

WELCOME TO WELLNESS!

Student Wellness Journal



truwellnesscentre  TRU Wellness Centre  www.tru.ca/wellness

March Issue



WELLNESS

Student Wellness Journal

This journal was created by fellow TRU students so that you can have easy access to information about wellness, university life, and resources.

Check out the colouring pages, questions for reflection, and activities throughout!

At the bottom of pages we provide 'Quick Tips' to direct you to more information on the topic.

At the end of each section, you will find phone numbers and websites for great resources.



**THOMPSON
RIVERS
UNIVERSITY**

Wellness Centre

Territorial Acknowledgement

Welcome to Tk'emlúps te Secwépemc!

Thompson Rivers University is located on the traditional and unceded land of Tk'emlúps te Secwépemc within Secwépemc'ulucw. With love and gratitude, we live, learn and work on the Tk'emlúps te Secwépemc territory.



In this journal,
you will...



Learn about and participate
in the themes of each month:



September
October
November
December
January
February
March
April



March:

Equity, Diversity, and Inclusion (EDI)



This month in the journal:

- Inclusive dictionary
- Defining equity, diversity, and inclusion
- How to be a 2SLGBTQIA+ ally
- Privilege reflection
- An interview with Tk'emlúps te Secwépemc Elder, Doe Thomas
- March colouring page
- March self-care plan
- 2SLGBTQIA+ resources



Inclusive Dictionary

INTERSECTIONALITY

A term used to describe the complex ways that our overlapping identities relate to structures of oppression and inequity. Intersectional feminism is feminism that recognizes how one's experiences will be shaped by many intersecting and diverging factors such as race, ethnicity, gender identity, sexual orientation, socio-economic status, ability, etc.



DECOLONIZATION

Decolonization refers to a long-term and intentional process of unlearning colonial ideologies and dismantling colonial structures. Decolonizing involves challenging structures that maintain the colonial status quo and perpetuate the oppression of Indigenous people. Decolonizing involves learning about, respecting, and providing space for Indigenous peoples' traditional ways of knowing and being, while resisting the maintenance of settler dominance.

EQUITY



The notion of being fair and impartial as an individual engages with an organization or system. True equity implies that an individual may need to experience or receive something different than others in order to maintain fairness and access. For example, a person with a wheelchair may need to access a building differently than a person who is not in a wheelchair. While the mechanism for access the building is different, the process of ensuring both have access in ways that work for each of them demonstrates an equitable process.



Sources:

- Colonization noun - Definition, pictures, pronunciation and usage notes | Oxford Advanced Learner's Dictionary at OxfordLearnersDictionaries.com
- Colonization | The Canadian Encyclopedia
- Diversity, Equity & Inclusion | Brandeis University (www.brandeis.edu)

Inclusive Dictionary

COLONIZATION

Colonization refers to the act of setting up a colony in an area that is not ones' place of origin. Colonizing involves invading an area and taking over land, without consent, through coercion and violence. Before colonization, Canada (traditionally named Turtle Island) was originally inhabited by Indigenous peoples, until the British and French violently invaded and colonized this land. The effects of colonization are still ever present today, and colonialism in greater institutions in Canada (government, schools, social services) continues to persist and harshly impact Indigenous peoples.

BIPOC COMMUNITIES

An acronym that stands for Black, Indigenous, and People of Colour. The use of this acronym began to rise in May 2020, during the Black Lives Matter Protests in response to police brutality against Black people. BIPOC communities are disproportionately impacted by systemic harms that govern our world today due to the legacy of racist and oppressive histories.



RECONCILIATION

Reconciliation must pass through truth first; it is an ongoing effort. Reconciliation isn't a process that should be measured based on completeness or achievement. A lot of Indigenous communities will tell you that there is no word for reconciliation in their traditional language. Reconciliation can be changed over time, and it's something that is very abstract. Reconciliation is concerned with implementation and recognition of Indigenous land rights and title.

Sources:

- Acronym Meaning Of BIPOC | Definitions by Dictionary.com
- Decolonization and Indigenization – Pulling Together: A Guide for Front-Line Staff, Student Services, and Advisors (opentextbc.ca)
- Reconciliation Manifesto (By Secwepemc Leader Arthur Manuel)
- Reconciliation: Breaking down the buzzword (<https://thediscourse.ca/urban-nation/reconciliation-definition-buzzword#:~:text=In%20its%20final%20report%20published,Indigenous%20and%20non%2DIndigenous%20people.>)

Equity, Diversity, and Inclusion (EDI)

Equity, Diversity, and Inclusion (EDI) is about acknowledging and supporting people of all racial, sexual, gender, religious, educational, and socioeconomic backgrounds. Let's dive in learn more about what each term means!

Resources: <https://ideal.com/diversity-equity-inclusion/>

<https://www.inclusionhub.com/articles/what-is-dei>

Equality Equity

Equality: Same resources or opportunities. "One size fits all"; everyone has access to the same resources.

Equity: Acknowledging that people face different barriers to success based on their social identities, lived experience, age, abilities, etc. Equity includes customizing resources so they are meaningful for that person.



HOW DOES INCLUSION DIFFER FROM DIVERSITY?



Diversity focuses mostly on respecting and appreciating what makes us different in terms of age, gender, ethnicity, religion, disability, sexual orientation, education, national origin, etc.



Inclusion focuses on making people of all backgrounds feel welcomed and ensuring that everyone is treated equitably.

How to be a 2SLGBTQIA+ ally



Listen and Educate Yourself

Develop a true understanding of how society views and treats those in the community. Take it upon yourself to learn the history, terminology, and adversity that those in the community face. Respectfully ask questions, but remember that individuals are not entitled to provide you with answers.

Do Not Assume

Do not assume peoples' sexual orientation, gender identity, or pronouns. Remember that someone's current or past partner(s) does not determine their sexuality. Consistently engage in pronoun culture by introducing yourself with pronouns, and respectfully asking people for theirs.



Think of Being an Ally as an Action, Not Just a Label

Simply labelling yourself an ally is not sufficient enough to be an ally. Allyship requires consistently and actively supporting and defending 2SLGBTQIA+ folks from discrimination. For example, if you hear a friend or family member make an offensive comment, let them know that it is not okay.

<https://www.ucl.ac.uk/students/news/2020/dec/7-ways-you-can-be-better-lgbtq-ally>



What are some other ways to support the 2SLGBTQIA+ community?



A large white rounded rectangle with a blue border, containing a vertical dashed line and a horizontal solid line at the bottom, serving as a writing area.



Go to the following link to access some resources for allies:

<https://www.kamloopspride.com/resources-for-allies>

PRIVILEGE REFLECTION



Many of us have different forms of privilege; however, we may not be fully aware of the extent privilege plays in our lives. Someone may be privileged in terms of their social class, race/ethnicity, gender identity, sexuality, and/or health. We have provided statements for reflection below to put into perspective the ways you may or may not have a privileged identity. Choosing yes to items below may increase your experience of privilege. You can use this privilege to practice allyship and help amplify marginalized voices.



Class Privilege:

- I have access to transportation to the places I need to be
- I have both knowledge and access to community resources
- I can count on my home to be a comfortable temperature



Race/Ethnicity Privilege:

- I am never perceived as a threat due to my name or appearance
- I can go into a store without people being suspicious of me
- I do not have to worry about racist remarks in public spaces



Gender Identity Privilege:

- I can use restrooms without fear of discrimination or assault
- Official documents depict my true gender identity
- Acquaintances use the correct name and pronouns for me



Sexuality Privilege:

- I may express public affection without fear of discrimination
- I can talk openly about relationships without fear of discrimination
- I have never had to conceal my sexuality in front of others



Health Privilege:

- I can explore new places knowing I can fully access the space
- People do not infantilize me (treat me like a child) due to a disability
- If I have a medical issue, I will be listened to by doctors

Source: *Privilege Checklist - Social Justice Training*, <https://sites.google.com/a/u.boisestate.edu/social-justice-training/about-us/our-training/privilege-checklist>. Accessed 8 Feb. 2022.



A wellness conversation with Leona (Doe) Thomas Tk'emlúps te Secwépemc Elder



Doe Thomas, Tk'emlúps te Secwépemc Elder, has taken the time to share her extensive knowledge and passion about health and wellness to help us better understand our position and how to take action regarding decolonization and Indigenization. She is a greatly respected Elder at TRU, and has been an active part of the health and wellness community for many years. She is a valued member of Tk'emlúps te Secwépemc. We are genuinely grateful for Doe's guidance and we appreciate her friendship.

Q: How do you define wellness?

A: "I look at it from a holistic sense, if we encourage ourselves to recognize the importance of having emotional, physical, mental, and spiritual balance we will know when to reach out for help" (Doe, March 2022).

Q. How can we understand the meaning of health and wellness?

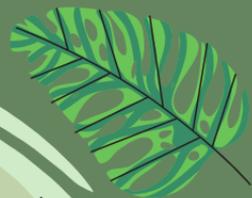
A: "By answering how you as an individual know what is health and what is wellness. For example, health addresses physical well-being (healthy diet, proper exercise); wellness should identify the holistic well-being where our mental, physical, emotional and spiritual are in balance" (Doe, March 2022).

Q: How do you incorporate wellness into your life?

A: "Even at my age I need others to listen to me and there are a couple really important people in my life I reach out to get feedback from. A good book is always good – a good tv show that you can lost in, and for me beadwork is soothing – it just calms me. And visiting like this – its good for the soul" (Doe, March 2022).



Interview with Doe: Decolonizing Wellness



Q. What are things we can do to decolonize/Indigenize wellness practices at TRU?

A: "Fully read up on the seven principles Health Canada should follow and ensure that FNHA is delivering these. As you research you will discover the lack of respecting their own motto and deliverables to my people. The huge disparity is even more challenging for members who are Elders, disabled, and who struggle with mental health issues. The factor in the remote communities where access to transportation becomes a huge factor.

Having this knowledge, awareness, and understanding by students who will be graduating from a health field will experience a more realistic education. When we continue to use policy versus value-based decisions, that takes away opportunities for personal growth and well-being. All faculty should be open to reaching out to knowledgeable local Secwépemc individuals to utilize their wisdom and knowledge when opportunities present themselves" (Doe, March 2022).



Q. How can we make our allyship known?

A: "By continuing to reach out to a wide audience whose passion, experience, and commitment will influence, and encourage interest" (March, 2022).



March Self-Care Plan



Physical:

Psychological:

Emotional:

Spiritual:

Relational:

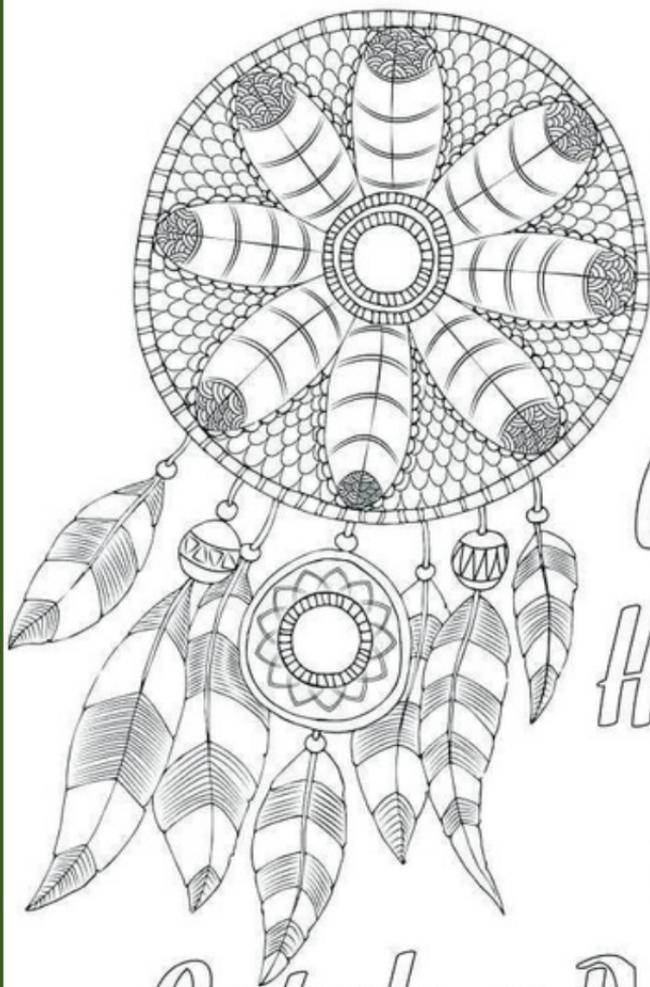
Professional:

What are some potential barriers to your ability to implement this plan?

What are some strategies to overcome those barriers?



March Colouring Page



Only
an
Open
Heart
Can
Catch a Dream

2SLGBTQIA+ Resources

- **Kamloops Safe Spaces**
 - 250-371-3086
 - sspaces@interiorcommunityservices.bc.ca
 - A safe place for LGBTQ2S+ youth and allies ages 12 to 26 to meet and receive education.
- **ASK Wellness 2SLGBTQIA+ Support & Health Navigation**
 - 250.214.5948
- **TRUSU Pride**
 - Email: pride@trusu.ca.
 - Facebook: TRUSU Pride Club
 - Instagram: @trusupride
- **A Toolkit for 2SLGBTQPIA+ Folks in Navigating Youth, Healthcare, and Criminal Justice Issues:**
<https://www.kamloopspride.com/know-your-rights>
 - Know Your Rights is a collaborative project between the Kamloops Pride Association and Pro Bono Students Canada, Thompson Rivers University Law School
- **Orchards Walk Medical Clinic**
 - Provides gender-affirming care for the LGBTQ2S+ community. No referral is required.
 - Call 250-828-8080, option 5 to speak with the gender-care receptionist.
- **Trans Lifeline -- Toll-Free Transgender Crisis Hotline**
 - 1 (877) 330-6366

The Wellness Journal was created in collaboration with past and present Student Wellness Ambassadors at Thompson Rivers University.

We hope that you find this resource helpful and we look forward to seeing you in the Wellness Centre (OM 1479).



Wellness Centre