



# Emotional Well-Being at School

Ontario Healthy Schools Coalition, Healthy Schools Conference 2017

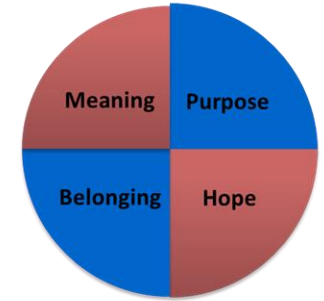


# Many Overlapping Terms and Definitions



Emotional wellness is acknowledging, understanding, managing and expressing thoughts and feelings in a constructive manner.

The Public Health Agency of Canada defines positive mental health as "the capacity of each and all of us to feel, think, act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity".



**Mental health** is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

*(World Health Organization, 2014)*

# Meet Danielle



We can struggle with a mental illness and still be well!!

Danielle  
Teaches Us...



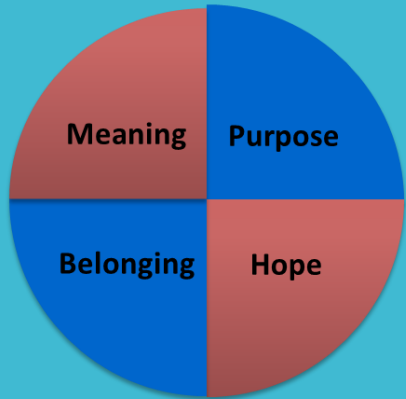
What contributes?

- An optimistic approach
- Trying hard / perseverance
- Accepting help
- Family support
- Teacher support

# Meet Zahiya



# Zahiya Teaches Us...



## Relationships are at the heart of resiliency



Resilience  
Research  
Centre



### *Nine Things All Children Need*

1. Structure
2. Consequences
3. Parent-child connections
4. Lots and lots of strong relationships
5. A powerful identity
6. A sense of control
7. A sense of belonging/spirituality/life purpose
8. Rights and responsibilities
9. Safety and support

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# Meet Ryan



# Ryan Teaches Us...

That there are bumps in the road for all of us, but  
we can learn from these and grow stronger in  
emotional wellness!





# Meet Josh



An example of emotional  
well-being

Students are  
excellent  
teachers  
when it comes  
to emotional  
well-being

We need to meaningfully engage students in the development of strategies for enhancing positive mental health and emotional well-being!



# Questions for Consideration

1. Describe practices in your school/board/community that have been successful in promoting emotional wellness amongst students. How do you know these practices have been successful?
2. What are the conditions and supports needed to bring these emotional wellness practices to scale in sustainable ways across Ontario schools and boards?





## Contact Us

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