Wellbeing To-do List For Extra Credits

> At Active Minds at VT and ForYouPage.Org, alongside Cook Counseling Center and Hokie Wellness, we're delighted to offer a mental health education initiative with extra credit opportunities for Virginia Tech students. Our diverse To-do List includes Hokie Wellness sessions, Cook Counseling workshops, and advocacy activities like Hokie Hiccups and collaborations with mental health organizations. More than just earning credits, it's a journey towards enhanced understanding, community involvement, and personal growth in mental health. Eager to join or have your own ideas? Reach out to activemindsatvirginiatech@gmail.com – we're excited to work together on this impactful journey!

> Please choose activities based on your professor's requirements.

Discover more about our school's Cook Counseling Center and Hokie Wellness, along with their various workshops. Take a look at the offerings below:

1. Attending Wellness sessions / Training sessions offered by Hokie Wellness

- Hokie Wellness at Virginia Tech offers a range of wellness and training sessions aimed at improving mental and emotional well-being. These include the Koru Mindfulness program for stress management, body positivity workshops, opioid overdose response training, financial wellness sessions on personal finance management, violence prevention workshops addressing healthy relationships and consent, and smoking/vaping cessation workshops. Each session is designed to enhance resilience and stress management skills, contributing significantly to overall mental health and well-being.

2. Attending Workshops offered by the Cook Counseling

- By attending workshops offered by the Cook Counseling Center at Virginia Tech, you can actively engage in sessions designed to enhance your mental health and well-being. These workshops provide valuable insights and tools to help you navigate various challenges, fostering personal growth and emotional resilience. It's a great opportunity for you to learn from experts and develop skills that are beneficial both in your academic journey and personal life.

3. Attending or requesting a Community resiliency model workshop

- Attending workshops offered by the Cook Counseling Center at Virginia Tech is an excellent way for you to engage with structured, time-limited educational programming. These sessions are designed to provide information and build skills on various mental health topics such as anxiety and mindfulness. These workshops are an opportunity for you to gain deeper insights and practical strategies for managing your mental well-being.

Support Virginia Tech's mental health education and services by sharing your valuable insights and feedback:

5. Collecting data about different mental health resources on campus (Survey provided by Active Minds at VT to understand the issues that students are facing)

- Participating in the data collection about mental health resources on campus is a crucial step towards understanding and addressing the issues faced by students. By filling out the survey provided by Active Minds at VT, you contribute valuable information that helps identify the needs and challenges in student mental health. This action enables a deeper understanding of the campus's mental health landscape, aiding in the development of more effective support systems and resources. Your input is essential in shaping a more supportive and informed campus environment.

6. Filling out the Health Mind study (Mental health survey by the state of Virginia)

- Typically distributed exclusively by the university via your @vt.edu email, these are usually sent out in March or May.
- Filling out the Health Mind Study, a mental health survey by the State of Virginia, is an actionable item that contributes to a broader understanding of mental health issues faced by individuals. By participating in this survey, you provide essential data that can help in identifying prevalent mental health concerns, trends, and needs within the community. Your input is invaluable in shaping mental health services and support structures, ensuring they are tailored to effectively meet the needs of those they serve. This survey is an opportunity for you to make a meaningful contribution to the enhancement of mental health resources and awareness.

Interested in Advocacy? Explore these opportunities to get involved:

7. Get involved with Hokie Hiccups (Hokies share their stories of struggle and resilience through expressive arts and creative mediums)

- Some examples of getting involved are not limited to the following:
  - Sharing your personal story through Hokie Hiccups,
  - Participating in Hokie Hiccups events, subject to availability,

    - Volunteering at Hokie Hiccups events.
- Getting involved with Hokie Hiccups offers you a unique chance to connect and share in the collective journey of resilience and growth at Virginia Tech. This event, part of the Mental Health Coalition's initiative, is designed to normalize the struggles students face in college, reminding everyone that it's okay to have challenges. Hokie Hiccups creates a space for Hokies to share their personal experiences of growth and overcoming obstacles through various expressive arts and creative mediums. It's not just about sharing struggles, but also about celebrating resilience and the growth that comes from navigating life's 'hiccups'.

8. Attending and participating in the FEELS support group. (By students and for students mental health support group)

- Attending and participating in the FEELS Peer Support Group at Virginia Tech is an empowering way for you to join a student-led mental health support space. This group provides a platform for students to connect with peers, sharing experiences and strategies related to navigating mental health concerns and maintaining emotional well-being. While it's not a substitute for professional mental health treatment, FEELS offers a supportive environment for you to explore coping strategies and find solidarity in shared challenges, fostering a sense of community and mutual support.

9. Participate in events organized by mental health organizations. (Student organizations who work towards improving the mental health of students on campus)

- Check out https://gobblerconnect.vt.edu/events?categories=3322 to find the most up-to-date and recent events.
- If you're interested in Virginia Tech's mental health organizations, find more information at https://hokiewellness.vt.edu/students/outreach/mhc.html.
- Participating in events organized by mental health organizations at Virginia Tech, such as those coordinated by the Mental Health Coalition (MHC), is a meaningful way to engage with and support mental health initiatives on campus. The MHC, comprising representatives from various student organizations, focuses on elevating mental health discussions, supporting programming efforts, and working towards common goals like policy changes. By getting involved, you can contribute to these efforts, enhance your personal and professional development through training and workshops, and deepen your understanding of campus mental health resources.

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