

WELCOME TO WELLNESS!

# Student Wellness Journal



truwellnesscentre  TRU Wellness Centre  [www.tru.ca/wellness](http://www.tru.ca/wellness)

**December 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



# December:

Stress and Winter Blues:

Coping, Exams, and the Holidays

## **This month in the journal:**

- Managing stress and anxiety
- Preparing for exams
- Make a study plan
- Private study spaces
- Holiday dessert and drink recipes
- Coping through the holidays
- December self-care planning guide
- Colouring page
- Academic supports



# Stress and Anxiety 101



## ***The Basics***

Stress and anxiety are perfectly normal human experiences that we have all been exposed to at some point in our lives. Although unpleasant, these internal states can serve to motivate us and increase performance and productivity. However, when left unmanaged, or when experienced in excess, these emotions can be debilitating. Know when to reach out for support.

## ***Management***

Like any other obstacle in life, you do not have to go it alone. There is no shame in sharing your stresses with those around you and leaning on your support system - as that's what they're there for! Having apprehensions about showing vulnerability is normal, but it does not have to impede your health. Acknowledge and accept your own feelings, confide in those you trust, and take the necessary steps toward managing your stress.



# Stress and Anxiety: Steps to Take

Acknowledging how you feel is the first step in managing your emotions. If you don't know that you are stressed out, how can you possibly do anything about it? Know what stress and anxiety can look like and reflect on your own state.



Once you have considered what it is that you need, it's time to take action. Confide in a friend or family member, reach out to one of the many campus and community resources. stick to your healthy routine, or better yet, do all three!

The next step is asking yourself what you need to cope. Do you need to talk to someone? Do you need support with your schooling, finances, work or social relationships? Do you simply need to adhere to your self-care plan - i.e sleep, eat, exercise?

# Preparing for Exams

## Get Organized

Having a plan and organizing your life is especially beneficial around exams. Getting organized will help you stay on track and mitigate some anxiety.



## Take Breaks

Don't forget to schedule some much-needed breaks into your study plan. Taking breaks is essential to your ability to learn and retain information.

## Get Enough Sleep

Sleep functions as a charger for your brain and allows for memory consolidation. Getting enough sleep will definitely give you a leg up in your exam performance as well as help you to feel refreshed and capable!



## Practice Positive Affirmations

Be your own cheerleader and support your own success through positive affirmations. Tell yourself that you will be successful and do the work necessary to get there!

**YOU!**  
**CAN!**

# Make Your Own Study Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morn- ing	eg. study 9-11						
After- noon	eg. go to lectures 11:30-4; break 4-6						
Eve- ning	eg. study 6-9						
Total Study Time	eg. 5 hours						

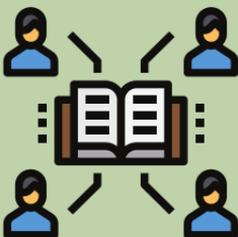


# Private Study Spaces

- **Family Study Room (Students with 1 or more children)**
  - Book here: <https://tru.libcal.com/reserve/family/hl234>
- **Graduate Study Space (Graduate students only)**
  - Individual study room:  
[https://tru.libwizard.com/f/grad\\_room](https://tru.libwizard.com/f/grad_room)
  - Group study room:  
<https://tru.libcal.com/reserve/gradgroup/hl314>
- **Group Study Rooms in the House of Learning Library**
  - Book here: <https://tru.libcal.com/reserve/hol>
- **Study Rooms in the TRU Students' Union Building (1st and 2nd floor)**
  - Book here: <https://trusu.resurva.com/>
- **Silent Reading Room (HOL 304)**



To find more study spaces, go to  
<https://www.tru.ca/current/campus-services/study-spaces.html>



# Holiday Dessert Recipe

## Vegan Apple Crisp

### *Ingredients:*

#### *Filling*

- 8 medium-large apples (half tart [like granny smith], half sweet [like honey crisp])
- 1 lemon, juiced
- 2/3 cup coconut sugar (or cane sugar)
- 1 ½ tsp ground cinnamon
- 3 Tbsp arrowroot starch or cornstarch (for thickening)
- 1/4 cup fresh apple juice (or water)
- 3/4 tsp fresh grated ginger (optional)
- 1 pinch nutmeg (optional)



#### *Topping*

- 1 cup gluten-free rolled oats
- 1/2 cup almond meal
- 1/2 cup all-purpose flour (or gluten-free flour)
- 1/2 cup coconut sugar (or cane sugar)
- 1/2 cup muscovado sugar (or brown sugar)
- 1/2 cup pecans (roughly chopped)
- 1/4 tsp sea salt
- 1 tsp ground cinnamon
- 1/2 cup melted coconut oil or olive oil

### *Directions:*

1. Preheat oven to 350 degrees F (176 C).
2. Peel apples, quarter, remove cores, and thinly slice lengthwise.
3. Add to a large mixing bowl and top with remaining filling ingredients. Toss to combine. Add to a 9x13 inch (or similar size) baking dish.
4. Rinse and wipe out your mixing bowl and add all topping ingredients. Stir to combine, then use fingers to break down any clumps of sugar. Pour over apples in an even layer.
5. Bake for 50 minutes to 1 hour (uncovered) or until the filling is bubbly, the apples are very fork tender (especially in the centre of the dish), and the topping is deep golden brown.
6. Let rest at least 30 minutes before serving.

# Holiday Drink Recipes

## Peppermint Hot Chocolate

### *Ingredients:*

- 400 ml skimmed milk or almond milk
- 100 ml light coconut milk
- 2 Tbsp honey (or maple syrup)
- 2 Tbsp cocoa powder
- 1 teaspoon peppermint extract
- Whipped cream and candy canes to serve (optional)



### *Directions:*

1. Pour the milk and coconut milk in to a saucepan and bring to the boil.
  2. Stir in the remaining ingredients and turn down to a simmer for 5 minutes.
- Pour in to mugs and serve with whipped cream and candy canes (optional).

<https://hungryhealthyhappy.com/healthy-peppermint-hot-chocolate/>

## Holiday Punch

### *Ingredients:*

- Ice cubes
- 1 cup Craisins
- 1 orange sliced
- ½ cup pomegranate seeds
- 3 cups sprite, or sparkling water
- 2 cups cranberry juice
- 2 cups orange juice
- 1 cup pomegranate juice
- Fresh mint for garnish



### *Directions:*

1. Combine all ingredients in a large pitcher. Pour punch in glasses and garnish with fresh mint leaves.

<https://www.deliciousmeetshealthy.com/holiday-punch/>

# Coping with Loneliness During the Winter and Holidays



The winter season can be lonely for lots of people. Here are five ways to battle loneliness during the winter/holiday season.



Connect with others online via video calling and social media apps to share important events, news, and occasions with friends and family.

You can also do online activities together such as watching movies or participating in a virtual escape room!

Reach out to others who are also going to be alone for the holiday season and make plans with them.

Find a volunteering opportunity to connect with and give back to others who are also struggling in our community.

Consider reaching out to your family and friends to let them know how you are feeling. You could ask for what you need and see how others can support you.

We know it can be hard to reach out; however, being brave and maintaining those authentic connections is really important for improving your mood and overall mental health.

Recognizing that you are doing the best you can and learning how to make the most of these experiences can help with managing the realities you have to face.

It is okay to set boundaries about what you expect of yourself right now. Your health and well-being are more important than the tasks you believe you have to achieve. Be kind to yourself.

# December 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?***



# December Colouring Page



# Academic Supports

- **Computer Science Club Support Lab** -- helps students needing some extra guidance in lower level COMP classes.
  - [trucsclub.ca/support](http://trucsclub.ca/support)
  - OM 1365
- **Language Learning Centre** -- Get help with any area of English language study such as: writing, vocabulary, reading, listening, speaking and pronunciation.
  - OM 2517
- **Learning Strategist - Academic Integrity** -- Information about academic integrity, the appeals process, or to inquire about the status of your case.
  - OM 1802
  - 250-828-5138
- **M.Ed/GCES Support Centre**
  - AE 305
  - [gsesupport@tru.ca](mailto:gsesupport@tru.ca)
- **Student Case Managers** -- Help you learn about your rights and responsibilities including academic and non-academic conduct.
  - [studentaffairs@tru.ca](mailto:studentaffairs@tru.ca)
  - [tru.ca/studentaffairs](http://tru.ca/studentaffairs)
- **Writing Centre** -- Can assist you by providing feedback on your writing.
  - OM 1411



*To find more academic supports, refer to the resources at the end of the September section of this journal.*

**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