



JANUARY 22 - 26, 2024

For the 5th year, Lakehead University is celebrating Thrive by hosting a week-long series of events that aim to increase mental health literacy, build healthy habits and self-care skills, and help foster a community of wellness at Lakehead University.

Check out the Human Resources Thrive page



www.lakeheadu.ca/EmployeeThrive

Thunderwolves Thrive All Week

Thrive Week Challenge

Thrive at your own pace this week by downloading a Thrive Challenge card. Submit your card before January 29th for a chance to win a Brrr Basket

Digital Wall of Champions

Share a positive message or story about a colleague who makes a difference in our Lakehead community!

Positivity Post-Its

Take a moment to spread positivity by dropping by the Chancellor Paterson Library, writing a post-it note and adding it to the Soul Bowl.

Pay It Forward Board

The Study Coffee House is offering a "Pay It Forward Board" where a future drink can be bought for someone to redeem.

Get Moving w/ Campus Rec

Use code "thriveweek2024" to drop in to any fitness class this week for free.

Monday

Thrive Week Kick-Off and Coffee

🕒 11am - 2pm @ The Study

Tuesday

Movies for Mental Health

🕒 6pm - 8pm in UC1017

Wednesday

Thunderwolves Thrive

🕒 10am - 2pm
in the CASES building



Thursday

Roots to Harvest Fresh Market

🕒 1pm - 3pm in the Agora

Friday

Snow Day

🕒 11am - 2pm, Lake Tamblyn

Thinking in Seven Generations

🕒 1pm - 230pm via Zoom

Whiteout @ Lakehead Basketball

🕒 6pm @ The Fieldhouse






JANUARY 22 - 26, 2024

Conversations and Workshops

BodyTalks: Healthism and the Pressure to “Eat Right”

 Monday January 22nd
3pm - 4:30pm

 The Study


Refreshments will be available.

Body Talks is a conversation series about the intersections of body image and health offered in collaboration between Student Health and Wellness, the Gender Equity Centre and Pride Central.

This guided discussion led by Dr. Barbara Parker will revolve around healthism (responsibility for health) in relation to the pressures to “eat right”, the moral imperative to choose ‘good’ foods, in the context of university and life.

Karling Draper, Registered Dietitian, from the Thunder Bay District Health Unit, will also join the session.

Stop the Stigma

 Tuesday January 23rd
10:30am - 12pm

 via Zoom

Registration is required.



Join Student Health and Wellness for a facilitated discussion focused on mental health stigma, including;


- basic mental health literacy,
- an overview of mental health resources and supports,
- and an invitation to take part in reducing stigma on campus with the use of our toolkit.

Check out the Human Resources Thrive page



[www.lakeheadu.ca/
EmployeesThrive](http://www.lakeheadu.ca/EmployeesThrive)

Supporting Students in Distress

 Thursday January 25th
10:30am - 12pm

 via Zoom

Registration is required.




As staff and faculty, you are often the first to recognize that a student is in distress so it is important that you feel equipped to identify these behaviours and also understand how you can help.

The Supporting Students in Distress Guide and accompanying workshop outline the various levels of distress and the resources you can provide for a student in each level of distress.

We will also cover available supports in various areas, both on and off-campus including Counselling and Wellness, Academic Services, Disability Services, Legal and Conduct, and Community Supports.

safeTalk

 Thursday January 25th
5pm - 9pm

 TB - SHW Activity Room
OR - Alumni Commons

Registration is required, space is limited.



safeTALK is a 4-hour, in-person workshop to build skills in suicide prevention. Participants will learn how to recognize and engage with someone thinking about suicide, overcome attitudes that act as barriers to help, talk openly about suicide and connect with intervention resources for further support.

Through presentations, audiovisuals, small group discussion and scenario practice, you will learn a 4-step TALK model and practical steps to help activate a suicide alert that connects people having thoughts of suicide with more specialized intervention care and relevant resources.

All participants will receive a learning booklet, resources and a Certificate of Completion.

Thrive Week 2024

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