

# ENHANCING STUDENT WELLNESS: SIMPLE TIPS FOR INSTRUCTORS



## CREATING CONNECTIONS

Social connections and support are critical for wellness; here are tips for creating connections and decreasing isolation:

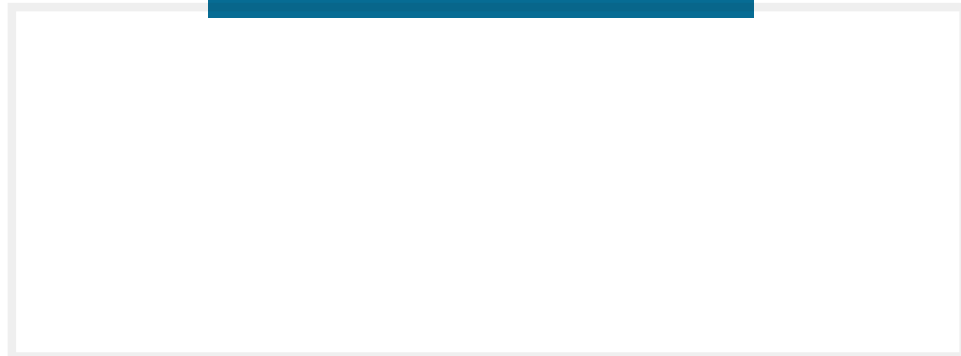


### MEETING NEW PEOPLE

Use breakout rooms to randomly assign pairs of students to engage in a 5-minute conversation with a guiding question.



**The conversation should be social in nature (e.g., meeting someone for the first time), so steer clear of COVID-19 related questions.**



## INCREASING WELLNESS

(RIGHT HERE, RIGHT NOW)

It only takes a moment to experience a little bit of wellness; here are some tips for bringing wellness into your class for both you and your students:

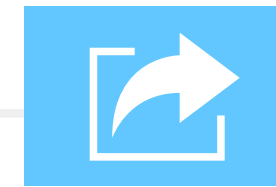
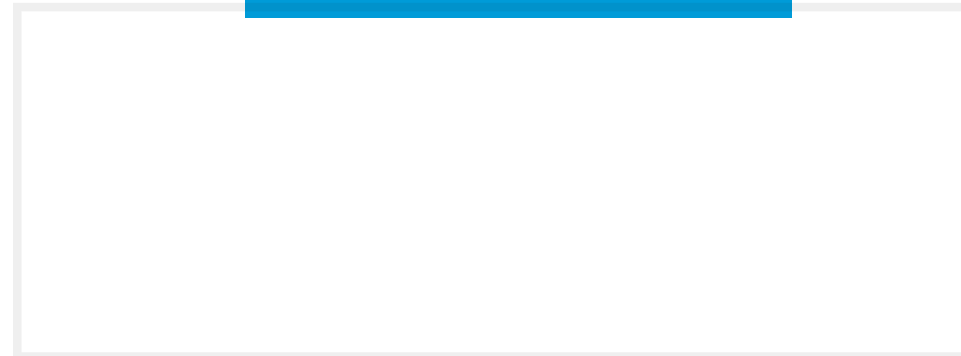


### POSITIVE SHARE

Invite students to share a picture of something that makes them feel good.



**Make sure to provide stu**



## SHARING RESOURCES

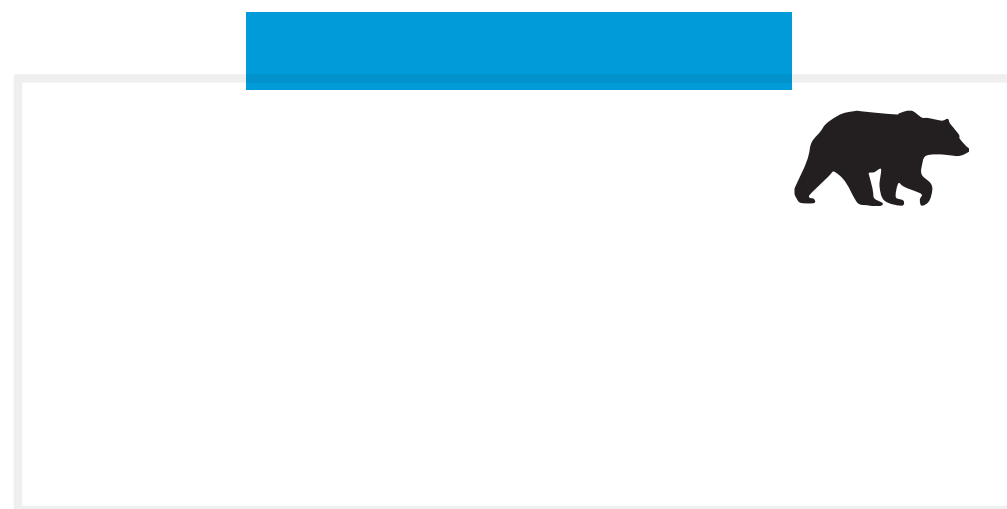
McGill offers many wellness resources and you can help make students aware of them; here are some links to resources you can share with your students:



### @HEALTHIERMCGILL

Introduce the new [Healthier McGill Instagram account](#), brought to you by the Student Wellness Hub!





**GUESS WHO**

**MOMENT OF RELAXATION**

**#BUILDINGAHEALTHIERMCGILL**

