

Blog Assignment

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WRIT200: Workplace Writing Skills

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In a Humber Online Solutions' webinar, "Self-Care and Mental Wellness" which was held at 6:00pm on March 23rd, 2021 with guest speaker Candice Hamilton-Miller, detailing the logistics around mental wellness and how to maintain a healthy state of mind (Hamilton-Miller, 2021).

Candice Hamilton-Miller works as a registered psychotherapist at CHM Therapy Services which was founded by her in 2010. During this webinar Candice goes over how many people who suffer from anxiety and depression could still have mental wellness and those who do not suffer from anxiety and depression could be struggling with their mental wellness; that mental wellness is not the absence of mental illness but an internal resource that helps us build resilience, grow, and flourish. Candice describes someone's mental wellness as a table, and the table's legs are our physical, emotional, social, and mental states. If one of those table legs come up a little short, then the entire table is off-balance. Normally to fix this we will fold a piece of paper or cardboard and slip it under the short leg - much like we use distractions to keep our minds off our slipping state - but this is not a long-term solution, and the problem will remain the same and may become worse. Candice speaks on how to deal with balancing oneself, and the necessary tools on ensuring each state of being is dealt with so the table that is us, remains balanced. This self-care and mental wellness webinar goes over the stress versus anxiety, how to tell them apart and the way to cope with both mental states. Candice also plays two 'put a finger down' exercises that help the watcher do an assessment on themselves and gives five coping strategies that will help the watcher understand what they are feeling and why, how to remain in the present, and how to look for the positive things in life without ignoring negative. This webinar is meant to enlighten post-secondary students on how common struggling with mental wellness is and gives many helpful ways to combat these struggles in a healthy and ongoing way.

References

Hamilton-Miller, C. (2021) *Self-Care and Mental Wellness*. Retrieved from:
<https://humberonline.solutions/portfolio/self-care-mental-wellness/>