

Under the Patronage  
of the Ministry of Public Health

# Wellness and Mental Health Week

Flourish Your Wellbeing

Second Edition

 March 28 – April 2, 2022



LEARN MORE



#ua\_wellnessweek

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# Flourish Your Wellbeing

Do we still live in the world most of us were born into? Has it radically and permanently been transformed, thus triggering a new wave of concerns? Is it going to be reshaped differently? What if “uncertainty is the only certainty there is”? In my opinion, it is undeniable that people had to cope with the dual burden of adapting to the new normal while being forced to fight their fear of the unknown which keeps on holding them back instead of pushing them forward.

In the last decade, research targeting university students' mental health and wellbeing has shown a steady growth and has tackled several topics, namely positive mental health, stress, stigma, and counseling (Hernandez-Torrano *et al.*, 2020). The researchers hold converging views on the transition period from high school to university regarded as fraught with many challenges, such as the need for adjusting to a new academic environment, financial independence and decision-making, which may affect students' mental health and wellbeing (Hernandez-Torrano *et al.*, 2020), and it is evident that university students experience more tension (Macaskill *et al.*, 2013). In the last two years, and according to Yang Li *et al.* (2021), the global COVID-19 pandemic has had various psychological problems, mainly anxiety and depression, on university students. Indeed, it has taken a tremendous mental and emotional toll on people's mental health in so many ways, especially after prolonged periods of social isolation, living away from their families and friends, and burdened under the weight of the unexpected death of loved ones.

In Lebanon, besides the country's economic meltdown, what happened was horrible and indescribable: a blast in the midst of a total chaos, leading to an unprecedented mental health crisis. All these challenges building up are a critical aspect that affects academic success (Volstad *et al.*, 2020). How can the young generations regain the sense of safety that was lost completely? Aren't they still experiencing post-explosion symptoms? Can't we see that suicidal behaviors and anxiety disorders have been on the rise, with elevated depressive symptoms, increased alcohol consumption and substance use? My fear is that the individuals who seem to be good on the surface are still suffering deep down inside.

Since 2017, Antonine University (UA) has taken upon itself to ensure the welfare of its community members and help them look after themselves and others, as its aim is to build a mentally healthy university. It has launched the Counseling Service then the first edition of the “Wellness and Mental Health Week” in 2019. Furthermore, in the last two years, more than 80 online sessions were delivered and tackled different topics and dimensions to change their lives for the better. We have noticed that the number of UA students asking for psychological support has increased, which confirms what is highlighted in research conducted on university students worldwide (Auerbach *et al.*, 2018; Lipson *et al.*, 2019).



UA is now taking the steps that will enable it to fulfill its mission, and is proudly launching the second edition of the **Wellness and Mental Health Week** under the theme of *Flourish Your Wellbeing*. Our objective is not only to share the roadmap to better adapt to changing circumstances and overcome life's obstacles, but rather and most importantly to turn the struggles into opportunities and even into victories and come out stronger than ever before. In addition, "flourishing" is one of the significant topics in positive psychology; it encourages enriching the quality of how we love, live, and relate to one another, and drives us to stay motivated and improve the different aspects of our lives. This concept necessitates actions and efforts through which the person can accomplish important tasks and achievements in life as well as connect with others better (Ackerman, 2019).

During this week, we are welcoming international and national experts from Britain, Canada, and Lebanon, who will be joining this event either in person or virtually, to help the participants flourish academically, physically, socially, financially, occupationally, emotionally, environmentally, and spiritually, by allowing them to select among the various and rich topics what best fits their needs. It is worth noting that the sessions are not only offered to the UA students but also to the UA faculty members and administrative personnel, as it is important for the institution to "acknowledge and respond proactively to both staff and student wellbeing issues", for when we "look after the staff, they would look after the students" (Brewster *et al.*, 2021). We also enthusiastically welcome the external community, as this is how we can create a happier society whose members can spread love and kindness around them.

Lastly, we chose to conclude the "Wellness and Mental Health Week" with a day organized in collaboration with the Faculty of Sport Sciences (FSS) and dedicated to high school students to show them how sports can boost their overall health and wellbeing.

Get **READY** to live a remarkable experience, **SET** your mind, and **FLOURISH** your wellbeing.

**Fr. Jean Al Alam, OAM**

Vice Rector for Integral Human Development, Antonine University

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- Brewster, L., Jones, E., Priestley, M., Wilbraham, S.J., Spanner, L. & Hughes, G. (2021). Look after the staff and they would look after the students' cultures of wellbeing and mental health in the university setting. *Journal of Further and Higher Education*.
- Macaskill, A. (2013). The mental health of university students in the United Kingdom. *British Journal of Guidance & Counselling*, 41(4), 426-441. <https://doi.org/10.1080/03069885.2012.743110>



# The Wellness Wheel

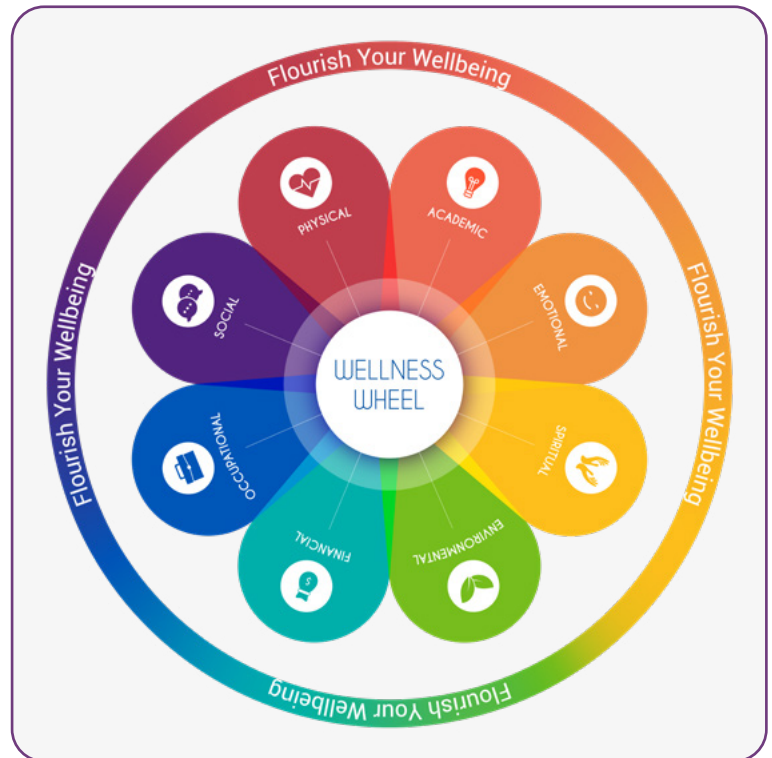
## What Is a Wellness Wheel?


The wellness wheel is a self-assessment tool that visualizes the different wellness dimensions to help you better evaluate in which areas you are thriving, struggling or suffering, set realistic and attainable goals and take action towards optimizing your overall wellbeing and boosting your mental health.

Among the various interpretations and models of the wellness wheel, Antonine University (UA) selected eight dimensions to focus on: physical, emotional, intellectual, social, occupational, spiritual, environmental and financial.

Those dimensions are interconnected and dynamically affect each other. Their balance makes the wellness wheel run smoother. However, an imbalance in an area might drag some others down. On the long run, they impact your wellbeing – meaning how long you live (longevity) and how well you live (quality of life).

While striving to reach and sustain a well-rounded and well-balanced wheel, consider that your wellness is correlated to your personal needs, experiences, values and circumstances. Accordingly, your definition of wellness is a copyrighted creation; it is your personal wellness blueprint.






Life is not a quiet river and may take unexpected turns. Every now and then, obstacles and challenges come your way, leading to an imbalance in one or more dimensions of your wellness wheel. As you grow, you would need to:

- Identify your priorities – e.g. if I am a student, I might be financially dependent but might cope with it temporarily, as my focus is on my academics. Ask yourself: “Today, which dimension would authentically bring more harmony to my life?”.
- Nurture and value what you have while seeking to achieve what you miss – e.g. If I do not have for now a satisfactory intimate relationship while the other aspects of my life are working well, I can be grateful for what I have while developing my possibilities to flourish my love life.
- Use the means at your disposal to develop your internal sensors, identify faster what is happening, and rid yourself of the defense mechanisms which hold you back, such as being stuck in a denial attitude or adopting a victim mentality. After that, expand your ability to actively intervene and connect to internal and external resources.

Given our human condition, the question that arises is this: how realistic and achievable is a vision of a “perfect” or continuous equilibrium between the various areas of our lives? The wellness wheel is not an idealistic invitation to perfection, but rather a call to becoming conscious of where you stand now in your life, where you want to reach and what are in which areas you need to grow. It is about your eagerness to improve your quality of life and reach your full potential. Ultimately, it is about discovering your life's true mission and embracing it, fully.

And now, are you ready to embark on a personal growth journey towards a brighter future? The opportunity is yours to “Flourish Your Wellbeing”! Explore the eight dimensions of the wellness wheel, reflect on which dimension(s) would channel more energy into your life and learn how to build new and healthy habits that would make a difference for you and in your surroundings.

Take the first step in this self-transformation process and join the different inspirational workshops. Such profound experiences are worth investing in and powerful enough to change your life forever!



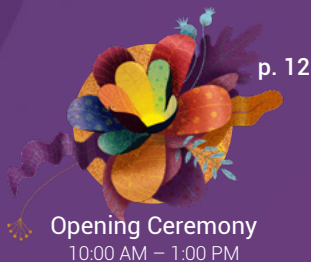
# ➤ Full Program





## Monday, March 28

11:30 AM – 12:30 PM



2:30 – 3:30 PM



**Dr. Dominique Thompson**  
The Emotional Impact of the Pandemic  
on Student Mental Health

5:00 – 6:00 PM



**Ms. Lea Farhat**  
Women's Self-Defense

7:00 – 8:00 PM



**Mr. Milad Hadchiti**  
FOMO: Fear of Missing Out  
Social Media and Mental Health

## Tuesday, March 29



**Ms. Marwa Aidibi**  
Emotional Intelligence  
and Work Engagement



**Ms. Kathia Rached**  
Sports, Running, and Wellbeing



**Dr. Marie-Rose Tannous**  
Taming Uncertainty



**Dr. Michel Nawfal**  
What Does Good Mental Health  
Look Like?

## Wednesday, March 30



**Capt. Elias Dagher**  
Cybercrime: Awareness, Prevention,  
and Response



**Dr. Jad Wehbe**  
How to Detect and Deal With Post-Covid Health  
OCD and Differentiate it from Simple Anxiety



**Dr. Judith Malette**  
Compassion and Self-Compassion  
as Essential Components in One's Life Journey



**Ms. Lena Mhanna**  
Marsa – Sexual Health Center

**Ms. Celine Mouzanar**  
Marsa – Sexual Health Center

Exploring Sexual Health,  
Wellbeing, and Identity



Thursday, March 31

11:30 AM – 12:30 PM



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**Mr. Camille Attieh**

Invest in Your Health Bank Account

2:30 – 3:30 PM



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**Mr. Alan Percy**

Persecutory Perfectionism  
and Imposter Syndrome

5:00 – 6:00 PM



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**Mr. Jade Dagher**

Expand Your Financial Situation

7:00 – 8:00 PM



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**Mr. Ghassan Mahfouz**

Beyond the Brush

Friday, April 1



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**Ms. Mariam Haber Abou Tanos**

Oum el Nour - Rehabilitation centers for drug addicts  
and prevention programs  
Stay Happy, Stay Drug-Free



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**Ms. Géraldine Dufour**

Boosting Your Resilience



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**Eng. Naji Shelala**

The New Me



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**Dr. Anthony Tannoury**

Virtual Reality (VR) for Mental Health  
and Wellbeing

Saturday, April 2

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**Wellness Youth Day**

9:00 AM – 1:30 PM



# ➤ Day 1

📅 March 28, 2022






# Opening Ceremony

📅 Mar 28, 2022 ⌚ 10:00 AM – 1:00 PM



- 10:00 – 10:10 AM**    **Welcome Speech of the Rector**  
Fr. Michel Jalakh, OAM
- 10:10 – 10:15 AM**    **Speech of H.E. Minister of Public Health, Dr. Firass Abiad**  
Dr. Joseph El Helou, Representative of the Minister and Director of the Medical Care Directorate at the Ministry of Public Health
- 10:15 – 10:20 AM**    **Video**  
UA Wellness and Mental Health in Numbers
- 10:20 – 10:30 PM**    **Testimonies of Students**
- 10:30 – 12:00 PM**    **Panel | Early Intervention to Promote Long-Term Mental Wellbeing and Flourishing**  
**Moderator:** Prof. Charles Baddoura, Professor of Psychiatry, Honorary Member of the World Psychiatric Association, and Psychiatrist at the Psychiatric Hospital of the Cross
- Session 1 | Eating Behaviors: State of the Art**  
Dr. Jocelyne Azar, Psychiatrist at the Psychiatric Hospital of the Cross, and Clinical Assistant Professor at the Lebanese American University (LAU)
- Session 2 | Addiction and Beyond**  
Dr. Antoine Karam, Addiction Psychiatrist at the Psychiatric Hospital of the Cross
- Session 3 | Early Signs of Schizophrenia (Prodrome)**  
Dr. Georges Haddad, Psychiatrist and Medical Director at the Psychiatric Hospital of the Cross, and Instructor at the Holy Spirit University of Kaslik (USEK) and at the Lebanese University (LU)
- Session 4 | Updated Approaches for Psychological Therapy**  
Ms. Martine Zoghbi, Psychologist and Psychotherapist
- 12:00 – 1:00 PM**    Wellness Coffee Break
- 



Dr. Dominique  
Thompson



📅 Mar 28, 2022 ⌚ 2:30 PM



## The Emotional Impact of the Pandemic on Student Mental Health

Dr. Thompson will look back on the impact of the pandemic, anxiety, and isolation on student mental health and wellbeing, and will reveal what steps the participants can take to move forward and improve student wellbeing.

Staying sane in uncertain times is not easy, but there are many ways people can support each other and look after themselves for a better future.

### Biography

Dr. Dominique Thompson is an award-winning UK General Practitioner (GP), young people's mental health expert, TEDx speaker, author and educator, with two decades of clinical experience.

She is author of [The Student Wellbeing Series](#) (Trigger Press), and co-author of [How to Grow a Grown Up](#) (Penguin Random House).

She gave two TEDx talks: ["What I learnt from 78,000 GP consultations with university students"](#) and ["Understanding Why"](#).

She is also a chapter author of *Student Mental Health & Wellbeing in Higher Education: A practical guide* (Sage).

Dr. Thompson is a Clinical Advisor for NICE and Student Minds, and a Lead Clinical Advisor for Aardman Animations [What's Up with Everyone?](#) campaign, and for [Being Well, Living Well](#) Epigeum.

For further information, visit [www.buzzconsulting.co.uk](http://www.buzzconsulting.co.uk) and [www.growingagrownup.com](http://www.growingagrownup.com) (parenting support and free resources).



**Ms. Lea  
Farhat**



📅 Mar 28, 2022 ⌚ 5:00 PM 👤 25 persons



## Women's Self-Defense

In addition to opening up this source of freedom for women in an imperfect world, combat sports increase their self-confidence and discipline. They help them improve stress awareness, self-respect, and develop a warrior spirit.

Why ask for help when everyone can handle it?

### Biography

Ms. Lea Farhat, Director of the Office of Athletics at Antonine University (UA), earned a bachelor's degree in Physical Therapy and a master's degree in Training and Performance from UA. She also obtained a doctorate in Physical Therapy from Beirut Arab University (BAU).

Ms. Farhat started practicing judo since 2002, was 16-time Lebanese champion and won the Lebanese open weight championship for 6 times. She ranked first in the Asian Judo championship, which was her greatest achievement.

Ms. Farhat holds a judo teaching diploma from the Judo Union of Asia and is an Executive Committee member of the Lebanese Judo Federation.



**Mr. Milad  
Hadchiti**



📅 Mar 28, 2022 ⌚ 7:00 PM



## FOMO: Fear of Missing Out Social Media and Mental Health

Do you feel that someone, somewhere, is having a better life, making more money or leading a more exciting life?

The “fear of missing out” (FOMO) refers to that feeling of “anxiety that an exciting event may currently be happening elsewhere.” Does social media induce FOMO? What are the associations between intensive social media use and lower mood and life satisfaction? Are you mindful of how you spend your time online?

From FOMO to JOMO, the joy of missing out, this is the debate.

### Biography

Mr. Milad Hadchiti is a media professional, trainer, and mental health advocate who has a passion for human potential with more than 20 years of experience in communication. His work is focused on constructive media, gender-sensitive, and mental health-sensitive reporting, mental health promotion, and social cohesion. He holds a master's degree in Applied Positive Psychology and Coaching Psychology from the University of East London and a bachelor's degree in Journalism from Lebanese University (LU).





## ➤ Day 2

📅 March 29, 2022





**Ms. Marwa  
Aidibi**



📅 Mar 29, 2022 ⌚ 11:30 AM



## Emotional Intelligence and Work Engagement

Emotional intelligence is playing an important role in the workplace and is impacting mental health and relationships. Current literature establishes that employees with higher emotional intelligence have higher work engagement and work satisfaction, and that managers' level of emotional intelligence has a high influence on their employees' work engagement.

This workshop will identify what is emotional intelligence and how it can affect work engagement, on the one hand, and how participants can train themselves to be emotionally intelligent, on the other hand.

### Biography

Ms. Marwa Aidibi is a professional life and mind coach. She earned her bachelor's degree in Nutrition and Dietetics from the American University of Beirut (AUB) and her master's degree in Business and Organizational Psychology from the University of Liverpool. She was trained by international professional experts like Peter Freeth, Owen Fitzpatrick and Robin Hills on coaching, emotional intelligence, neuro-linguistic programming (NLP) and others. Believing in mind's power, Ms. Aidibi was able to train and coach people to program their minds to bring out the best in them and improve their health and skills. Throughout the years, she managed different workshops in career and personal development as well as being a coach for different organizations like Nestle, Holdal Group, Lartquitecte, Red Cross, and Lebanese Scout Association. Ms. Aidibi was the first to introduce the mind dieting concept, a unique way to take care of people's health and weight. Her profession spans beyond training ambitious individuals on emotional quotient (EQ), leadership, communication skills, mind dieting, NLP, body language, to being an instructor in different universities.



**Ms. Kathia  
Rached**



📅 Mar 29, 2022 ⌚ 2:30 PM



## Sports, Running, and Wellbeing

The speaker will give testimony and take the participants into the living experience of how running in particular, and sports in general, can change their life and decisions completely.

The workshop will also focus on how life difficulties can be turned into solutions through practicing sports.

### Biography

Ms. Rached is a Physical Education Instructor by day and a runner at all times. She is a member of the Lebanese Athletics Federation and is classified as an elite Lebanese ultra-runner by the federation. Her passion for running has led her to participate in marathons from middle-distance races to 250 km ultra-marathons. She is currently a Track and Field instructor at the Faculty of Sport Sciences at Antonine University. To date, she has completed a total of 12 marathons among which Beirut marathon, Berlin marathon, Rome marathon, and Rotterdam marathon in addition to more than 25 half marathons in Lebanon, and 4 ultra-marathons abroad (Gobi March China, Sahara Race Namibia, Last Desert Antarctica, and Atacama Chile). By completing the 4 deserts races, Ms. Rached became the first Lebanese and Arab to join the 4 Deserts Club and in all on the overall podium. She became a National Technical Official (NTO) from the World Athletics (WA) and the Lebanese Athletics Federation in 2020, an Athletics Coach (level 1) from the International Association of Athletics Federations (IAAF), and the Lebanese Athletics Federation (FLA) in 2014. Ms. Rached has earned a research master's degree (2019), and a professional master's degree (2017), both in Sports Management from the Lebanese University, after obtaining a bachelor's degree in Physical and Sports Education from the Lebanese University (LU) in 2014.



**Dr. Marie-Rose  
Tannous**



📅 Mar 29, 2022 ⌚ 5:00 PM



## Taming Uncertainty

"It is not doubt but certainty that drives you mad" (Nietzsche, 1888). "True wisdom does not consist of holding certainties, but rather of taming uncertainty" (Schmitt, 2017, p. 53-54).

Is it obvious to everyone how to navigate uncertainty with serenity? Is it possible to turn creatively the negative aspects of a crisis into something constructive? How to tame uncertainty to not only restore wellbeing, but also to create a life full of meaning?

The objective of this presentation is to talk about the concept of uncertainty and the impact of the latter on the cognitive and emotional systems. It will explore the dynamics which may be created between the uncertainty and the spiritual experience. Lastly, a self-care kit along with some strategies will be shared in order to better take care of oneself in times of uncertainty.

### Biography

Dr. Tannous holds a bachelor's degree in Religious Sciences from Saint Joseph University (USJ - Higher Institute of Religious Studies - ISSR). She immigrated to Canada in 2006 where she resumed her studies at Saint Paul University, Ottawa, Canada. She received then a master's degree in Theology with a concentration in Spirituality in 2009, a doctorate in Theology with a concentration in Christian Ethics in 2014, and a graduate diploma in couple counselling and spirituality in 2018. Currently, she is a sessional lecturer at the Saint Paul University.

As a registered psychotherapist by the College of Registered Psychotherapists of Ontario (CRPO), Dr. Tannous accompanies the individuals, couples, and families in private practice. Through her commitment to the Saint Charbel Maronite Catholic Parish in Ottawa, she helps couples prepare for marriage, in addition to being a choir member. She is also member of several committees which work under the care of H.E. Mgr. Tabet, Bishop of the Maronite Eparchy in Montreal.



**Dr. Michel  
Nawfal**



📅 Mar 29, 2022 ⌚ 7:00 PM



## What Does Good Mental Health Look Like?

People always hear tips and advice on how to improve their mental health and what to avoid in order to protect it from deteriorating. Are they sure that the mental health they are reaching is what good mental health ought to be?

This talk will include a scientific description of what mental health is and what good mental health should be like.

### Biography

Dr. Michel Nawfal is a Mental Health Professional. He is a Medical Doctor and a licensed Clinical Psychologist with a focus on Cognitive Behavioral Therapy. After earning a Medical Doctorate (MD) in 2003, he decided to practice in the Psychological and Behavioral Sciences and has pursued graduate education at the American University of Beirut (AUB) to earn a graduate degree in Psychology, with an internship in Psychotherapy at the American University of Beirut Medical Center. He was trained and supervised in Cognitive Behavioral Therapy through the extramural program offered by the Beck Institute. Dr. Nawfal is currently a Professional Colleague and Fellow Member of the Academy of Cognitive Therapy. Since 2005, he has been a full member of the American Psychological Association (APA) and an active member of the French Association of CBT (AFTCC). He served on the board of the Lebanese Psychological Association (LPA) for two consecutive mandates from 2011 to 2014 and then from 2014 to 2017, and is now a board member of the new Order of Psychologists in Lebanon. He is currently on the board of the Lebanese Medical Association for Sexual Health (LebMASH), a past Board Member of the Middle East Eating Disorders Association (MEEDA), and the Vice President of the Middle East Psychological Association (MEPA).





# ➤ Day 3

📅 March 30, 2022





**Capt. Elias  
Dagher**



📅 Mar 30, 2022 ⌚ 11:30 AM



## Cybercrime: Awareness, Prevention, and Response

The focus of the workshop is to create awareness about the usage of online and networking devices, which has become a part and parcel of everyone's life in Lebanon. An individual who is unaware of the uses of the cyber world is vulnerable to the risks it poses.

The entire workshop is exactly designed to cover a wide range of issues from morphing to online predators. Mr. Dagher will discuss the reasons behind an increased rate of cybercrime in Lebanon and will also share measures that could be easily taken by the users to effectively avoid being victims of it. He will explain how to be mindful while using networking devices, as they create digital footprints, to avoid youngsters falling in its pangs. Moreover, there will be an opportunity to discuss also the dark net and surface net during the workshop.

Mr. Dagher will use real-time case studies to help the audience understand the message with absolute clarity. Common cyber threats and counter defense tools will be shared with participants to keep accounts and credentials safe, and to avoid common, yet dangerous threats and malicious scams.

### Biography

Captain Elias Dagher from the Anti-Cybercrime Bureau at the Internal Security Forces has been an investigative officer in cybercrime of all kinds since 2013. Capt. Dagher is specialized in informatics engineering in the field of cyber security. He participated in many workshops inside and outside Lebanon in this field, followed the most important trainings to combat cybercrime with the Interpol Foundation and Global Investigation Offices, and held many conferences in schools, universities, financial institutions, associations, and banks.



**Dr. Jad  
Wehbe**



📅 Mar 30, 2022 ⌚ 2:30 PM



## How to Detect and Deal With Post-Covid Health OCD and Differentiate it from Simple Anxiety

Time is not a healer; you are the healer of yourself if you decide to learn the right tools.

A huge flare-up of health-related OCD and anxiety disorders were observed and documented during the Covid pandemic. Clarifying the differences is essential to understand the basics to manage the impact of OCD on almost all aspects of life. During this workshop, participants will learn a simple way to suspect the presence of OCD and differentiate it from anxiety.

Dr. Wehbe will discuss the psycho-education about the core of OCD beyond the behavioral compulsion aspect in order to raise the level of awareness concerning it and thus improve our capacity to detect it and manage it. He will also present basic knowledge to raise awareness of the different components of OCD and the basic tools to address them.

### Biography

Dr. Jad Wehbe is an international speaker and teacher, practicing mind and body therapy which includes physiotherapy, osteopathy, traditional Chinese medicine, cognitive and behavioral therapy, emotional and stress management, hypnotherapy, brain working recursive therapy, and emotional liberation breathing technique.

He also is a Lecturer in stress and emotional management, and Research Supervisor at Saint Joseph University.

In addition, Dr. Wehbe is a Certified Hypnotherapy Instructor from the Calvin Banyan Hypnotherapy Institute in Texas, and from the National Guild of Hypnotists. He is a Senior Lecturer at the Bridge Institute in integrative stress management coaching and eating behavior programming, and is specialized in emotional liberation breathing technique.



Dr. Judith  
Malette



📅 Mar 30, 2022 ⌚ 5:00 PM



## Compassion and Self-Compassion as Essential Components in One's Life Journey

Compassion, empathy, and sympathy will be described explaining their paradoxical relation to compassion fatigue (CF). In addition, burnout and moral distress will be nuanced from CF. Physical, emotional, behavioral, cognitive, and spiritual/religious characteristics of burnout and CF will be presented. Dr. Malette will explore how awareness of these characteristics, self-awareness, and self-compassion can help one to develop 'tools' to attend to oneself in order to better attend to others.

Once the PowerPoint is presented, participants will be invited to join Dr. Malette in a breathing exercise (tree breathing technique), and then to do a drawing. They will be asked to use crayons or colored pencils and a large sheet of paper (approximately 1m<sup>2</sup>, if possible; if such a size is not handy, then a regular sheet of paper can also be used). The drawing will be theirs to keep. Drawing skills are not necessary to participate in this workshop.

### Biography

Dr. Judith Malette, certified psychologist, is a full-time Professor in the School of Counselling, Psychotherapy, and Spirituality at Saint Paul University (SPU) in Ottawa (Canada). She teaches clinical skills to Master students in the program of Counselling and Psychotherapy. She is also a Clinical Psychologist with 21 years of experience working with individuals suffering from depression, anxiety, complex trauma, burnout, and compassion fatigue. Her research interests include professional ethics, complex trauma, life review, compassion fatigue, and the complex but rich relationships between psychology and spirituality. Her latest publications include a chapter on resilience in the older adult (*Fostering Resilience Before, During, and After Experiences of Trauma* (Routledge, 2021)), a chapter on accompanying victims of sexual abuse (*L'Église déchirée. Comprendre et traverser la crise des agressions sexuelles sur mineurs* (Bayard, 2021)) written with Nicolas Galton (doctoral student), and an article on male victims of sexual violence in a war context, written with colleagues from SPU and the Democratic Republic of Congo (Yagi, I., Malette, J., Mwindo, T. & Maisha, B. (2022) (Characteristics and Impacts of Conflict-Related Sexual Violence against Men in the DRC: A Phenomenological Research Design. *Social Sciences*, 11(2), 34; <https://doi.org/10.3390/socsci11020034>). Dr. Malette is also a certified Yin Yoga teacher and Soma Yoga teacher.



**Ms. Lena Mhanna**   **Ms. Celine Mouzanar**

Marsa – Sexual Health Center



📅 Mar 30, 2022   ⌚ 7:00 PM



## Exploring Sexual Health, Wellbeing, and Identity

Founded in 2011, Marsa is a leading sexual health center in Lebanon whose mission is to promote access and raise awareness on sexual and reproductive health and rights. The center offers a comprehensive range of services, including voluntary counseling and testing for different sexually transmitted infections (STIs) (such as HIV, HCV, HBV among others), medical consultations, psychosocial support (counseling services for people living with HIV/Aids are also provided), and outreach. Tests at Marsa are performed anonymously in a friendly and safe environment free of stigma and discrimination. Marsa will conduct an awareness session tackling the points below:

- Sexually transmitted infections (types, transmission, symptoms, treatment)
- Preventive methods (condoms and other contraceptive methods, knowledge and information, testing, etc.)
- Sexual orientation and gender identity (brief overview as it is a broad topic with many sub-topics)
- Communication and consent in relationships (what constitutes consent and what does not, what are power dynamics, blackmail, bullying, etc.)

### Biography

Ms. Lena Mhanna joined Marsa less than a year ago as a sexual health educator. She graduated in 2021, holding a bachelor's degree in Nursing. She gained her experience from working in different hospitals and various units (psychiatry, ICU, etc.), as well as volunteering at the Lebanese Red Cross since 2019. She was also a volunteer in "Nehna Rashaya", an assembly of youth that aims to engage youth in volunteer work through organizing different events dedicated to charity.

Ms. Celine Mouzanar, she studied Biology (pre-med program) at the Lebanese American University (LAU) and has been working at Marsa for a little under a year as a sexual health educator. She owes most of her knowledge to the trainings from her volunteering experiences. With over 15 years in the Scouts movement, she is currently the Assistant Chief of a group of 250 members. She is also a volunteer hotline operator at Embrace, the national suicide hotline and a committee member at Al Younbouh, a rehabilitation center for people with mental disabilities and special needs. Ms. Mouzanar was also a Lebanese Red Cross rescuer for 4 years.



# ➤ Day 4

📅 March 31, 2022







**Mr. Camille  
Attieh**



📅 Mar 31, 2022 ⌚ 11:30 AM



## Invest in Your Health Bank Account

In this world of business, although investing in a car, house, stocks, bonds, etc. is more familiar to people, nevertheless, the balance could also be created by investing in their health, environment, and wellness.

With this in mind, investment's diversification must also be created by being aware of investing in a holistic wellness program, more precisely: nature, urban lifestyle, and environmental wellbeing. However, starting with the concept of a 'Health Bank Account' in the present is not only a culture created for people and for the present, but it is also an evolution of a culture that creates a wellness and environmental cultural heritage to shaping the future of the coming generation.

Participants will learn more about Health Bank Account, Health Bank Account Branch Location, Wellness Balance Sheet, how to disconnect to connect, and Work-OUT.

### Biography

Mr. Attieh is a Social Entrepreneur, a Lebanese Wellness Consultant, and a Corporate Event Organizer. He earned his Bachelor of Arts degree in Physical Education and Sports, two master's degrees in Sports Management and a thesis in Wellness and Active Lifestyle adoption in the corporate world. Founder and Owner of ProMax company, he organizes corporate events and team-building trainings, and promotes health through wellness programs and creative experimental learning to boost productivity in the workplace. It is his hope that adventure seekers and individuals connect with nature, become dynamic members of their communities, and achieve a heightened sense of wellbeing.



Mr. Alan  
Percy



📅 Mar 31, 2022 ⌚ 2:30 PM



## Persecutory Perfectionism and Imposter Syndrome

Perfectionism has always been prevalent; however, it is a growing phenomenon that has had a greater intensity in students and university life in general over the past decade. This workshop will introduce the participants to the reasons behind this development, show them how persecutory perfectionism is a key driver behind many serious student mental health problems, and explore possible antidotes to this. It will also focus on how persecutory perfectionism can lead to an increase in imposter syndrome.

### Biography

After graduating from Bristol University, Mr. Alan Percy started his working life in youth and community work in London in the early 1980s. From that experience, he became committed to developing different practical therapeutic strategies to help young people and adults suffering from psychological and emotional distress and the effects of mental illness to achieve their life goals. He has worked at a wide range of further and higher education institutions both as a counsellor and lecturer for over the last 30 years. Mr. Percy has worked at the Counselling Service at the University of Oxford for the last 21 years and has been Head of Counselling since 2010. He is a qualified Psychoanalytic Psychotherapist and a Clinical Supervisor registered with the UK Council for Psychotherapy (UKCP), as well as a Senior Accredited Member of the British Association of Counselling and Psychotherapy (BACP). He was Chair of the Executive Committee for the Heads of University Counselling Services (HUCS) from 2017 to 2019. In 2016, he was awarded a Visiting Professorship in psychology at Fudan University, Shanghai. In 2018, he became Chair of Mental Wellbeing in Higher Education Expert Group (MWBHE) at Advance HE. In 2019, he was appointed Co-President of the China-UK University Counselling Association (CUUCA).



**Mr. Jade  
Dagher**



📅 Mar 31, 2022 ⌚ 5:00 PM



## Expand Your Financial Situation

This workshop will shed light on the best practices to increase the income, manage the expenses, reduce the liabilities, and manage the potential investments in order to achieve the ultimate financial abundance.

The main objectives will be to:

- increase people's income capabilities,
- decrease their expenses and credits,
- invest for the future.

### Biography

Mr. Dagher is a Certified Management Consultant and Cash Flow Management Advisor. He has 20 years of experience in financial planning and expanding businesses in the MENA region and Europe. He studied Banking and Finance and has acquired great experience working with small and medium-sized enterprises as well as with family businesses.



Mr. Ghassan  
Mahfouz



📅 Mar 31, 2022 ⌚ 7:00 PM 👤 25 persons



## Beyond the Brush

How does one draw something with a vanishing point? How to get the correct proportions for drawing a face?

"Beyond the brush" is a one-hour session to show the participants what is beyond the brush! They will learn how to think and see things like an artist. The painter will share with them more details about himself and his relationships with his paintings.

### Biography

The Lebanese painter Ghassan Mahfouz was born in Lebba, Jezzine in 1977. He is the founder and owner of Mahfouziat Gallery and School of Art and is a painting instructor with long-standing experience in fine arts, holding a diploma in painting from the Academy of Michael Angelo in 2000. Mr. Mahfouz organized several exhibitions in Lebanon and abroad, and obtained numerous certificates, awards, and prizes. Some of his paintings can be found at Rafic Hariri International Airport. He has participated in many artistic activities and symposiums from 1993 till present and is best known for his numerous paintings painted live on TV.



# ➤ Day 5

📅 April 1, 2022





## Ms. Mariam Haber Abou Tanos

Oum el Nour - Rehabilitation centers for drug addicts and prevention programs

📅 Apr 1, 2022 ⌚ 11:30 AM 👤 15 persons



## Stay Happy, Stay Drug-Free

This workshop will tackle drug addiction from two different levels. First, participants will discover the three phases of substance use (use, abuse, and addiction), and will learn about the risk and protective factors. Furthermore, they will understand the social, emotional, physical, and financial impacts of drug abuse and addiction on the micro and macro levels.

After that, an awareness session will be conducted through photo-language, video projection, and case studies to shed light on the ways to increase the protective factors through taking care of the individual's mental health. Participants will also learn about methods to build resilience that helps in improving one's life as well as tips to reduce and prevent substance use for youth and adults.

At the end of the workshop, participants will be equipped to adopt a healthy approach when dealing with anxieties, fears, and worries, in addition to using a breathing technique to reduce stress.

### Biography

Ms. Mariam Haber Abou Tanos is a clinical psychologist and psychotherapist. She completed her master's degree in Clinical Psychology in 2022 at the Lebanese University (LU). Back in 2013, she got a certificate as psychotherapist in Psycho Organic Analysis (POA) organized by EFAPO-Paris. POA formulates a specific ethic of intervention, specific theories, and methods of intervention, such as Situation, Expression, and Feeling; Primary impulse; The unconscious Family contracts; The Psycho Organic Cycle; Active Relaxation; Breathing and Emotions; Residual and Consequential Energy; Choice of Experience; The Body of the Word, Sense, and Sensation. She is currently pursuing a training in the "Analytico-Systemic and Integrative Psychotherapy" organized by Tabyeen and presented by Professor Abbas Makki. As a part of the mental health department at Oum El Nour, she is a psychotherapist and trainer.





Ms. Géraldine  
Dufour



📅 Apr 1, 2022 ⌚ 2:30 PM



## Boosting Your Resilience

In the face of external challenges, it can be hard to believe that people can use self-care strategies to boost their resilience. In this practical and experiential workshop, Ms. Géraldine Dufour will address the following points:

- What is resilience?
- Understanding wellbeing
- Interventions enabling safety and self-care
- Mapping out people's wellness: Identify sources of strength for them and create their own set of self-care strategies
- Reinforcing networks of support

Participants are asked to bring some paper and their own pens.

### Biography

Having worked for over 20 years in universities, Ms. Dufour has set up therapeutic consultation so she can work directly with universities and colleges across the sector on issues related to student mental health and wellbeing. Vice Chair of the Mental Wellbeing in Higher Education Expert Group (MWBHE) at Advance HE, UK, and Chair of the Academic Committee of China-UK University Counselling Association, Ms. Dufour is the past Chair of the British Association for Counselling and Psychotherapy (BACP) Universities and Colleges Division, and the national group for Heads of University Counselling Services (HUCS). In her recent role as Head of Counselling at the University of Cambridge, Ms. Dufour oversaw the provision of psychological support for the Collegiate University, leading a team of over 40 counsellors, CBT therapists, university sexual harassment and assault, and mental health advisors. Visiting Professor at Fudan University in Shanghai, Ms. Dufour taught on counselling programs at Leicester and Birmingham Universities. Member of several national committees related to student mental health and wellbeing, she speaks at national conferences, as well as contribute to mental health research. A further list of selected publications and talks is available on the research page of her [website](#) and on [Google Scholar](#).



Eng. Naji  
Shelala



📅 Apr 1, 2022 ⌚ 5:00 PM 👤 30 persons



## The New Me

It is common for many people to get stuck in life without being able to move forward. Even though they may know the different benefits that come with change, something deep inside of them resists this change. The comfort zone – also known as the kill zone – creates a state of “freeze”. In order to face this issue, a tangible and reliable plan is needed.

In this workshop, all participants will be offered a few tips and tools to help them design a proper plan leading them to their “New Me”, by admitting their kill zone, facing their fears, challenging themselves, and posting their plans.

## Biography

Mr. Shelala graduated in 1986 from the American University of Beirut (AUB) with a bachelor's degree in Civil Engineering. He continued to develop his career and received certifications among which Professional Project Management (PMI), Agile Certified Practitioner (PMI), Authorized Training Partner Instructor (PMI), Certified Cost Professional (AACE), Professional Certified Coach (ICF), and Training of Trainers (RPS). His expertise in various disciplines such as engineering and management, in addition to his focus on soft skills, have been widely reflected in his training and coaching programs. His teaching subjects cover time management, risk analysis, project management, behavioral changes, conflict resolution, life balance, team formation, strategic planning, communication, and leadership skills. Mr. Shelala is engaged in social work since 1990, especially with mentally challenged people. He assumed the presidency of Faith and Light communities in Lebanon for 6 years, was co-founder of Baitna association, co-founder of Afak Jadida, and an active member in *Equipes Notre Dame*.



**Dr. Anthony  
Tannoury**



📅 Apr 1, 2022 ⌚ 7:00 PM



## Virtual Reality (VR) for Mental Health and Wellbeing

The aim of this workshop is to understand, explore, and practice the use of Virtual Reality for mental health assessment and treatment. Dr. Tannoury will explore different VR applications and case studies such as treating pain, phobias, post-traumatic stress disorder, smoking cessation, etc.

The main objectives are to:

- watch and understand Virtual Reality applications and scenarios,
- explore literature survey on existing solutions and future work,
- orient the youth towards VR investments from different perspectives and backgrounds.

### Biography

Dr. Anthony Tannoury received his PhD in Wireless Multimedia Sensor Networks (WMSNs) and 3D scenes reconstruction in 2018 from Femto-St laboratory of the University of Franche-Comté (UFC), Belfort, France. In 2012, he earned a master's degree in Multimedia and Networking Engineering from Antonine University (UA). He holds a full-time position as Assistant Professor at UA and is a researcher at the TICKET Lab since 2014. He also serves as Dean's Delegate of the Faculty of Engineering at the Campus of Nabi Ayla – Zahle and Head of the Departments of Graphic Design and Advertising. His research is situated in the fields of WMSNs, 3D scenes reconstruction, GPS-based mobiles applications with network optimization, and 3D mixed reality. Dr. Tannoury is an academic advisor and senior project supervisor in the following fields: Augmented Reality, 2D/3D games, 3D simulations, Virtual Reality, Mixed Reality, interactive Internet of Things (IoT), Stereo Vision, E-Health, Mobile Applications, and User Experience. He gives both beginner and advanced courses on Mobile Applications, 3D Modeling, Web Design, Full Stack Web Development, User Experience (UX), User Interfacing (UI), Human-Computer Interaction (HCI), Infographics, Image Editing, Vector Arts, Multimedia Programming, Microsoft Office tool, and 2D/3D Animation.



# ➤ Day 6

📅 April 2, 2022





# Wellness Youth Day

The Second Edition of the Wellness and Mental Health Week

📅 Apr 2, 2022 ⌚ 9:00 AM – 1:30 PM



## Orientation Session

9:15 – 9:45 AM

### Introduction to the Faculty of Sport Sciences

Fr. Jean Al Alam, Acting Dean of the Faculty of Sport Sciences

### Introduction to the Office of Athletics

Ms. Lea Farhat, Director of the Office of Athletics

### Introduction to the Wellness Youth Day

Ms. Mayssa Bsaibes, Instructor at the Faculty of Sport Sciences

### First Testimonial

Ms. Aziza Sbaity, Antonine University Alumna and Sprinter

### Second Testimonial

Mr. Arz Zahredinne, Antonine University Student and Paralympian

## Physical Activities

10:00 – 11:30 AM

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Break Time  
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12:00 – 1:30 PM

### Competition in Sports Activities

Mini Football, Frisbee, Dodgeball, Circuit Training, Relay, Basketball 3x3, Wall Climbing, and Badminton

*Special prizes are awarded to the winners*





# Acknowledgments

As every far-reaching event is the result of combined efforts, words cannot express the gratitude we feel toward all the individuals who devoted their time and expertise to ensure that every aspect of the second edition of the **Wellness and Mental Health Week**, launched under the theme ***Flourish Your Wellbeing***, is optimized for success.


Firstly, we are grateful to the Ministry of Public Health for its patronage. We would also like to acknowledge the debt we owe to the international speakers, who honored us with their participation to the different workshops: Dr. Dominique Thompson, Ms. Géraldine Dufour and Mr. Alan Percy from the United Kingdom; Dr. Judith Malette and Dr. Marie-Rose Tannous from Canada. In addition, we deeply thank all the experts who took part in this event, as attendees were offered an outstanding opportunity to hold the key to a happier and memorable life.

Our sincere appreciation also goes to Prof. Charles Baddoura who organized the panel, as well as to all the panelists for their enriching discussions, and to the Psychiatric Hospital of the Cross.

In addition, we highly value the efforts deployed by the members of the Antonine University (UA) community, especially the Faculty of Sport Sciences, the Office of Orientation and Admissions, the Office of Athletics as well as the coaches, for they were all involved in the organization of the "Wellness Youth Day" and contributed to its success.

Furthermore, we truly appreciate the efforts put forth by the Counseling Service, the Office of Communications, the Office of Information Technology, the procurement officer, the operations and maintenance responsible, and the students' volunteers, as without their assistance, this project would not have been possible.

Lastly, we can't miss to present our heartfelt thanks to Ms. Jocelyn Saab, executive assistant at the Vice Rectorate for Integral Human Development, for her exemplary commitment, unwavering dedication and tireless work throughout this period to oversee all event operations and ensure that every single task is adequately fulfilled.





LEARN MORE

✉ wellness@ua.edu.lb

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