



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

December 6, 2023

The Learning Brain Recap

I often receive requests for information on mental health resources on topics that include stress management, resilience, and mindfulness. There is a plethora of materials and information available, from books to articles, and from videos to podcast topics across the mental health continuum.

What is the mental health continuum? You can learn more in [Week 1: Introduction to Mental Health](#) from our 2020, *The Learning Brain* series.

In 2020, the BCPVPA published this series of 17 weekly articles on mental health, with topics that covered the gamut from promoting psychological health, prevention of disorders, signs and recommendations when you are feeling strained, and where to go for help when your mental health is impacting your work and personal life. While these articles were written early in the pandemic, the content remains relevant.

Want to learn ways to destress? Weeks 4 – 6

Looking for ways to enhance your psychological energy and health?: Weeks 2, 12, 13 and 15

Are you or someone you care about struggling with their mental health?: Weeks 7, 8, 10, 11, and 14

The Learning Brain

Week 1: [Introduction to Mental Health](#)

Week 2: [Positive Psychology](#)

Week 3: [The Building Blocks of Resilience](#)

Week 4: [Self-Care](#)
Week 5: [Chilling Out](#)
Week 6: [Calming a Reacting Mind](#)
Week 7: [Coping with Anxiety](#)
Week 8: [Early Warning Signs of Mental Health Injury](#)
Week 9: [Coping During a Pandemic](#)
Week 10: [Rethinking Depression](#)
Week 11: [Self-Soothing and Addiction](#)
Week 12: [Play and Laughter](#)
Week 13: [Investing in Relationships While Social Distancing](#)
Week 14: [Loving Someone with a Mental Illness](#)
Week 15: [Glowing with Gratitude](#)
Week 16: [Diversity & Inclusion: Mental Wellness for the Whole Community](#)
Week 17: [A Summer of Opportunity](#)

All the articles can be [found here](#) on the BCPVPA Website.

If at anytime you have a question about an article or a comment – please reach out to me directly at Rochelle@bcpvpa.bc.ca

I hope that one or more of the topics jump out for you – or that you can share these links with someone who may find the information and resources timely and supportive.

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.