

WELCOME TO WELLNESS!

Student Wellness Journal



truwellnesscentre  TRU Wellness Centre  www.tru.ca/wellness

September 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



September:

The Must-Knows of Wellness & Student Life

This month we explore:

- Introduction to the Western Wellness Wheel and the Medicine Wheel
- Adjusting and coping with campus life
- Prioritizing health and wellness when we don't feel very well
- Grounding techniques
- Meet our campus resources
- Creating a self-care routine
- Student services A-Z
- Colouring page



Western Wellness Wheel

"Your well-being is like a wheel. Each dimension of wellness is interconnected and influenced by the other components". -- Gritz & Adri (Student Wellness Ambassadors)

Intellectual:
Expanding your knowledge and skills while discovering potential for sharing your gifts with others.

Emotional:
Understanding and respecting your feelings, values, and attitudes

Physical:
Caring for your body to promote health now and in the future.

Social:
Maintaining healthy relationships, enjoying being with others, and developing friendships and intimate relationships.

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**Dimensions
of Wellness**

Spiritual:
Finding purpose, value, and meaning in your life with or without organized religion.

Occupational:
Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding.

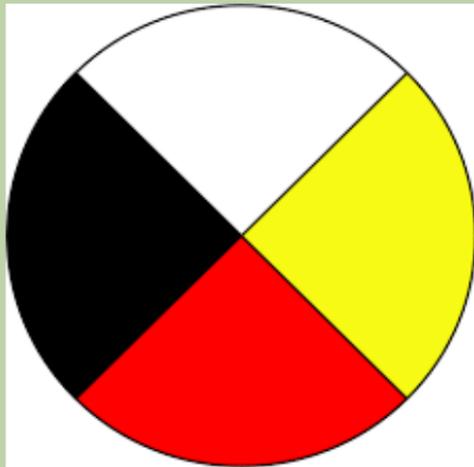
Financial:
Managing your resources within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs.

Environmental:
Understanding how your social, natural, and built environments affect your health and well-being.

The Medicine Wheel: Indigenous Model of Wellness

Many western models of wellness have borrowed their holistic ideals from the Medicine Wheel, an Indigenous model used to explain the intersections of spiritual, physical, emotional, and mental health.

The Wellness Centre has been working with Doe Thomas, a Tk'emlúps te Secwépemc Elder, to learn more about this model and to incorporate more Indigenous teachings into our work.



Key Values:

Wisdom, Respect, Courage, Love, Honesty, Truth, Humility

Wellness Wheel Activity

Think about one dimension of wellness (from either the Western or Indigenous model) you think you can improve. Write down at least 2 short-term goals and 1 long-term goal!



Reminder:

All 8 dimensions do not have to be equally balanced.

Aim for a personal harmony/fit that feels right to you!

Adapting to Campus Life

Take these handy tips with you as you transition to university living.

Prioritize wellness:
Follow protocols, make time for reflection and self-care, and most of all, reach out for support when you need it!



Take advantage of opportunities:
Nothing is worse than watching great opportunities pass you by. Seek out opportunities to participate by getting involved in research, clubs, student services, etc.

Be mindful of yourself and others:
Adjusting to campus life can be difficult for everyone! Remember that you are not alone and others are feeling the same as you.



Prioritizing Health and Wellness

Understanding Yourself

Carve out time and energy to reflect on how you are doing and give yourself space to rest. The shift to a social world will be very exciting for many of us. Remember that you still need time to yourself.



Remembering the Silver Linings

Don't forget to take all that you have been learning over the course of this pandemic with you into the new world. A greater appreciation for friends and family, understanding the value of time and rest, and a greater ability for self-reliance are just some of the silver linings of the pandemic.

Being open to personal growth

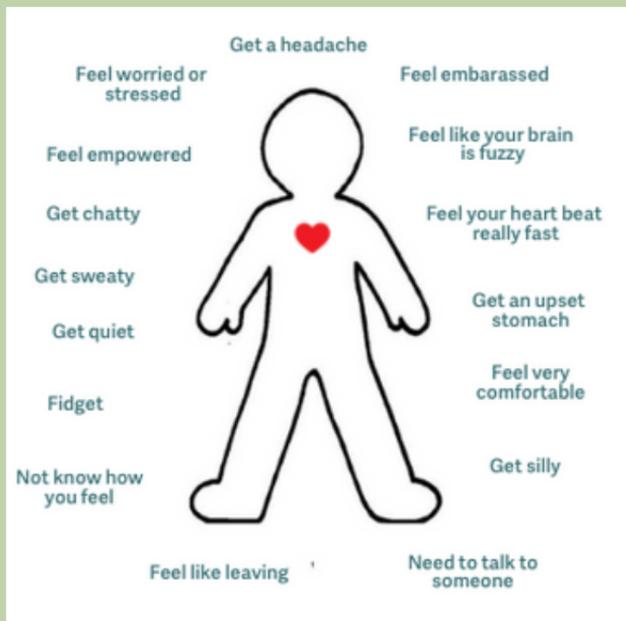
Take a moment to pause and reflect on your experiences, thoughts, and feelings about being back on campus to help increase your own self-awareness and ability to cope with your stressors. Learning about and practicing grounding techniques is a good way to build your "in the moment" coping skills. Also, learning to identify when it is time to reach out to friends, family, or professionals for support is a skill that can be nurtured and developed.



When we don't feel very well

Our bodies can be a window into our internal world and keeping an eye out for any changes will help you to know what it is that you need.

Learn to recognize when your body feels well and when it doesn't feel well. Remember that this varies from person to person. And most importantly, remember that it's OK to not feel OK. When you don't feel well, you might...

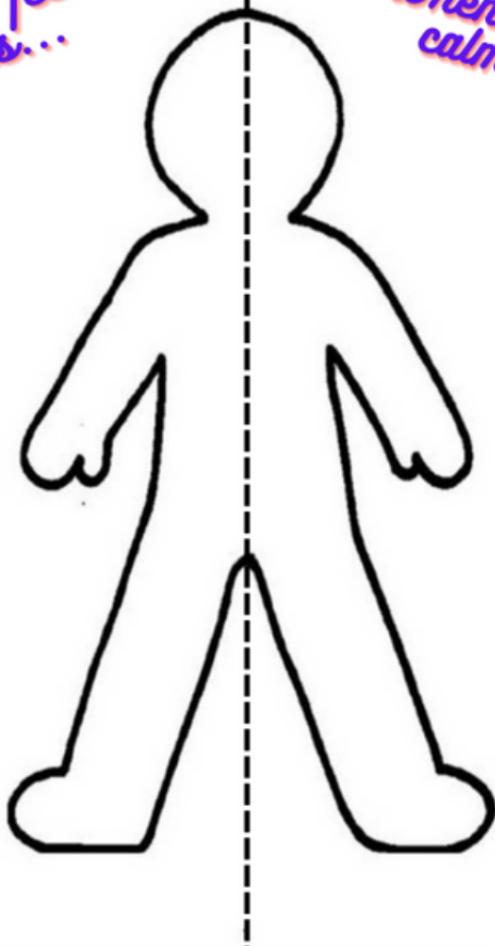


On this page, draw and use words to describe how your body feels when you are stressed and calm.

Listen to Your Body

When I feel stress...

When I feel calm...



Creating a Self-Care Plan



Self-care is an everyday practice focused on caring for oneself. Like any other practice, self-care can sometimes feel uncomfortable and effortful to employ.

However, it is a necessary practice in leading a healthy and happy life. Making a self-care plan is the first step toward routinely caring for yourself and prioritizing your wellness.

When creating a self-care plan, consider the following aspects of your health and wellness: Physical, Psychological, Emotional, Spiritual, Relational, and Professional.

What are some things that you do, or should do, regularly that support your well-being within each of these categories? An effective self-care plan should incorporate all aspects of one's life and should serve as a call to action to yourself, from yourself, that prioritizes your well-being.



6 Tips for an Effective Plan

Choose one activity or strategy for each aspect of your life.

Keep your plan somewhere visible and accessible to you every day.

Practice your plan as regularly as possible - daily.

Be open to alterations as you, and your situations, grow and change over time.

Reflect on any possible barriers to you effectively implementing your plan.

If there are barriers, reflect on how to overcome them and employ those methods for optimal efficacy.

Sample Self-Care Plan



Physical:

Getting up to walk around once every hour.

Psychological:

Take at least 1 minute for mindful reflection each day.

Emotional:

Speak to someone about how I am feeling once a day (e.g., family member, friend).

Spiritual:

Get outside into a natural environment (e.g., a hiking trail, a campsite, a body of water).

Relational:

Attend or plan a social event at least once a week (e.g., gathering, dinner, coffee with a friend).

Professional:

Set one work boundary and/or goal each day (e.g., not looking at emails after 4pm).

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

Sometimes I may get busy or feel too tired to do all of these things each day.

What are some strategies to overcome those barriers?

If I feel that daily practice for all of these is too much, I will evaluate which are most important to practice daily and change the rest to a weekly or even monthly practice.

Self-Care Plan: Your Turn!



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?

***well
done!***

Student Services A-E

- Academic Advising (Old Main Student Street - across from Starbucks)
 - advising@tru.ca
- Accessibility Services (Old Main 1631)
 - as@tru.ca
- The Bookstore (inside Campus Activity Centre)
 - bookstor@tru.ca
- Career & Experiential Learning (Old Main 1712)
 - careereducation@tru.ca
- Counselling (Old Main 1631)
 - studentservices@tru.ca
- Cplul'kw'ten (House #5)
 - indigenous@tru.ca
- Early Alert (Old Main 1242)
 - earlyalert@tru.ca
- Enrolment Services (Old Main Student Street - Across from Starbucks)
 - student@tru.ca



To find more information about the above resources, go to tru.ca/current/academic-supports

Student Services F-Z

- Financial Aid and Awards (Old Main 1629)
 - finaid@tru.ca
- The Library (House of Learning)
 - tru.ca/library/forms/email
- The Math Help Centre (Science Building, room S201)
 - [Facebook.com/TRUMathHelpCentre](https://www.facebook.com/TRUMathHelpCentre)
- Medical Clinic (Old Main 1461)
 - trumedicalclinic@tru.ca
- Multi-Faith Chaplains (Old Main 1421)
 - www.tru.ca/current/wellness/chaplaincy
- Supplemental Learning
 - www.tru.ca/current/academic-supports/sl/schedule-of-sessions.html
 - etempleman@tru.ca
- TRUSU (Ground floor of Students' Union Building)
 - info@trusu.ca
- The Writing Centre (Old Main 1411)
 - jegoddard@tru.ca
 - <https://www.tru.ca/current/academic-supports/writingcentre/appointments.html>



To find more information about the above resources, go to tru.ca/current/academic-supports

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