

WELCOME TO WELLNESS!

Student Wellness Journal



truwellnesscentre  TRU Wellness Centre  www.tru.ca/wellness

October 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.



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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



October:

Healthy Living: Nutrition, Sleep, and Movement

This month in the journal:

- Setting healthy goals
- Easy, student-budget friendly recipes
- Ways to move your body
- Healthy sleep guide and sleep tracker
- October self-care planning guide
- Colouring page
- Nutrition, sleep, and movement resources



Setting Healthy Goals

PACT Goals



Purposeful: Your goal is connected to your inner passions and life's purpose.

Actionable: your goal incorporates small actions each day to avoid feeling overwhelmed by large actions required in the future.



Continuous: your goal involves a consistent daily effort that helps you maintain momentum and prevents procrastination.

Trackable: your goal is achieved in small trackable steps over time that help keep yourself accountable along the way.



2 Examples of PACT Goals:

1. Study for two hours per 1hr spent in class, and complete all assignments on time so I can get the grade I hope for in this course.

2. Exercise for 30 minutes every day so I can feel healthier and honour my body.

Your Turn!



Physical: _____

Emotional: _____

Academic: _____

Spiritual: _____

Financial: _____

Social: _____

**GOOD
JOB!!**

Healthy Recipes on a Student Budget

Gluten-free Chocolate Chip Pumpkin Cookies

Ingredients:

- 1 CUP Sugar (or your favourite sugar substitute)
- ½ CUP Brown sugar (lightly packed)
- 1 Egg
- 1 15oz Can of pumpkin puree
- ⅓ CUP Coconut oil, melted
- 1 TSP Vanilla extract
- 2.5 CUPS Gluten-free flour
- (*if you don't need your cookies to be gluten-free, you can use normal flour!)
- 1 TBSP Pumpkin pie spice
- 2 TSP Baking powder
- 1 TSP Baking soda
- ½ TSP Salt
- 1.5 CUPS Chocolate chips



Directions:

1. Mix together pumpkin, egg, brown sugar, and sugar using a hand mixer or standard mixer. Beat until light and incorporated.
2. Add coconut oil, and continue to mix. Add vanilla until incorporated.
3. In a separate bowl, mix together the flour, salt, baking powder, baking soda, and pumpkin spice.
4. Add dry mixture to wet, and fully combine. Stir in chocolate chips.
5. Bake at 350 degrees Celsius for 14-16 minutes. Cookies turn out best if not undercooked, otherwise they are too moist.
6. ENJOY!



To find easy recipes that use ingredients you currently have in your fridge, go to www.myfridgefood.com!

Healthy Recipes on a Student Budget

Carrot Ginger Coconut Soup

Ingredients:

- 1 tablespoon oil (coconut, avocado, vegetable, etc.)
- 1 large onion, chopped
- 2 tablespoons ginger, chopped
- 2 garlic cloves, chopped
- 2 lbs carrots, peeled and chopped
- 2 teaspoons ground turmeric
- 4 cups vegetable or chicken stock
- 1 15-ounce can coconut milk (must be canned)
- Sea salt and pepper, to taste



Directions:

1. Heat oil in a large pot over medium-high heat. Add the onion and sauté until translucent, about 3 minutes. Add ginger and garlic and cook another minute.
2. Add the carrots, turmeric, and stock to the pot. Raise the heat to high and bring to a boil. Reduce heat and simmer, covered, for 15 minutes, or until the carrots are tender.
3. Blend the soup (either in batches in a blender or using an immersion blender), then add the coconut milk and season to taste with salt and pepper.
4. Serve & enjoy!

You've got to Nourish
to Flourish!



Ways to Move Your Body

TAKE THE STAIRS

We don't all have the capacity to carve out time in our day specifically for exercise, and that is totally okay! Try and make small differences where you can, and take the stairs if you feel like it.



GO FOR A WALK

We are here to remind you that there is no bad way to move your body. Strip it down to the simpler joys in life, grab a furry (or human) friend, and go take a nice walk in the fresh air.

TRU REC PROGRAMS

For a more intense workout, visit: <https://gowolfpack.ca/fitnessclasses> to sign up for a free fitness class on campus. Make sure to remember your water bottle. Happy sweating!

HIKE WITH A FRIEND

Exercise can feel intimidating in our head. We are all climbing mountains everyday, whether mental or physical, the journey always feel less scary together. Take in the beauty around you while connecting with a friend.

DANCE IT OUT

TRU offers Zumba Mondays at 11:40am in the gymnasium. If public exercise isn't your thing, then make a playlist of your favourite hype songs, and dance away in your kitchen when no one is watching.



Healthy Sleep Guide



HOW MUCH **SLEEP** DO YOU NEED?

18-64 YEARS:
7-9 HOURS

65+ YEARS:
7-8 HOURS



IMPROVE SLEEP HYGIENE THROUGH:

- Making sleep a wellness AND academic priority
- Use your bedroom for sleep, sex, and sickness - the 3 S's. Avoid studying or gaming in your sleep space (if possible).
- Take a hot shower or bath before bed
- Create a sleep space that is cool, dark, and quiet.

APPROACHING A CONSISTENT SLEEP SCHEDULE

- Gradually change sleep and wake times in increments
- Create a personalized bedtime routine
- Unplug from devices 30 minutes before bed
- Tossing and turning for longer than 20 minutes? Get out of bed and try to read or do a quiet activity for a short time, then try again.

Try it for yourself!



PACT Goals for sleep (example): *Go to bed at 11pm every night & wake up at 7am every morning.*

Use the sleep tracker on the next page to log your sleep and keep yourself accountable!

Changes I noticed after 2 weeks of following my PACT sleep goals:

Mental: _____

Emotional: _____

Physical: _____

Academic: _____

Social: _____

	Wake Up	Bed Time	Nap Time	Total Sleep Time
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

October 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?

**You are doing
★ GREAT! ★**

October Colouring Page



Nutrition, Sleep, and Movement Resources

- Dial-a-Dietitian -- Free nutrition information line for British Columbians
 - Call 1-800-667-3438
- Dietitians of Canada -- Interactive Health and Nutrition Information
 - www.dietitians.ca/
- Health Link BC -- 24-hour, confidential non emergency health information and advice
 - Call 8-1-1
- Sleep Centre Clinic (Science Building, Room S301)
 - <https://www.tru.ca/science/research/sleep.html>
 - lmattthews@tru.ca
- TRU Recreation and Fitness Classes (TRU Gym)
 - <https://gowolfpack.ca/sports/2021/8/31/tru-recreation-and-fitness-classes.aspx>
- TRU Run 4 Fun Club
 - www.facebook.com/groups/2844827879092284
- Wellness Centre (Old Main 1479)
 - Visit the centre to find more information and resources!

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).



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