

Building A Mental Health Tool Kit



A
Zoom
Workshop



Sept 27-Oct 25
Sharing Our workshop
Mental Health Tools

Thank You to Amanda Zhou & Sam McCorriston, Registered Clinical Counsellors, at AsUR Counselling & Consulting Services for leading this Workshop, and to the participants for their openness in looking at themselves deeply.

In this workshop specific workshop objectives were examined in relation to strategic tools for coping with stress, for increasing success in relationships, and for building resiliency in life.

The Workshop Tools discussed were:

- Externalization: How to see problems as separate from myself.
- Mindfulness: How to be fully present and engage with ourselves & others without judgement.
- Communication: How to voice one's needs & boundaries.
- Managing emotions: How to recognize and process feelings and experiences in ourselves & others.

We want to share a short summary of these mental health tools with you. To see the video on SPS Youtube channel, please click on the link below:

https://www.youtube.com/watch?v=T66deP38xhE&ab_channel=SquarePegSociety

