

Back to School Well-being Checklist

With COVID-19 creating a new normal, it is important that physical and health education students work to adapt by navigating this new environment in order to best serve our greater school communities.

This document is a **well-being checklist** for students to use to cover the various settings that they could find themselves in their post-secondary school environment (*including a partially on campus setting, a virtual campus setting, or an on campus setting*). This document also provides students with tips on how to remain connected to the greater PHE community during this year of study.

YOUR WELL-BEING

As we return to school this fall, we must remind ourselves that **maintaining positive mental health** is of utmost importance if we want to continue to grow and thrive as students. Here are some tips and ways to help maintain **good overall mental health and well-being** by taking a holistic approach to your well-being while in school.

1 On Campus Learning Environment

- Distal study groups
- Health-themed potlucks within your social bubble
- Walks throughout campus
- Outdoor low-organized game meetup times
- Utilize student services and support as needed

2 Partially On Campus Learning Environment

- Outdoor yoga
- Physically distanced walks/runs with peers (E.g.: walking around the school's track in odd/even lanes)
- Book clubs (*in person or at-home*)
- Group meditation
- Low organized games outside at a park or recreation space
- Schedule standing and/or walking breaks away from screens
- Utilize active transportation to and from campus when possible
- Utilize student services and support as needed

3 Virtual Campus Learning Environment

- Weekly Zoom calls with peers
- Physically distant gatherings at parks and outdoor spaces (*for a workout, a picnic, coffee, etc.*)
- Daily journaling
- Cooking new meals at your place of residence
- Individual meditation between classes
- At-home workouts between classes
- Online support groups/discussions
- Create an online study group
- Staying focused on a new project or hobby
- Utilize student services and support as needed

NOTE: Especially for remote settings, it is important to set and maintain healthy boundaries and balance between your work, studies and other responsibilities. Find a new set of study routines that works for you and get creative in setting up your remote study space to ensure maximum comfort, productivity and peacefulness.

UTILIZING PROGRAMS AND RESOURCES WITHIN YOUR SCHOOL COMMUNITY TO ENHANCE YOUR OVERALL WELL-BEING

Here are some questions you can ask to familiarize yourself with the programs and services available within your school community:

- Does your campus or Institution have a health and/or counselling centre?
- Does your campus or Institution have a student success centre?
- Does your campus or Institution have a mental health support network?
- Does your campus or Institution have a centre for accessible learning?
- Does your campus or Institution have an on-campus pharmacy?
- Are there student advisors available to students within marginalized populations?
- Are the fitness facilities and programs on campus accessible, inclusive, and welcoming?

NOTE: These programs and services can help you improve your overall well-being if you so choose to utilize them at your school.

KEEPING CONNECTED TO YOUR PHE COMMUNITY

The PHE Community is a community made up of students, educators, researchers, administrators, practitioners and government officials, all impacting school communities.

There are many ways in which students can remain connected with their community during a pandemic. Here is a short list of ways you can remain connected as you continue your studies:

- Apply to be a part of the PHE Canada Student Center [Mentorship Program](#)
- Connect with PHE Canada on Twitter ([@PHECanada](#))
- Join the [PHE Canada Learning Center Staff Room](#) on Facebook
- Follow PHE Canada on Instagram ([@phecanada](#))
- Opt in to receiving monthly PHE Canada email communications to support your development as a student
- Reach out to your Provincial/Territorial [PHE Association](#) to learn about what may be happening in your area
- Visit the [PHE Learning Centre](#) for the the latest events, resources, and information about working in the education sector during the pandemic

