feedback was highly positive.

*Workshop Abstract*

Mental health is a key component of health and well-being. It affects how we think, feel, and act in our everyday lives. Yet, stressful life events, including the present COVID-19 pandemic, can have adverse effects on our mental health. To what extent has the COVID-19 pandemic affected the mental health and well-being of graduate students and society at large? How can we tell whether our mental health is shifting from a place of wellness to an area of concern? How might we cope in ways that promote positive mental health, and prevent the onset or exacerbation of mental health difficulties?

Held via videoconferencing, the interactive talk reviewed key elements for monitoring and maintaining mental health and provided strategies and resources to cope with a range of mental health concerns.

