

# York University Well-being Strategy Implementation Guide: Student Leaders



This guide is a collection of suggestions to help with implementing individual-level change at York. If you are already doing some of these things, or have your own approach, continue creating a culture of well-being at York.

## BUILDING AWARENESS

- Read [York's Well-being Strategy \(PDF\)](#).
- Familiarize yourself with the [Well-being at York](#) website.
- Familiarize yourself with the [Well-being Strategy webpage](#).
- Familiarize yourself with the [Okanagan Charter](#).
- Bookmark and save the [Student Resources](#) page and use SAVY to search for additional resources that are tailored to student well-being.
- Learn more about Well-being using the free modules offered by the [Student Mental Health Network](#).

## BUILDING AND SHARING CAPACITY

- Reflect on your personal and professional goals and write them down.
- Complete a well-being self-assessment from the [Virtual Well-being Hub](#) and work toward an individualized action plan.
- Visit your [YU Learn Dashboard](#) and/or [LinkedIn Learning](#) profile to enroll in courses related to well-being (E.g. stress management, workload management, conflict resolution etc.)

[Connect with the Well-being Strategy team for extra support.](#)

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## ENGAGING WITH OTHER STUDENTS

- Encourage your fellow students to visit the [Well-being Resource page](#) or the [Virtual Well-being Hub](#)
- Share Well-being toolkits offered by [Student Mental Health Network](#).
- Utilize your social media platforms to disseminate well-being content and resources throughout the year.
- Encourage students to use the Ask Savy tool to find resources for their needs.
- Share [this tool for self-development and exploring emotional awareness](#).
- Actively discuss well-being initiatives and campaigns at York.
  - Encourage the completion of the [Canadian Campus Wellbeing Survey \(CCWS\)](#) to students.
  - Amplify participation in [Well-being Week](#) activities.
  - Amplify events and learning opportunities surrounding student well-being.
- Collaborate with your faculty-specific [College](#) to support student success and well-being.

## SHARING FEEDBACK & TAKING ACTION

- Take part in the [Canadian Campus Wellbeing Survey \(CCWS\)](#).
- Share your observations and/or feedback on student well-being with the Well-being Strategy team.
- Leverage the Well-being strategy by integrating its principles into your team's programming initiatives, projects and services to support well-being within your student community.
- Look for opportunities to join the Well-being Steering Committee or the Student Advisory on Well-being (SAW)
  - Advocate for the student lens while delivering feedback on York's resources and systems.

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