

Breaking out/Moving in –
Expanding the lens on research that promotes mental health and wellbeing



Facilitators:

- Antje Budde, Centre for Drama, Theatre, Performance Studies and Digital Dramaturgy Lab^{squared}
- Sunny (Xue) Xiang, Rotman School of Management

2024 Annual Research Symposium
May 7, Massey College, U of T

BREAKING OUT/
MOVING IN -
EXPANDING THE
LENS ON RESEARCH
THAT PROMOTES
MENTAL HEALTH
AND WELLBEING

ANTJE BUDDE &
SUNNY(XUE)XIANG



INLIGHT Student Mental Health Initiative
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Program

- Welcome
- Acknowledging land and people
- Introduction of facilitators and their projects with Inlight
- Exercise 1 – Telling stories, making connections (what our names tell us)
- Exercise 2 – Visualizing calmness. (the photos we take, online exhibition)
- Exercise 3 – Playing with definitions. (negotiating terms, wellness, wellbeing)
- Discussion
- Farewell and be well.



Acknowledging land and people

Resources

[Why do we acknowledge the land?](#) – Important resources

[Office of Indigenous Initiatives](#) – U of T

[Seven Grandfather Teachings](#) – Academic Integrity

[Wecheehetowin](#) - Answering the Call. U of T 34 calls to action – report

[U of T Indigenous Research Network](#) - IRN

[Indigenous Digital Practice](#) – U of T

[Collaborative Indigenous Research Indigenous Garden](#) - OISE



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Introduction of facilitators and their projects with Inlight



Introduction of facilitators and their projects with Inlight

Antje Budde

Associate Professor, Centre for Drama, Theatre and Performance Studies, U of T
Artistic research director of the Digital Dramaturgy Lab^{squared} (DDL²)

<https://www.ddlsquared.rocks/>

- Interested in intersections between social justice, wellbeing, performative creativity and participatory, multi-media modes of learning
- Many performance projects on subjects related to learning as resilience, laughter as resistance, gendered violence, militarist violence, suicide, colonial violence, political violence, synesthesia, autism.



Introduction of facilitators and their projects with Inlight

Antje Budde INLIGHT

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2023 INLIGHT

Learning Resilience, envisioning well-being:
Syncing mental health discourses and
synthesizing knowledge



2021-2023 XSeed

PLAYStrong – Mental Health and Interactive
Prototypes for Self-Learning
A collaboration between DDL² and the Interactive
Media Lab (Engineering)
<https://www.ddlsquared.rocks/playstrong-xseedreport>

Example

<https://digitaldramaturgy.wixsite.com/playstrong>

2024 INLIGHT

The Cave that Hummed a Song.
Moving VR, Moving body and mind - Play, labour
and learning to be well

- Indigenous storytellers and VR designer
- Computational arts scholars (York U.)
- Digital Dramaturgy Lab^{squared} (Theatre/Performance, U of T)
- Interactive Media Lab (Engineering, U of T)
- Work and Play Lab (Cognitive Science, U of T)

Digital Dramaturgy
Land-based Dramaturgy
Play/Act/Learn/Heal

Sunny (Xue) Xiang

- Third-year PhD Candidate in Organizational Behaviour and Human Resource Management at Rotman School of Management, University of Toronto
- Two lines of research:
 1. how organizations can use diversity narratives to shift culture towards more inclusion
 2. how to facilitate individuals' recovery from work to help them maintain a healthy work-life balance and achieve well-being





Project with Inlight

- “Betwixt and between”: How liminal experience facilitates work recovery and well-being
- Studies how liminal activities, activities that are not part of their ordinary role requirements, facilitate or impede post-secondary students’ recovery from their school, work, and home demands to achieve a state of well-being.
- Identified factors that affect whether students can enter into the state of liminality to reap recovery benefits

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Exercise 1 – Telling stories, making connections (what our names tell us)

Exercise 1 – Telling stories, making connections (what our names tell us)

Xue Xiang

项雪 (Snow)



Antje Budde

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Exercise 2 – Visualizing calmness. (the photos we take, concepts we think)



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Exercise 3 – Playing with definitions. (negotiating terms: wellness, wellbeing)

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Discussion

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Farewell, be well!