



WELLBEING WARRIOR TRAINING

Session Rules...



This is a safe space where you should feel comfortable to share as much or as little as you like



Any personal information we share in this room will remain confidential



Aim to use inclusive language when discussing sensitive topics



Understand that people's views and opinions may differ because of different experiences and values.



Learning Objectives...



To understand what your role is as someone who is responsible for their communities wellbeing



To provide you with tools to support your members and to understand how to promote positive wellbeing within your activities and signpost others who may need support



To discover ways to look after your mental health



Your role...

Creating an inclusive environment

Signpost and share resources

Ensuring members' wellbeing is at the forefront of all your activity

Being a point of contact within your group



Your role...

Include:

- Work to ensure that events, socials and training are as accessible as possible
- Make content accessible

Guide:

- Guide your committee in making events accessible

Support:

- Support all members welfare

Signpost:

- Signpost and raise concerns to the SU



Friendly ear

Trained
professional

Mandatory
Helper

Therapist

Open door

Last line of
defense

What is your role

Knowledge
Base

Counsellor

Guide

First point of contact

Signpost

Not alone

Confidential

Doctor



Things to look out for...

Sudden changes in behaviour

Trouble sleeping and/or eating

Concentration difficulties

Being tearful or upset

Remember...your job is not to diagnose, but to be aware of when there may be additional support needed.

Having a conversation...

Try and prepare beforehand

Don't worry if things do not go the way you have planned

Validate their feelings

Don't jump to problem solve...you don't have to solve the problems, you are there to support

If you are not sure, just ask

Barriers to wellbeing at events...

Physical access needs

Mental health issues

Learning disability

Language or
communication barriers

Financial difficulty

Religious or cultural
practices

Perceived (or real) prejudice
or stigma





Activity...

Scenario one...

- A member sends you an Instagram message saying that in your group session yesterday they felt left out and excluded and that this was not the first way they felt like this this term.
- They are now feeling particularly low and you are concerned for their wellbeing.
- What do you do?



Scenario two...

- You have been informed that following a night out a member of your group believes they had their drink spiked by another member.
- What do you do?



Scenario three...

- You are socialising with a group and it becomes apparatent that two individuals are disagreeing over a topic they are discussing on a liberation issue.
- You can see the conversation is starting to become an argument
- What do you do in this situation?





Support available to you

On Campus Support:

- Royal Holloway Counselling
- Royal Holloway Wellbeing
- Students' Union
Advice Centre

Eating Disorders:

- BEAT

Anxiety & Depression:

- Students
Against Depression
- Give Us A Shout
- Anxiety UK
- Mind Matters Surrey IAPT
- Blurt

Self-Harm and Suicide:

- Papyrus
- Nightline
- Samaritans
- Crisis Line

Other Support:

- Mind
- Rethink Mental Illness
- NHS
- GP Support
- Student Minds
- Heads Together



Self Care Activity...

- Split into two groups
- You have 60 seconds to think up as many different ways you can practice self-care
- Nominate one scribe
- You cannot repeat ideas
- Team with the most ideas wins!



Who can I speak to for support..?



Looking after yourself...

Don't put
someone else's
mental health
before your own

Remember to set
boundaries

Escalate

Support services
are there for
you too

Look after
yourself!



Who can I speak to for support..?



Emily Naris – Advice Centre Manager




Hanani Aslam –
Graduate Advisor



Tina Jupp –
Graduate Advisor



THANK YOU FOR LISTENING!!



*Remember to take a
wellbeing postcard
with you*

