COMMUNITY CARE & SUPPORTING OTHERS

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Student Wellness Centre
VIRTUAL HOUSE KEEPING

Patience with technology

Prepare space for presence (set aside phone, get a beverage)

Share ideas (in Chat) and ask questions (Q&A at bottom)
INTRODUCTION – IN THE CHAT

Name

Program and year

One thing that is keeping you grounded during this time
TODAY'S AGENDA

Reflections on community care

Community care examples
  • Participatory

Supporting Others
  • Participatory

Resources available
SELF-CARE

“6:30, dinner with me.”
I can't cancel that again.
Shouting "self-care" at people who actually need "community care" is how we fail people. - Nakita Valerio
Community care is basically any care provided by a single individual to benefit other people in their life. This can take the form of protests, for which community care is best known, but also simple, interpersonal acts of compassion.
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**WHAT WE HAVE & WHAT WE NEED**
THINK OF A TIME...

When you felt cared for by a community, family member, friend
When you were overwhelmed with gratitude
When you felt connected to others during the past month (time of COVID-19)

Community Care
What does it look like? Sound like? Feel like?
JAMBOARD
DIMENSIONS OF CARE

**Emotional** – Activities that help connect, process, and reflect on a full range of Practical - Tasks completed that fulfill core aspects of life to prevent future stressful situations

**Physical** – Activities that improve physical health

**Mental** – Any activity that stimulates mind or intellect

**Social** – Activities that nurtures and deepens the relationships with people in your life

**Spiritual** - Activities that nurtures the spirit and allow you to think bigger than yourself. Spiritual care does not have to be religious, although for some it is emotions
And I knew exactly what to do. But in a much more real sense, I had no idea what to do.
Think of a time when someone gave you support.
HOW TO START THE CONVERSATION

Here are a few helpful phrases:

• I noticed that you...
• I'm concerned about...
MORE FEET ON THE GROUND

Recognize - opportunities to connect, concerns
Respond - by supporting individual, listening
Refer - resources of interest
RECOGNIZE, RESPOND, REFER

Emergency

Students in distress

Students looking for connection, support

All Students

Emergency Services

SWC, Good2Talk, SAP, International Crisis lines

SWC, MSU Peer Support Services, Good2Talk, Campus Resources

Creating an inclusive, healthy, supportive community experience for all students.
MENTAL HEALTH RESOURCES

• Student Assistance Plan
  • Realcampus.ca/mcmaster

• Good2Talk
  • Good2talk.ca

• Youth Wellness Centre – Mobile Team
  • Stjoes.ca
IT’S OKAY TO NOT BE OKAY.
IT’S OKAY TO ASK FOR HELP.
YOU’RE NOT ALONE.
HOW CAN I SUPPORT YOU?
GROUP ACTIVITY

Share your needs in the Need Column

Input ideas
THANK YOU

One word to describe how you're feeling right now...

Questions?
healthpromotion@mcmaster.ca