OISE wellness 2020-21 Fall
Supporting Health & Well-being in our Community
OISE Wellness + Living & Working Lunch & Learn Series

UPCOMING SESSIONS
All L&L sessions will be held at 12:10pm - 12:50pm

Tuesday, September 22, 2020  Jack Miller: Curious about Mindfulness?
Jack will share beginner-friendly mindfulness meditation practices along with his experience in teaching this practice.
Jack teaches courses in holistic education and contemplative education at OISE. He is author/editor of 20 books including, The Holistic Curriculum, The Contemplative Practitioner, and Love and Compassion: Exploring their Role in Education. His writing has been translated into 9 languages.

Tuesday, October 13, 2020  Agnes Hsin (Health & Wellness Centre, U of T): 5 Ways to Well Being
Coping with the competing demands of graduate studies, meeting expectations, and navigating complex university systems can be exhausting! Investing in being happy, healthy and well provides a foundation for achieving balance and sustaining success. Learn how to apply five simple, evidence-based actions in a variety of ways to promote positive mental health and wellbeing while practicing physical distancing and managing new stressors related to being a student and COVID-19. This interactive session introduces a cluster of activities that promote resiliency and reduce stress. This session is intended for students, but faculty and staff are also welcome to attend.

Tuesday, October 27, 2020  Lindsay DuPre: Kootshapatamihk: Envisioning healthier futures through Indigenous understandings of wellness
The Covid-19 pandemic has brought attention to many of the inequities and structural flaws that exist within our healthcare system. With many of us struggling to adapt in different ways, it has also revealed how deeply intertwined our mental, emotional and spiritual health is with our physical wellness. This session will explore these contexts through the lens of Indigenous health and invite attendees to consider how Indigenous wellness frameworks can be applied more broadly to improve our individual and collective wellbeing.

Tuesday, November 10, 2020  Jennifer Baradi: iRest Yoga Nidra
During the session, participants are introduced to iRest basic core concepts and have the opportunity to experience guided practice. Participants are asked to dress comfortably and prepare to relax. iRest ® (Integrative Restoration) Yoga Nidra is a research based transformative practice of guided meditation and deep relaxation. Research continues to show that iRest Yoga Nidra effectively reduces: PTSD, depression, anxiety, insomnia, chronic pain, and chemical dependency.

Tuesday, November 24, 2020  Rose Mina Munjee: Self-Compassion
Self-compassion involves responding in the same supportive and understanding way you would with a good friend when you have a difficult time, fail, or notice something you don’t like about yourself. This session will provide an overview of techniques, reflections, and theory behind mindful self compassion.

Wednesday, December 2, 2020  Hilary Inwood: Exploring Sustainable Happiness
What does Health & Wellness have to do with the Environment? Scholars around the world are making the links clear through the concept of Sustainable Happiness. By connecting the dots between our individual need for happiness and the universal need for clean air and water, sustainable food sources, supportive and equitable communities, Sustainable Happiness clearly demonstrates the links between physical and mental health and wellbeing, social justice, equity education, and environmental sustainability. This webinar will explore the key concepts of Sustainable Happiness and how this connects to your own life.

For a list of all OISE Wellness activities, presenter bios and to register for events, visit: www.oise.utoronto.ca/wellness