



The "Chill Zone"

Event Guide

Presented by Enactus St. Lawrence College and The Co-Operators

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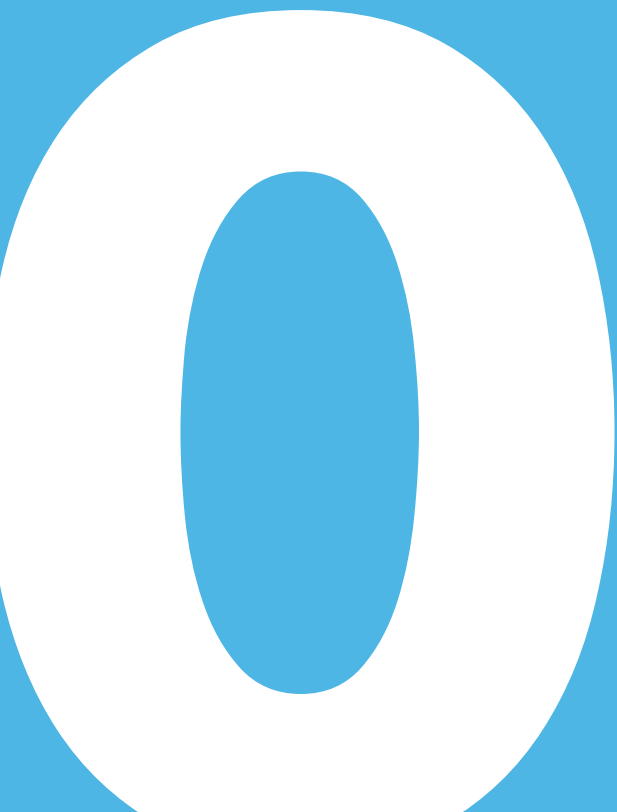


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01. Overview



OVERVIEW

INTRODUCTION

Welcome to “The Chill Zone”, your very own breath of fresh air in a world of chaos. This guidebook includes resources and tools for you to create your very own Chill Zone event at your school, agency, or department.

We at the St. Lawrence College Innovation Hub in collaboration with Enactus SLC and a grant from The Co-Operators have put together a one-stop guide to increasing mental health and fostering self-care within your space.

We truly believe that a productive work, school, and life begins with a healthy mind. It is easy to get overwhelmed by work projects, others in our environment, and deadlines. To keep from becoming overwhelmed, self-care is taken. Self-care begins with taking control of your own health and participating in activities that make you feel good and support your mental health.

Our event guide was created to guide participants through creating and executing their own mental health event step-by-step. It takes all the guesswork out of the process of changing an idea into an action. The members involved in the creation of this event guide went through the process of implementing such an event, starting from the very inkling of an idea through all the bumps and mistakes to a final execution of the event. It has been finessed and worked over many times to create the most user-friendly and easy to use version of itself. Simply work through the guide, picking whatever options work best for your unique situation, and create your very own breath of fresh air.

KEY OUTCOMES

By attending “The Chill Zone”, participants will spend time nurturing their mental health through a variety of activities. The event was created in order to achieve the following outcomes:

- Teach and promote healthy coping skills and tactics for positive mental health.
- Normalize mental health care practices by reducing associated stigma.*
- Engraine self-care practices in a social setting to encourage community and bring light to the number of individuals who experience negative mental health symptoms.**

* A study done by Jennings et al. (2015) showed that college students were more likely to seek help for mental health if others who were deemed important to them (such as peers, professors, etc.) had a positive attitude towards seeking help.

**By the time an individual is 40 years old, there is a 50% change that they would have experienced a mental health illness (Canadian Mental Health Association, 2020).

HOW ARE KEY OUTCOMES ACHIEVED?

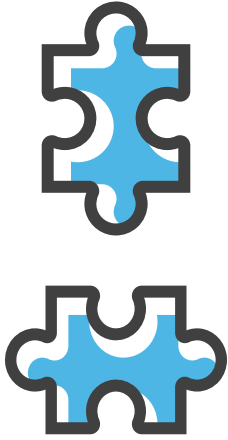
The key focus for creating this event is to foster a **safe space** for individuals to connect with both others and themselves. The environment should be free from judgements and accessibility issues. With that in mind, any staff or volunteers participating should try their very best to be inclusive, kind, and open to anyone participating.

The above key outcomes will be achieved by simply hosting this event and helping it become common-place to run positive mental health events. So thank you for your interest in being part of the movement to de-stigmatize help-seeking behaviours and self-care practices.

02. Key Values

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KEY VALUES



The key values for the Innovation Hub at St. Lawrence College revolves around creativity, critical thinking, reflection, collaboration, and social impact. These are all critical components of success; however the focus for this guide book is social impact.

The main goal of social impact is for an idea, goal, or purpose to positively affect the surrounding community. The hope for this event guide is to reach as broad an audience as possible and positively affect change for communities and individuals alike.

Thank you so much for being an integral part of positive change that will hopefully help thousands of people.

CREATIVITY

Imagination, risk-taking and curiosity can lead to wonderful discoveries. Creativity is the driving force behind innovation, which is why we believe in giving our students the freedom, time and resources they need to explore new ideas.

CRITICAL THINKING

Critical thinkers have the ability to make connections between learning situations, strengthen outcomes, and apply meaningful solutions to real, complex problems. Critical thinking is a key element of the innovative process, as it provides a framework for students to use as a guide from thought to action.

REFLECTION

Progress is made through actions and results being not only experienced, but also understood. Reflection motivates self-improvement, leads to more effective actions, and strengthens emotional intelligence.

COLLABORATION

When teams of diverse individuals come together organically to tackle a challenge innovation is often the result, as ideas unfold and feedback is ongoing. We aim to push this beyond the college walls and make meaningful connections with the broader community by tackling complex issues together.

SOCIAL IMPACT

We see value in making meaningful, valuable contributions to our community in an ethically responsible manner. We engage in both local and global initiatives aimed at creating positive, lasting relationships with diverse individuals and communities while upholding standards of economic, environmental and societal responsibilities.



HOW TO USE THIS GUIDE

Successfully running a “The Chill Zone” event requires careful planning to make sure everything is in place in advance. This reduces any last minute scrambling and anxiety surrounding planning an event. Just follow the steps in order!

STEP ONE

Choose the length of your event. Decide on what would work best with your agency schedule and size of your location. A shorter event will work best with less activities and a smaller space, and a longer event will work best with more activities and a larger space. Choose anywhere between 2 hours, a half day, or a full day.



STEP TWO

Pick and choose activities to add to your agenda.

STEP THREE

Use our resources, tips, and activity information to prepare accordingly.

STEP FOUR

Run your event!



03. Event Marketing





MARKETING YOUR EVENT

Marketing for your event should begin as early as 2 months prior. Along with the planning materials for the workshop, a strategy needs to be created for your marketing materials and distribution. It is recommended to use a multi-channel approach in your marketing strategy as it will cast a wider net on potential attendees. From here, the promotion of your event should begin, so as to put it in participants minds as early as possible.

Create and distribute a general post to create interest and allow people to save-the-date for the event. Utilize a mix of social media, email, and print media to distribute eye-catching content for your workshop.

Raise awareness for the event through announcements and reminders that can be delivered through your social media outlets and email. Post reminders once per week leading up to the event increasing to 2-3 posts in the week directly prior to the event.

There are several ways to collect data on your event. These will be discussed in **Data & Performance** but can also be included as an online sign-up through email if included in marketing materials. Use Sign Up Genius, Eventbrite, Sign Up or a Google Doc to do this if you choose to.

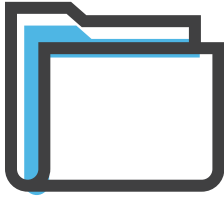
Build up word of mouth by asking those involved to share the event with family and loved ones. If possible, ask them to share your social media posts and forward sign-up emails to others in their life that they think would benefit from the event.

Included in the additional resources are examples of social media posts and posters that can be re-created using free social media post makers such as www.canva.com.

04. Data & Performance

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DATA & PERFORMANCE



WHY TRACK DATA

Not every person is going to want to track data for their event, but it is useful to understand the level of success of an event and receive feedback on any improvements. Tracking data over time will also allow you to see what activities, time frames, days of the week, times of the year etc. work well for your agency.

RELEVANT DATA

- Demographics
- Attendance
- How participants discovered the Chill Zone
- Experience and takeaways
- Opportunities for improvement
- Connections with mental health services

HOW TO TRACK DATA

- Sign-up survey
- Attendance sheet
- Post survey

05. Planning Checklist

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PLANNING CHECKLIST



We recommend allotting at least one month of planning time before your event date in order to prepare appropriately for this event. Less time would be needed for a ½ day session.

ONE MONTH PRIOR

- Determine length of your event
- Set date and book rooms if necessary
- Determine the amount of participants that can be accommodated
- Set budget
- Choose activities and make a note of what materials are required
- Book catering (if applicable)
- Recruit volunteers

MID-WAY

- Make the required purchases for activity materials
- Mass email distribution with sign-up

ONGOING

- Track the sign up of your participants

ONE WEEK PRIOR

- Confirm catering (if applicable)
- Send reminder email to both participants and volunteers
- Test any technology requirements
- Prepare any signage, materials and participant packages

DAY OF EVENT

- Set up room(s), organize materials and sign-in table
- Set up and test tech
- Set up signage at entrances to the location

06. Facilitation

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PINK

These activities run constantly and can be self-run. All they require is set-up and materials. Participants can "float" from station to station and spend as much time at each station as they would like.

GREEN

These activities run at certain times and have a beginning and an end. These are the activities that usually require someone to "lead" or walk participants through the activity.

It is suggested that your event have a combination of both "pink" and "green" activities to give participants the ability to customize their experience into a more or less structure.

FACILITATION

This is where you choose the length of your event. Go through the following options and choose which best fits the resources that you have available.

2-HOUR

2 hour events are recommended for agencies that want to run an event over a lunch-time or at the very end or beginning of a work day. If you are going to run an event at the beginning of the day, keep in mind to reduce or omit any activities that are physically active and may require excessive movement or a change of clothes. This is to reduce discomfort for the remainder of the day if participants have to return to work or classes after the event.

2 hour workshops are ideal for smaller spaces and are perfect for 3-5 activities. If you are choosing a time-bound activity, such as yoga classes, this length would work well with 1 session being scheduled for the middle of the event.

We have found the most efficient approach is to separate the room into "stations" reserved for each activity. This way, there is no need to clear an area for a specific activity, and multiple activities can run at the same time without interfering with each other.

SAMPLE SCHEDULE

0:00-0:30		Colouring Station	Planter Building	Guided Meditation	Board Game Station
0:30-1:00	Yoga Class	Colouring Station	Planter Building		Board Game Station
1:00-1:30	Yoga Class	Colouring Station	Planter Building		Board Game Station
1:30-2:00		Colouring Station	Planter Building	Guided Meditation	Board Game Station

PINK

These activities run constantly and can be self-run. All they require is set-up and materials. Participants can “float” from station to station and spend as much time at each station as they would like.

GREEN

These activities run at certain times and have a beginning and an end. These are the activities that usually require someone to “lead” or walk participants through the activity.

It is suggested that your event have a combination of both “pink” and “green” activities to give participants the ability to customize their experience into a more or less structure.

HALF-DAY

Half day events are recommended for larger agencies that want to run an event for the entire morning, afternoon, or evening. Having more time allows for more variety in the activities offered. The longer you have for your event the more “time bound” or “yellow” activities you can include. You may want to break these up throughout the event without overlapping so that participants do not have to choose between two time-bound events and risk missing out on an activity.

Half day workshops are ideal for moderate sized spaces and are perfect for 5-7 activities. If you have more than 1 time-bound activity, we suggest breaking them up with a 30 minute break between them.

We have found the most efficient approach is to separate the room into “stations” reserved for each activity. This way, there is no need to clear an area for a specific activity, and multiple activities can run at the same time without interfering with each other. Alternatively, if your space has separate rooms that you have access to, you can set up different stations in each room.

SAMPLE SCHEDULE

0:00-0:30		<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>
0:30-1:00	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>
1:00-1:30	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>		<u>Movie Room</u>
1:30-2:00		<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>
2:00-2:30	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>		<u>Movie Room</u>
2:30-3:00	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Colouring Station</u>		<u>Board Game Station</u>		<u>Movie Room</u>
3:00-3:30	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>
3:30-4:00		<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>

PINK

These activities run constantly and can be self-run. All they require is set-up and materials. Participants can “float” from station to station and spend as much time at each station as they would like.

GREEN

These activities run at certain times and have a beginning and an end. These are the activities that usually require someone to “lead” or walk participants through the activity.

It is suggested that your event have a combination of both “pink” and “green” activities to give participants the ability to customize their experience into a more or less structure.

FULL DAY

Full day events are recommended to large agencies that want to run an event over the entire day. Having more time allows for more variety in activities offered. The longer you have for your event the more “time bound” or “yellow” activities you can include. You may want to break these up throughout the event without overlapping so that participants do not have to choose between two time-bound events and risk missing out on an activity.

A great way to offer a full day event is to have it run with more drop-in events, allow the event to run throughout the course of the day, and allow participants to drop-in at numerous times throughout the day instead of a set time for a shorter time period. This would be great for a setting such as a school, where all professors, staff, and students have different schedules.

Full day workshops are ideal for large sized spaces and are perfect for 7-10 activities. If you have more than 1 time-bound activity, we suggest breaking them up with a 30 minute break between them.

We have found that the most efficient approach is to separate the room into “stations” reserved for each activity. This way, there is no need to clear an area for a specific activity, and multiple activities can run at the same time without interfering with each other. Alternatively, if your space has separate rooms that you have access to, you can set up different stations in each room.

If your event is being held in a large open space, such as a gymnasium, it may be best to set up stations around the perimeter of the space. Additionally, if there is a stage, stations can be set up there as well.

SAMPLE SCHEDULE

0:00-0:30		<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
0:30-1:00	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
1:00-1:30	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>		<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
1:30-2:00		<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
2:00-2:30	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	<u>Organization Workshop</u>
2:30-3:00	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>		<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	<u>Organization Workshop</u>
3:00-3:30		<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	<u>Organization Workshop</u>
3:30-4:00	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	<u>Organization Workshop</u>
4:00-4:30	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>		<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
4:30-5:00		<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
5:00-5:30	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
5:30-6:00	<u>Yoga class</u>	<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>		<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
6:00-6:30		<u>Colouring Station</u>	<u>Planter Building</u>	<u>Guided meditation</u>	<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	
6:30-7:00		<u>Colouring Station</u>	<u>Planter Building</u>		<u>Board Game Station</u>	<u>Registered Massage Therapist</u>	<u>Movie Room</u>	<u>Counsellors</u>	<u>Journal Station</u>	

07. Event Stations/Activities

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HIGH BUDGET

REGISTERED MASSAGE THERAPIST

BOARD GAMES/PUZZLES

VIDEO GAMES

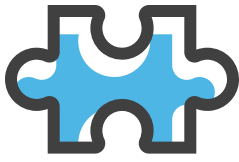
DIY TERRARIUMS

VISION BOARD

YOGA

COUNSELLORS

HIGH BUDGET



TIME REQUIRED
10
MINUTES

REGISTERED MASSAGE THERAPIST

WHAT:

- Miniature massage therapy sessions by a licensed massage therapist to help relax and unwind.

WHY:

- Taking time to have someone else do something for you is important. We can't always rely on ourselves for everything! Some soothing touch may be just what someone needs to take 10 minutes for themselves.

HOW:

- Contact a massage therapist in your area to see if they may be available for your event. There will be different policies depending on your agency on liability insurance so make sure to check what those are. You may need to purchase additional insurance for this activity.

MATERIALS REQUIRED:

- Your massage therapist will bring a massage therapy table. However, you may want to contact them in advance to print any liability forms they may require. You may also want to print out a sign-up sheet for participants to fill out. This way they can sign up for a time-slot and enjoy other activities while waiting for their massage. A sample sign-up sheet is provided in the handouts section of this guide. Make sure to ask the massage therapist if they need any additional materials.

HIGH BUDGET



BOARD GAMES/ PUZZLES

TIME REQUIRED
30-60
MINUTES

WHAT:

- Participants can drop-in to this station and participate in board games or puzzles as they wish.

WHY:

- Taking a break from school/work to work the mind in a different way can be beneficial in productivity and stress-relief.

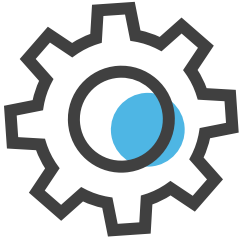
HOW:

- Set up a variety of games and puzzles at a station for participants to use.

MATERIALS REQUIRED:

- A variety of board games/puzzles- could be purchased from Amazon, Walmart, local second-hand stores, etc., or borrowed from your local library.

HIGH BUDGET



TIME REQUIRED
10-30
MINUTES

VIDEO GAMES

WHAT:

- Participants can drop-in to this station and play video games by themselves or with others.

WHY:

- Taking a moment to play a game may take someone out of a worry mindset. As long as it isn't being used as a procrastination tool, participants can go into another world by themselves or connect with others over this activity.

HOW:

- Gaming consoles are commonplace in most households. Borrow one from a colleague or purchase one for the event. Games can be either purchased or borrowed from others. Some video games can be borrowed from your local library.

MATERIALS REQUIRED:

- A gaming console and video games that can be played on it.

HIGH BUDGET



TIME REQUIRED
20-45
MINUTES

DIY TERRARIUMS

WHAT:

- Participants can make their own plant terrarium for a succulent or air plant.

WHY:

- This activity encourages creativity and teaches participants about the mental health advantages of having plants in your home.

HOW:

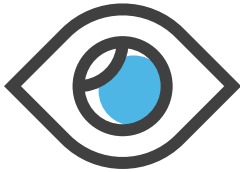
- 1 Create a base layer of sand or rocks in the glass vase/bowl to help with water drainage.
- 2 Add a layer of potting soil, with enough space for your plant and additional soil.
- 3 Carefully place succulents and secure with soil.
- 4 Finish with stones and moss, if desired.

MATERIALS REQUIRED:

- Glass vases and fish bowls, soil, rocks, sand, moss (optional), succulents/small plants. We suggest approaching a local plant shop for these materials to help support small businesses and reduce the environmental impact of your activity.

HIGH BUDGET

VISION BOARD



TIME REQUIRED
30-60
MINUTES

WHAT:

- A vision board is a board that is covered by whatever images inspire you. They can represent anything that you love or want for your life.

WHY:

- A vision board is used as a tool to help clarify, concentrate and maintain focus on a specific life goal. It can also be therapeutic to make something creative and use your hands.

HOW:

- You can have a "theme" for your vision boards or leave it up to the participants to come up with anything that makes them happy. There is no structure to this activity other than trying to make sure that your goals are healthy and achievable with hard work.

MATERIALS REQUIRED:

- Any kind of board will work such as a cork board or poster board from the hardware store which costs approximately a dollar. If you have the ability to spend more, a pin board can be very aesthetically pleasing.
- You will need magazines or any other print material with pictures, scissors, tape, pins, and/or a glue-stick to put your board together.
- For a more budget friendly version you can approach offices that order magazines and ask if they have any older magazines that they would be willing to donate.
- If you have access to markers, stickers, or any other fun embellishments they can be a great option for decorations.
- Lastly, you can ask participants to bring stuff from home that means something to them such as photos, quotes, sayings, postcards, etc.

HIGH BUDGET



TIME REQUIRED
30
MINUTES
PER CLASS

YOGA

WHAT:

- Beginner level yoga led by a trained yoga instructor.

WHY:

- A combination of stretching, breathing, and mindfulness can help participants to relax and calm their “fight or flight” system which is activated in times of stress. Yoga can help to switch our bodies into a “rest and digest” mode which promotes a sense of calm.

HOW:

- Reach out to a licensed yoga teacher in your community who can lead the class. There will be different policies depending on your agency on liability insurance so make sure to check what those are before reaching out.

MATERIALS REQUIRED:

- Yoga mats, and a yoga instructor. You may want to play calming music. If so, make sure you have a bluetooth speaker.

HIGH BUDGET



TIME REQUIRED

**30 MINUTE
MEETINGS
AVAILABLE, 5-15
MINUTES FOR
SCHEDULING/
RESOURCES**

COUNSELLORS

WHAT:

- Participants can schedule appointments, obtain resources, and speak with counsellors regarding their mental health.

WHY:

- This creates a safe space and encourages participants to seek assistance with their mental health struggles.

HOW:

- Set up a table for counselling staff to provide materials and schedule appointments for participants. Also, have a private meeting space available for on-the-spot meetings.

MATERIALS REQUIRED:

- Table and meeting space. Make sure to connect with the counsellors to see if they need resources printed out.



LOW BUDGET

JOURNALLING

MEDITATION

BREATHWORK

SELF-CARE WEEKLY CHECKLIST

MOVIE ROOM

EXERCISE STATIONS

DIY PLASTIC BOTTLE PLANTERS

DIY FACEMASKS

TEA STATION

LOVE LETTERS TO YOURSELF

COLOURING PAGES

PAINTING

THERAPY ANIMALS

LOW BUDGET



TIME REQUIRED
5-15
MINUTES

JOURNALLING

WHAT:

- Take a few minutes to write down your thoughts inside a journal.

WHY:

- Participants reflect on their thoughts, feelings and emotions and have an outlet for an emotional release.

HOW:

- Set up a station with journals and writing utensils for participants to drop in and write as they please. Provide writing prompts to increase participation and give participants a place to begin.

MATERIALS REQUIRED:

- Inexpensive journals or note pads, pens and pencils, a list of writing prompts.

LOW BUDGET



TIME REQUIRED
5-10
MINUTES

MEDITATION

WHAT:

- Participate in a quick guided meditation and learn more about the benefits of daily meditation

WHY:

- Take a step back from the busy hustle of everyday life, and meditate to calm the mind and reduce stress

HOW:

- Set up a quiet station away from other activities where participants can listen to a short guided meditation

MATERIAL REQUIRED:

- Podcast player or youtube for short guided meditations

LOW BUDGET



TIME REQUIRED
5-10
MINUTES

BREATHWORK

WHAT:

- Complete a short, guided breathing exercise

WHY:

- Practice healthy breathing exercises to reduce stress and anxiety

HOW:

- Prepare a quiet station where participants can listen to a guided breathwork class.

MATERIALS REQUIRED:

- Podcast player or youtube for short guided breathwork classes.

LOW BUDGET



TIME REQUIRED
10-15
MINUTES

SELF-CARE

WEEKLY

CHECKLIST

WHAT:

- Prepare a weekly check-list of self-care activities

WHY:

- Preparing a list of activities focused on taking care of ourselves helps improve our mental and physical health, and keeps us accountable for taking charge of our well-being

HOW:

- A template is provided in the Handouts section of this guide to print and let participants fill in activities they wish to partake in throughout the week.

MATERIALS REQUIRED:

- Writing utensils, and checklist template

LOW BUDGET



TIME REQUIRED
NO TIME
LIMIT

MOVIE ROOM

WHAT:

- Setting up a designated space to run a movie that is either voted by the users or a familiar movie everyone can enjoy. (Note: you can't screen movies and then charge for them). Find cheap snacks like popcorn and candy is optional but suggested.

WHY:

- Gives a relaxing experience with friends to enjoy movies with friends.

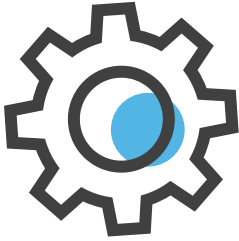
HOW:

- Find a room and a device or service to play or stream a movie, if a streaming service is able to be used a vote of the users to pick the movie can be done themselves or you may send out a questionnaire beforehand of well-liked movies.

MATERIALS REQUIRED:

- Comfy seating, snacks, movie player/streaming service, quiet space, screen.

LOW BUDGET



TIME REQUIRED
15-30
MINUTES

EXERCISE STATIONS

WHAT:

- Complete a short and simple workout circuit

WHY:

- Increase your productivity and focus, improve your mood, and boost your energy through physical activity

HOW:

- Set up an area with a variety of exercise stations that are simple and require minimum space and equipment

MATERIALS REQUIRED:

- Dependent on exercise

LOW BUDGET



TIME REQUIRED
30-60
MINUTES

DIY PLASTIC BOTTLE PLANTERS

WHAT:

- Create a planter that you can take home for decoration.

WHY:

- Participants learn about the benefits of having plants and greenery on mental health, while upcycling and repurposing our plastic waste.

HOW:

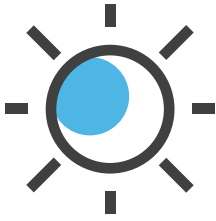
- 1 Carefully use scissors to cut the plastic bottle in half horizontally.
- 2 Make a hole in the bottle cap by digging a screwdriver into the middle of the cap. Do this with a small block of wood underneath so you don't ruin your surface.
- 3 Cut a 1-foot (for 2L bottle) or 6-inches (for plastic water bottle) and loop one end tying into a knot.
- 4 Thread the yarn into the hole in the cap with the knot on the inside of the cap.
- 5 Pour 1-2 inches of water into the bottom half of the bottle.
- 6 Place the top half of the bottle into the bottom half of the bottle so that the yarn is submerged.
- 7 Fill with potting mix or plant while leaving an inch from the top.

- Included in the "handouts" section of this guide is an instruction sheet that you can copy and place on the table if you opt to do this activity as self-run. Alternatively you can have someone at the station to give instructions and help participants create their planters.

MATERIALS REQUIRED:

- Plastic bottles, Yarn, Scissors, Potting mix, Screwdriver, Paint (optional), seeds or seedling.

LOW BUDGET



TIME REQUIRED
20-40
MINUTES

DIY FACEMASKS

WHAT:

- Participants can make face masks to use or bring home

WHY:

- A self-care activity that encourages participants to physically take care of themselves and relax.

HOW:

- Set up a station or room where participants can follow simple directions and mix simple ingredients to create a face mask. Instructions, included in the hand-outs section, can be printed off for a self-guided activity. This can also be run as an activity supervised by staff.

MATERIALS REQUIRED:

Dependent on types of masks, examples below:

- Honey, baking soda, lemon juice, turmeric
- Avocado, yogurt, honey
- Raw oats, honey, bananas
- Dried coffee grounds, coconut oil, raw sugar

LOW BUDGET



TIME REQUIRED
NO TIME
LIMIT

TEA STATION

WHAT:

- Participants can relax and enjoy a hot beverage.

WHY:

- Drinking tea can produce a calming effect and allow participants to relax and warm up.

HOW:

- Set up a tea station on a table where participants can choose their tea, fill their mug and relax.

MATERIALS REQUIRED:

- A variety of tea flavours, hot water dispenser, mugs/to-go cups, spoons, milk, and sugar

LOW BUDGET



TIME REQUIRED
10-20
MINUTES

LOVE LETTERS TO YOURSELF

WHAT:

- Participants can write themselves a love letter.

WHY:

- Similar to daily affirmations, writing a love letter to yourself allows you to bring to light positive parts of your life and focus on the things that you love about yourself.

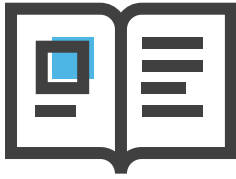
HOW:

- Set up a small table with all the materials and lay them out for participants.

MATERIALS REQUIRED:

- Blank paper, and writing utensils.

LOW BUDGET



TIME REQUIRED
NO TIME
LIMIT

COLOURING PAGES

WHAT:

- Participants can colour or draw at this station.

WHY:

- Colouring is a great way to engage the creative side of the brain and reduce stress.

HOW:

- Set-up a small table with all the materials and lay them out for participants to pick their colouring sheets. Colouring pages are easy to find on the internet, just print out pages that follow a theme that you enjoy. Alternatively, you can buy colouring books at craft stores, online, or your local dollar store.

MATERIALS REQUIRED:

- Colour pages or books, and colouring pencils.

LOW BUDGET



TIME REQUIRED
NO TIME
LIMIT

PAINTING

WHAT:

- At the station participants can create their own piece of artwork to take home or give to someone else.

WHY:

- Just like colouring pages, painting is a great way to engage creativity and get out of a stressful mindset.

HOW:

- Set up a small table covered in a plastic table cloth or newspaper. Lay out paint, paintbrushes, cups with water, paper towels and either sheets of watercolor paper or small canvases. Most of these things can be purchased at your local dollar store. If your participants need more direction

MATERIALS REQUIRED:

- Non-toxic paint, paint brushes, cups, water, paper towels, paper or canvas.

LOW BUDGET



THERAPY ANIMALS

TIME REQUIRED
1 HOUR
MINIMUM

WHAT:

- Have local therapy animals available for participants to pet, cuddle, and play with.

WHY:


- Participants can relieve stress through love and affection from animals.



HOW:

- Contact your local St. John Ambulance (or equivalent) regarding their Therapy Dog Programs, and have them attend your event.

08. Handouts

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at St. Lawrence College

THE CHILL ZONE

Empowering students with the skills to take care of their mental health.

Wednesday November 27th
4:30pm - 8:00pm
Located on the 2nd Floor in the Innovation Hub



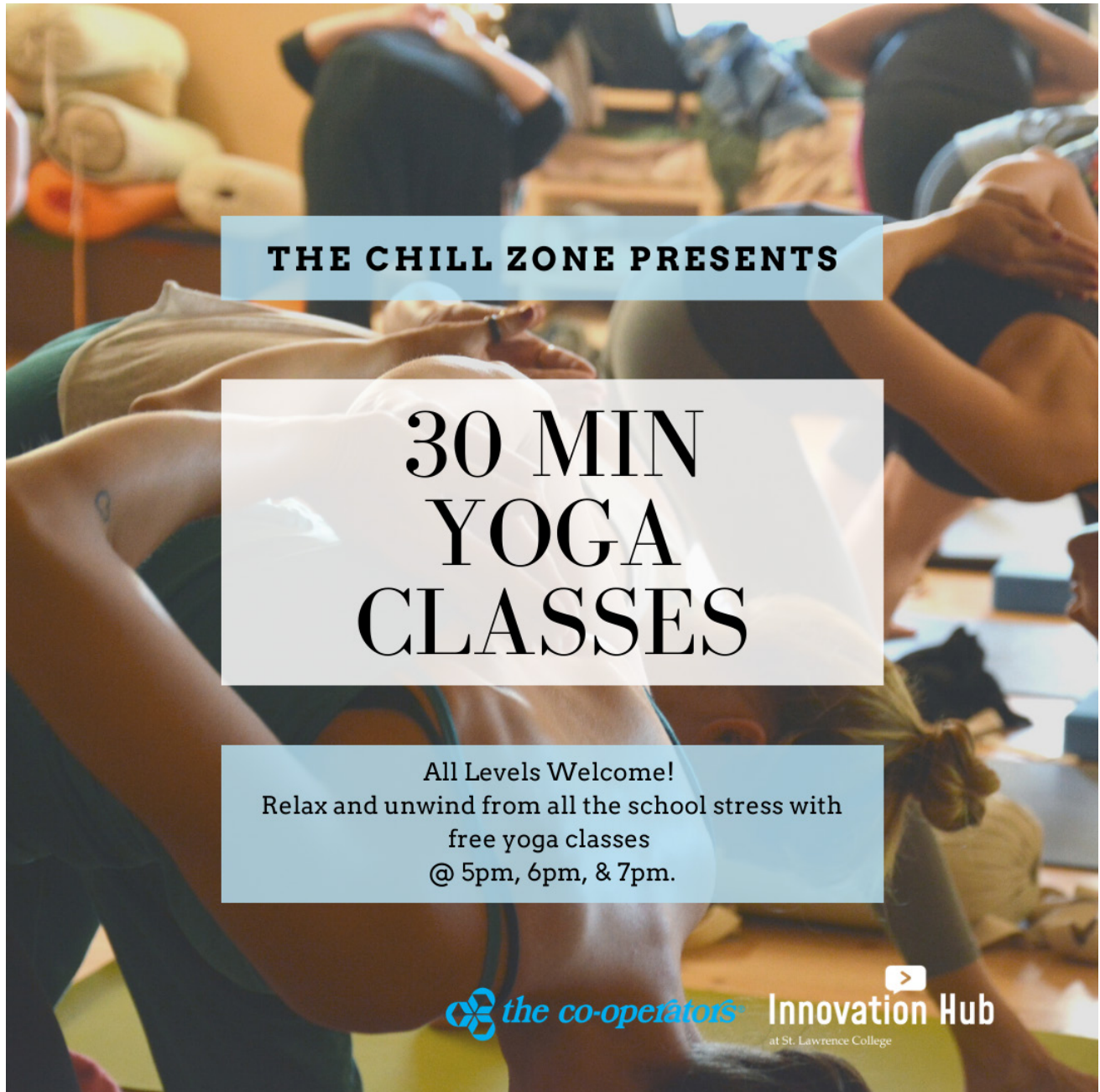
 
at St. Lawrence College

Presents

THE CHILL ZONE

Empowering students with the skills to take care of their mental health.

Wednesday November 27th
4:30pm - 8:00pm
Located on 2nd Floor in the Innovation Hub



THE CHILL ZONE PRESENTS

30 MIN YOGA CLASSES

All Levels Welcome!
Relax and unwind from all the school stress with
free yoga classes
@ 5pm, 6pm, & 7pm.



the co-operators



Innovation Hub

at St. Lawrence College



The Chill Zone

BE PATIENT WITH
YOURSELF. NOTHING IN
NATURE BLOOMS ALL YEAR.

NOVEMBER 27TH
4:30PM - 8:00PM

 *the co-operators*

 **Innovation Hub**
at St. Lawrence College


Innovation Hub

THE CHILL ZONE

**Empowering students with
the skills to take care of their
mental health!**

JOIN US FOR SOME WELLNESS &
RELAXATION INCLUDING YOGA,
MASSAGES, TERRARIUM BUILDING AND
MUCH MORE.

**WEDNESDAY NOVEMBER 27TH
4:30PM - 8:00PM
LOCATED ON THE 2ND FLOOR IN
THE INNOVATION HUB**

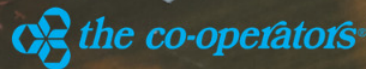




**THE CHILL ZONE
PRESENTS**

DIY PLANT TERRARIUM

Come make your own succulent and
air plant terrariums



~ Massage Sign Up ~			
Please arrive 5 minutes early			
Please complete a "Health History Form"			
Time	First	Last	Phone # to text (optional)
5:10			
5:20			
5:30			
5:40			
5:50	RESERVED	RESERVED	RESERVED
6:00			
6:10			
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6:50	RESERVED	RESERVED	RESERVED
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8:50	RESERVED	RESERVED	RESERVED
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Wait List	----	----	----
	First Name	Last Name	# to Text



SELF CARE CHECKLIST



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NOTES

Plastic Bottle Planters



Instructions

With plastic being used in nearly everything these days, plastic bottles and other plastic waste are abundant in our landfills, our streets, and the oceans despite efforts to encourage proper recycling. While the end goal is to reduce our reliance on plastic, it is important to breath a second life into the plastic items we consume.

Materials

- Plastic bottle
- Yarn
- Scissors
- Potting mix
- Screwdriver
- Paint (optional)
- Seeds or seedling

Steps

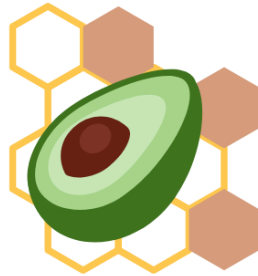
1. Carefully using scissors cut the plastic bottle in half horizontally
2. Make a hole in the bottle cap by digging a screwdriver into the middle of cap. Do this with a small block of wood underneath so you don't ruin your surface.
3. Cut a 1- foot (2L bottle) or 6-inches (plastic water bottle) and loop one end tying into a knot.
4. Thread the yarn into the hole in the cap with the knot on the inside of the cap.
5. Pour 1-2 inches of water into the bottom half of the bottle
6. Place the top half of bottle into the top half of the bottle so that the yarn in submerged .
7. Fill with potting mix or plant while leaving a inch from the top

All-Natural

DIY Face Masks



Follow these steps to make your very own face masks!



Avocado Mask

Ingredients:

- Avocado
- Yogurt
- Honey

Directions

Mix ingredients together until it's an even consistency. Apply all over your face, avoiding your eyes, and leave on for 10-15 mins. Store any remainder in an airtight container.

Honey Lemon & Turmeric Mask

Ingredients:

- Honey
- Baking Soda
- Lemon Juice
- Turmeric

Directions

Mix ingredients together until it's an even consistency. Apply all over your face, avoiding your eyes, and leave on for 10-15 mins. Store any remainder in an airtight container.



Banana Oat Mask

Ingredients:

- Raw Oats
- Honey
- Bananas

Directions

Mix ingredients together until it's an even consistency. Apply all over your face, avoiding your eyes, and leave on for 10-15 mins. Store any remainder in an airtight container.

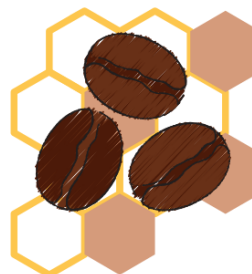
Coffee Scrub Mask

Ingredients:

- Dried Coffee Grounds
- Coconut Oil
- Raw Sugar

Directions

Mix ingredients together until it's an even consistency. Apply all over your face, avoiding your eyes, and leave on for 10-15 mins. Store any remainder in an airtight container.



09. Innovation Hub Bios

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INNOVATION HUB



JANINE STEYN

Janine Steyn is a 3rd year Honours Bachelors of Behavioural Psychology student at St. Lawrence College and has worked at the SLC Innovation Hub since 2019. As a Registered Holistic Nutritionist and Certified Yoga Teacher, Janine is passionate about holistic health and wellness, and was inspired to create this event to share self-care techniques and strategies in a non-judgmental and safe space for students. After graduating, Janine plans on pursuing a Master's Degree in Social Work and entering the field as a mental health counsellor.



SARAH VILLENEUVE

Sarah Villeneuve is finishing her third and final year in the Advertising and Marketing Communication program at St. Lawrence College while also working part time at the Innovation Hub. As someone who deals with mental health themselves and is a huge advocate for mental health awareness, Sarah was passionate to help work on "The Chill Zone" and provide the student community with a safe space to unwind and understand their own mental health.



TIA HOWLETT

Tia Howlett is a 4th year Bachelor of Business Administration student at St. Lawrence College. Working at the SLC Innovation Hub since 2018, Tia assists with much of the brainstorming, planning, and preparations for events run at the Hub. Tia was eager to assist in the creation of the "Chill Zone" because of her appreciation for mental health services being integrated into fun and purposeful events for students that normalize the conversation around mental wellness. Following Tia's graduation, she plans on pursuing a career in education where she can assist learners in reaching their potential inside and out of the classroom.



JADON HOOK

Jadon Hook is in his last year of the Business Administration Marketing program at St. Lawrence College and the General Manager of the Enactus SLC organization. He is passionate about creating and running projects in the community that drive change and impact people socially, economically, and environmentally.

10. Collaborators

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COLLABORATORS



ENACTUS SLC

Enactus SLC is the St. Lawrence College branch of an international not-for-profit that operates in colleges and universities all over the world. They strive to help solve community issues through entrepreneurial action that target social, environmental, and economic issues. They provide a platform for students to drive change in the world by connecting them with community leaders and give access to empowering projects.



CO-OPERATORS

The Co-operators Group Limited is a Canadian insurance co-operative. They provide an opportunity for Enactus Canada teams to apply to “The Co-Operators Youth Mental Wellness Project Accelerator”, which was launched in 2018 and empowers members to either reduce mental health concerns or increase resilience. Enactus SLC was a successful applicant for this project and received \$1,750 plus a Co-Operator project advisor to implement the first “Chill Zone” and create this guidebook. A special thanks to Stephanie Busch for her support and enthusiasm for this project.



THE INNOVATION HUB

The Innovation Hub is a social lab which fosters innovative growth both within St. Lawrence College and beyond. By cultivating positive learning experiences, students can develop employable skills that can be leveraged in future career settings. These innovative learning opportunities allow students and industry leaders the rare chance to connect, collaborate and make a positive change within the surrounding community. The Innovation Hub hosted the first “Chill Zone” event within the walls of St. Lawrence College.



SPARK

Spark is St. Lawrence College’s in-house marketing agency, providing students and young professionals with the opportunity to grow and learn while delivering industry-standard, quality marketing solutions to real clients. As a small creative communications agency, they convert a business’ voice and spirit into effective marketing solutions. SPARK is responsible for the design of this guidebook.

11. Additional Resources

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ADDITIONAL RESOURCES

REFERENCES

Canadian Mental Health Association

Canadian Mental Health Association. (2020). Fast facts about mental illness. Canadian Mental Health Association. Retrieved from <https://cmha.ca/fast-facts-about-mental-illness>

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Jennings, K. S., Cheung, J. H., Britt, T. W., Goguen, K. N., Jeffirs, S. M., Peasley, A. L., and Lee, A. C. (2015). How are perceived stigma, self-stigma, and self-reliance related to treatment-seeking? A three-path model. *Psychiatric Rehabilitation Journal*, 38(2), 109-116. <https://doi-org.libproxy.slc.me/10.1037/prj0000138>

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