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



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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.



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

- 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.



Example https://digitaldramaturgy.wixsite.com/playstrong

2023 INLIGHT

Antje Budde 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) <u>https://www.ddlsquared.rocks/playstrong-</u> <u>xseedreport</u> INLIGHT Student Mental Health Initiative

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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

Introduction of facilitators and their projects with Inlight

Sunny (Xue) Xiang

- Third-year PhD Candidate in Organizational Behaviour and Human Resoruce Mangement 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 faciliate individuals' recovery from work to help them maintain a healthy work-life balance and achieve well-being







Project with Inlight

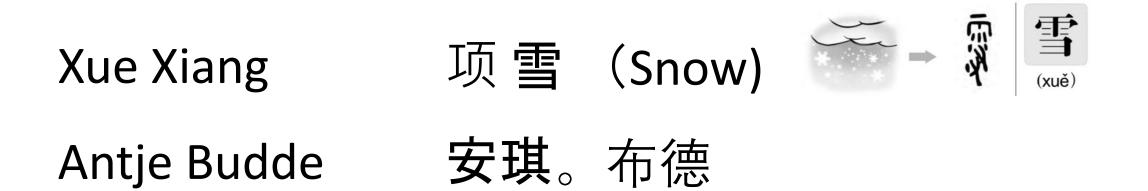
- "Betwixt and between": How liminal experience facilitates work recovery and well-being
- Studies how liminal activities, activities that are not part of their ordinary role requirements, facilitate or impede post-secondary students' recovery from their school, work, and home demands to achieve a state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

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

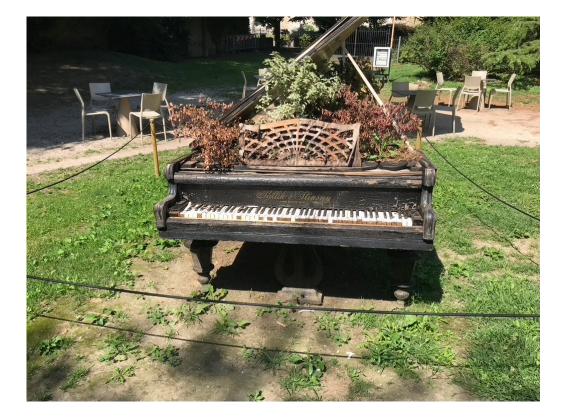
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Exercise 1 – Telling stories, making connections (what our names tell us)



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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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