



COMMUNITY CARE & SUPPORTING OTHERS

Taryn Aarssen
Student Wellness Centre

VIRTUAL HOUSE KEEPING



Patience with technology



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



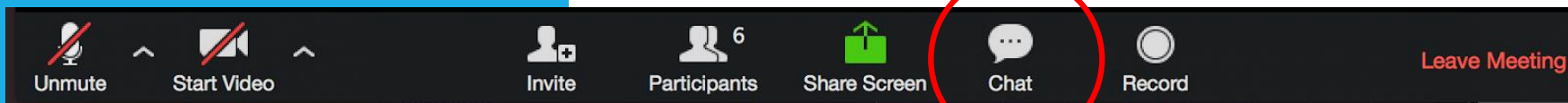
Share ideas (in Chat) and
ask questions (Q&A at
bottom)

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





Stephanie Tait

@StephTaitWrites



Shouting "self-care" at people who actually need "community care" is how we fail people. - Nakita Valerio

♡ 20.8K 10:48 PM - Mar 30, 2019



💬 6,483 people are talking about this



COMMUNITY CARE

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



WHAT WE **HAVE** & WHAT WE **NEED**



Has



Needs



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

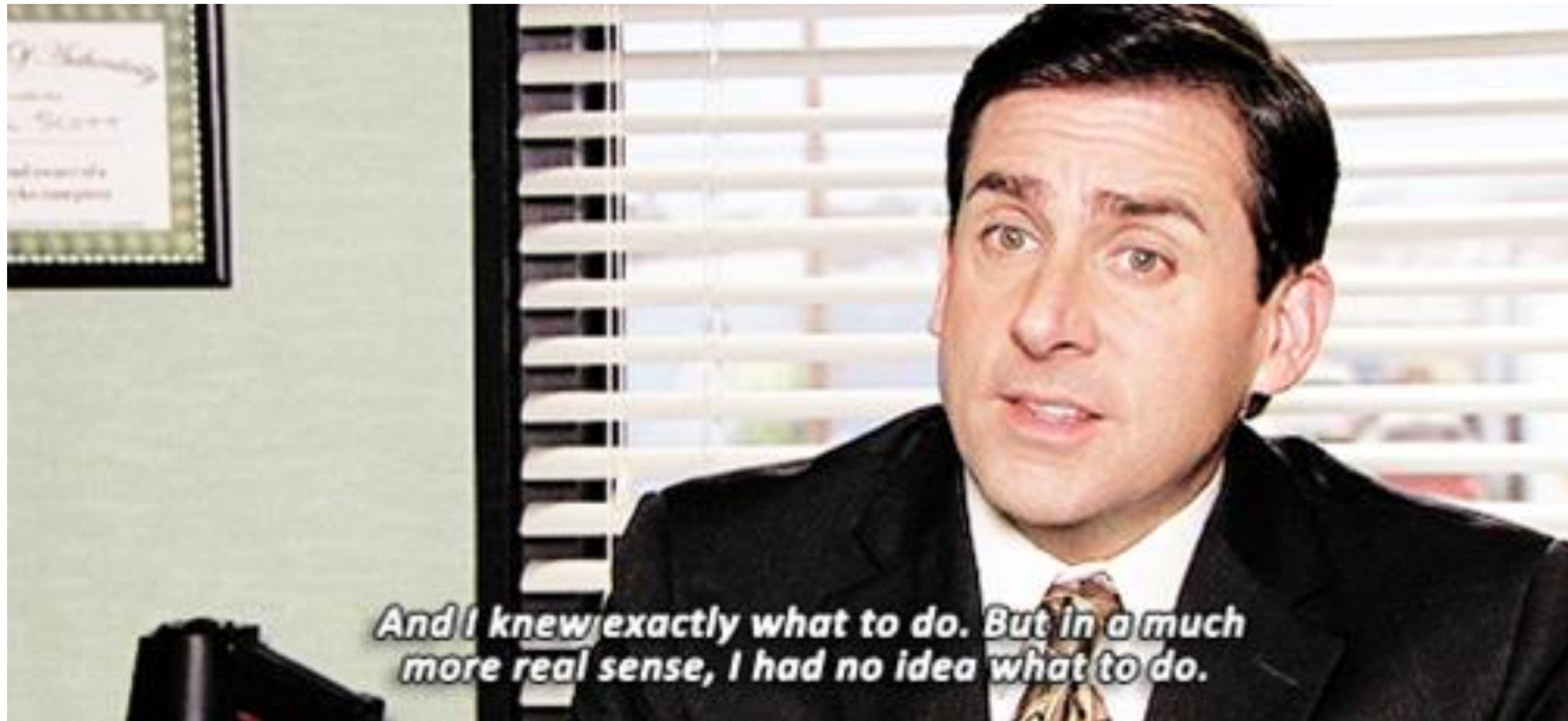
Mental – Any activity that stimulates mind or intellect

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



SUPPORTING OTHERS



A low-angle photograph of a dense forest with tall trees and green foliage. A white speech bubble icon is in the top right corner. A green rectangular box contains the text "Think of a time when someone gave you support".

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...

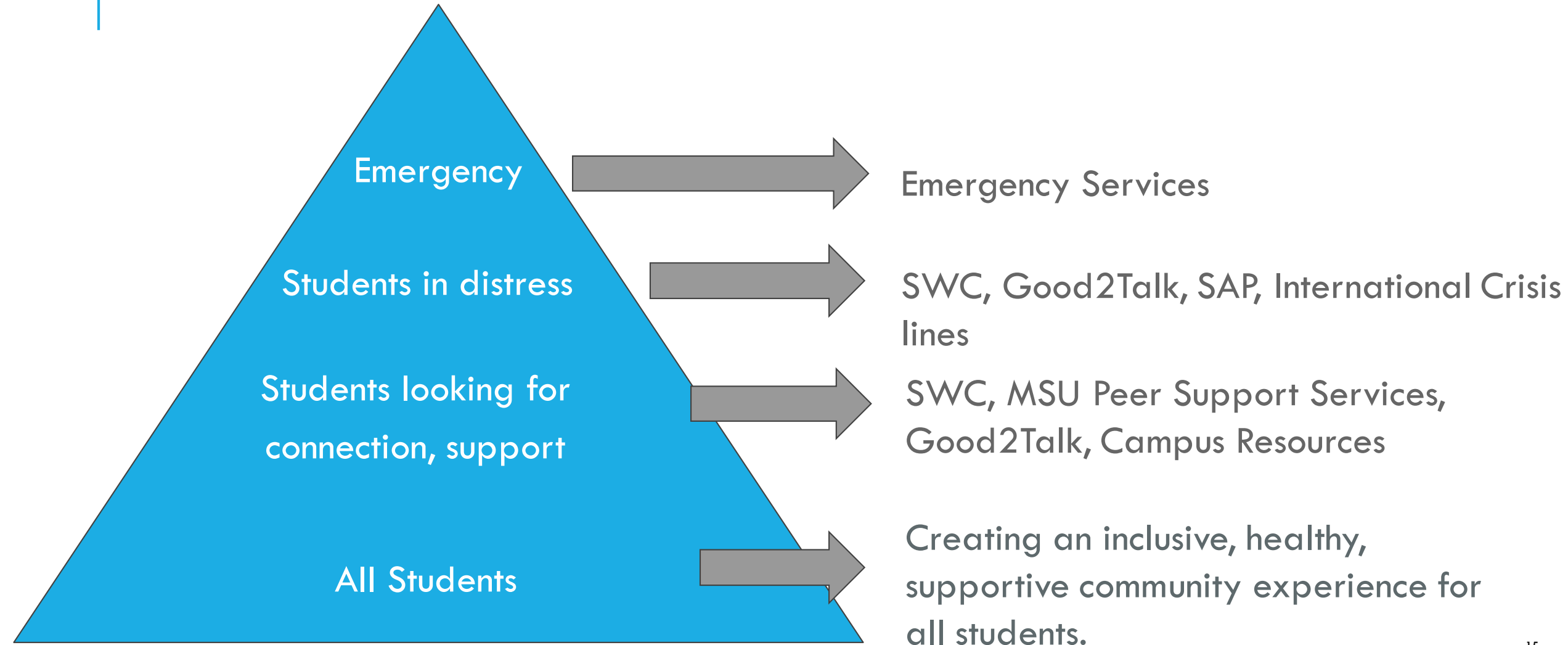
MORE FEET ON THE GROUND

Recognize - opportunities to connect, concerns

Respond - by supporting individual, listening

Refer - resources of interest

RECOGNIZE, RESPOND, REFER



MENTAL HEALTH RESOURCES

- Student Assistance Plan
 - [Realcampus.ca/mcmaster](https://realcampus.ca/mcmaster)
- Good2Talk
 - [Good2talk.ca](https://good2talk.ca)
- Youth Wellness Centre – Mobile Team
 - [Stjoes.ca](https://stjoes.ca)



wellness.mcmaster.ca > Resources



**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