

WELCOME TO WELLNESS!

Student Wellness Journal



truwellnesscentre  TRU Wellness Centre  www.tru.ca/wellness

January Issue



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



January:

Mental Health:

Ditching the Stigma & Holding Space



This month in the journal:

- Defining stigma and ways to fight against it
- Grounding exercises and tips
- Make your own grounding exercise
- Things to say when someone is anxious
- Tips for a healthy winter
- Gratitude checkpoint
- January self-care planning guide
- Colouring page
- Mental health resources





Stigma

Q

A



What is "stigma"?

Stigma is when individuals and, at times, society as a whole, possess a negative view or belief about a particular personal trait or characteristic. It is very common for mental illness to be stigmatized and most often is the result of a lack of knowledge, insight, and education around mental health topics.



How can stigma make people feel?

Stigma can be very harmful and lead people to feel isolated, ashamed, worthless, and discriminated against because of their mental illness.



How can I fight against stigma?

Great question! Go to the next page for a list of ways to fight against stigma.

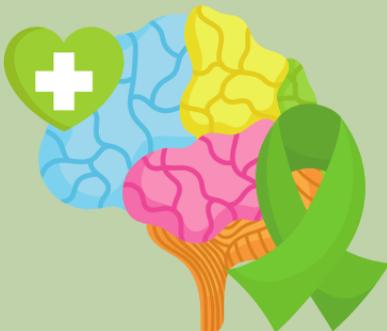


Here are some ways to fight against stigma:



- Educate yourself about stigma and mental illness
- Speak out about stigma to raise awareness and educate others
- Seek treatment, when appropriate, for your own mental health challenges
- Know that there is nothing wrong with you if you struggle with a mental illness
- Do not equate yourself to your illness - you are much more than your illness
- Stay connected to the community - reach out for support when you need it and learn to advocate for yourself and others who may have similar struggles. You are not alone!

**Mental
health
matters**

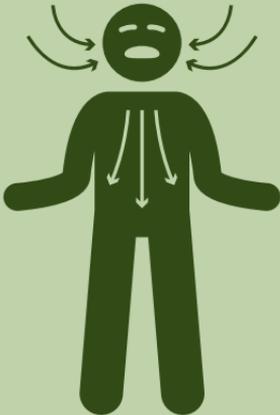
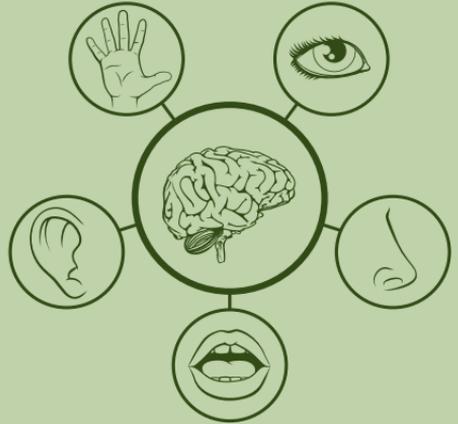


Helpful Grounding Techniques

Grounding techniques are self-regulation tools or skills that can be used to bring someone back to the "here and now" if they are feeling overwhelmed, anxious, or activated. They help you re-connect with the present moment.

5-4-3-2-1 Look around & name:

5 things you can see.
4 things you can feel.
3 things you can hear.
2 things you can smell.
1 thing you can taste
(or name a taste you like).



Deep Body Breathing

Breathe in through the nose for 3 seconds, and out through the mouth for 6 seconds.

The goal is to double the length of your exhale.

This type of breathing helps your nervous system calm down.



More Grounding Techniques!



Grab a pen and paper, set a timer for 5 minutes and write down anything that comes to mind.

Ask yourself: "What/how do I feel and what do I need (to take care of myself) right now?"

Lie down on the ground and pay attention to the sensations in your body.

Play a game on your phone or computer.

Find a quote, mantra, or positive affirmation that you like to say and repeat it to yourself.

Do something small that allows you to feel some control. For example, if you're sitting down, you could stand up.

Make Your Own Grounding Technique

There are many ways to feel grounded. Make note of some techniques you use or would like to use so you can refer to them in a time of need.

Some examples include:

- exercising
- meditating
- being in nature
- seeking support from a trusted person



**GOOD
JOB!**

Things to Say When Someone is Feeling Anxious



"You can get through this."

"I am proud of you. You're doing a great job."

"Tell me what you need right now."



"Concentrate on your breathing.
Let's return to the present moment together."

"What you are feeling is scary, but it's not dangerous, and it will pass."

What are 2 more things you could say?

1. _____

2. _____

Tips For a Healthy Winter



Combat the dark

A lack of light has been shown to effect mood in drastic ways. Make sure you are getting enough light exposure during the colder months by getting outside, using bright lights in the morning, and taking vitamin D supplements.

Stay Warm

Try to enjoy the seasonal opportunity to feel cozy and warm by eating lots of hot nutritious foods, wearing comfy sweaters, and curling up in fuzzy blankets by a fire!



Exercise

Although 4PM sunsets may make us all feel like staying home on the couch with a bag of chips, exercise is a massive mood stabilizer, it boosts confidence, and also makes us healthier. Don't forget to get your heart rate up with your favourite kind of movement!

Practice Gratitude

A way to make us all feel a bit better about what can sometimes feel like a gloomy time of year is to remind ourselves of all that we have. Write in a journal or share with friends and family the things that you are grateful for and the little things that happen each day.



Gratitude Checkpoint!

Write a list of things you are grateful for:



GRATITUDE LIST

















January Self-Care Plan



Physical:

Psychological:

Emotional:

Spiritual:

Relational:

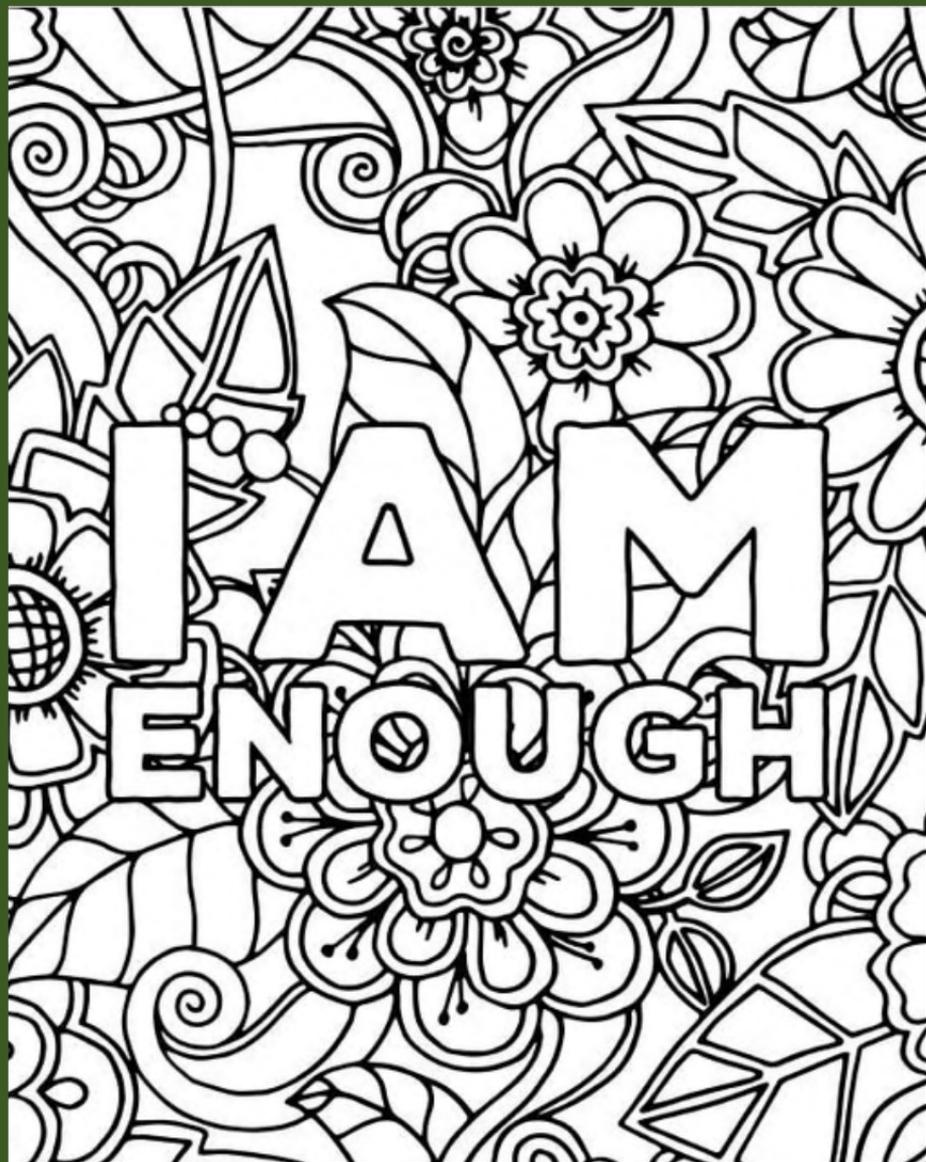
Professional:

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

What are some strategies to overcome those barriers?



January Colouring Page



Mental Health Resources for Students

- Interior Crisis Line Network -- 1-888-353-2273
 - Available 24/7, non-judgmental, free, and confidential.
- BC Crisis Centre -- 1-800-784-2433 (1-800-SUICIDE)
- Here2Talk.ca -- 1-877-857-3397
 - Free, confidential counselling and community referral services for BC post-secondary students.
- Connections Mental Health and Substance Use (MHSU)
 - 250-377-0088
- Keep Me Safe - 1-844-451-9700; My SSP App
 - 24/7 free, confidential professional counselling available in over 60 languages for TRU students
- Interior Health Mental Health & Substance Use Services
 - 310-6478 (310-MHSU)
- Urgent Primary Care & Learning Centre (RIH)
 - 250-314-2256 -- Call and ask to connect with a social worker; available until 8pm
- **Live online chat resources:**
 - crisiscentrechat.ca
 - youthinbc.com
 - teenmentalhealth.org

REMEMBER

Please consider reaching out if you are struggling. Although it may seem scary, we are here for you and we want to make sure you are safe.

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