

# KPU PEER WELLNESS

ISSUE 7 | SPRING 2024



## WELCOME!

We hope you enjoy our *Spring 2024 newsletter!* We appreciate you checking out our program and hearing what we're all about!

**The KPU Peer Wellness Team** is made up of students who share similar experiences and sentiments about what it's like being a post-secondary student while handling life's responsibilities. We help our fellow students by talking about relevant health and wellness topics, sharing KPU resources and services, and hosting events to provide a safer space & establish the social connection that we have been searching for here on campus. Our program operates under the Student Health Promotion Department and works closely with other departments in Student Affairs.

What you are reading right now is the latest edition of our newsletter! It contains a health and wellness article that can give you useful tips for this semester, as well as some KPU resources that you may not know about or maximized yet. We hope that we can help you even in the simple things we do, from one student to another.

Make sure you stay updated with our announcements and schedules through our Instagram account [@KPUPeerWellness](https://www.instagram.com/KPUPeerWellness) and our website at [kpu.ca/peerwellness](https://kpu.ca/peerwellness).

Thank you for your continued support and lively participation! See you at our next event!

- Aubrey Clarito, Peer Wellness Leader

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### CONNECT WITH US!



# HEALTH & WELLNESS

1. I can cause distress and make you feel low. But taking deep breaths can help me go. What am I? \_\_\_\_\_
2. Why did the acid go to the gym? \_\_\_\_\_
3. I am a state of mind that can be found when you appreciate the present moment. What am I? \_\_\_\_\_
4. I am always in your hands, but you cannot hold me for long. I bring joy and happiness wherever I go. What am I? \_\_\_\_\_
5. What does seven days without exercise make? \_\_\_\_\_
6. I'm a state of mind that makes you blue, when bad thoughts take over you. What am I? \_\_\_\_\_
7. When life throws challenges, I stand tall. Helping you bounce back from setbacks, I won't fall. What am I? \_\_\_\_\_
8. My rosy cheeks and sweet demeanor. I can help to make your body leaner. What am I? \_\_\_\_\_
9. I am vital for everyone's body and mind. Restoring your energy, leaving fatigue behind. What am I? \_\_\_\_\_
10. I am a secret to happiness that can be found in the pages of a good book. What am I? \_\_\_\_\_
11. In difficult times, this practice is grand. Clearing the mind with presence firsthand. What am I? \_\_\_\_\_
12. I am a source of happiness that can be found when you embrace change and let go of resistance. What am I? \_\_\_\_\_
13. I am a way to unwind and relax. Through deep breathing and calm tracks. What am I? \_\_\_\_\_
14. I am often kept to oneself, but I thrive and multiply when shared. What am I? \_\_\_\_\_
15. This balance is must, to avoid burnout and stay robust. What am I? \_\_\_\_\_
16. I am a maze of worries and doubts, spinning around in never-ending bouts. I keep you awake in the dead of night, but with self-compassion, you can find respite. What am I? \_\_\_\_\_
17. I am a state of mind that can be achieved by embracing imperfections and finding beauty in them. What am I? \_\_\_\_\_
18. I am a thread weaving connections tight. Building relationships, bringing joy and light. What am I? \_\_\_\_\_
19. Connections with others that are genuine and true. We nurture this with good people to help us through. What am I? \_\_\_\_\_
20. I am something that can be found in the pursuit of knowledge and personal growth. What am I? \_\_\_\_\_
21. I am a key that unlocks the door to happiness, found in the act of letting go of the past. What am I? \_\_\_\_\_

## ANSWER KEY:

1. STRESS 2. To make a BUFFER solution 3. MINDFULNESS 4. a SMILE 5. ONE WEAK 6. ADAPTABILITY 7. RESILIENCE 8. an APPLE 9. SLEEP 10. IMAGINATION 11. MINDFULNESS 12. NEGATIVITY 13. MEDITATION 14. LOVE 15. WORK-LIFE BALANCE 16. OVERTHINKING 17. SELF-LOVE 18. SOCIAL SUPPORT 19. a HEALTHY RELATIONSHIP 20. FULFILLMENT 21.

The KPU Multi-Faith Centre is ***a coalition of chaplains***, uniting from diverse faiths and secular communities. **At KPU, our chaplains can individually meet with students, staff, and faculty to provide a respectful alternative to a questioning mind.** The Multi-Faith Centre also hosts activities, and participates in events throughout the year. To learn more about the Multi-Faith Centre or to view their “multicultural calendar,” visit: [kpu.ca/multifaith](http://kpu.ca/multifaith)

### **Chaplains at the Multi-Faith Centre are here for you!**

- Collaborate - respecting communities of diverse faith-based & secular worldviews
- Create spaces for discussion, discover, solace, and sanctuary
- Encourage students to follow their own spiritual journey
- Inspire students to live more thoughtfully - with virtue

### **Where & how can I visit a chaplain?**

If you just have a question, or like to remain confidential: [kpu.ca/multifaith/ask-a-chaplain](http://kpu.ca/multifaith/ask-a-chaplain)

Visit either **Richmond (Main building, Room 1564)** or **Surrey (Cedar 1035)** campuses to meet with a chaplain personally - they'll be happy to see you

# RESOURCE HIGHLIGHT – *The Career Development Centre*

Article written by Peer Wellness Volunteer *Japjot*

Looking for job or volunteer opportunities that fit and strengthen your skillset? Do you need help building your resume and portfolio? Are you at a crossroad about which career you want to pursue? The **Career Development Centre (CDC)** can help answer these questions and more!

## *What does the Career Development Centre provide?*

- Access free **Resume and Cover Letter** review services: [kpu.ca/careers/resume-review](https://kpu.ca/careers/resume-review)
- Prepare for interviews through **mock interviews**
- Network through **On-Campus recruitment and Career Fairs** with hiring employers about job and volunteer opportunities in the community
- Gain hands-on work experience and skills through **Co-op programs** and learn more during their **Co-op Info Sessions**
- Learn about **on- and off-campus work and volunteer opportunities** for KPU students through Career Connection, KPU's largest student and alumni online job board:  
[kpu.ca/careerconnection](https://kpu.ca/careerconnection)
  - Internal job opportunities, like student assistant positions for on-campus work
  - External job opportunities at employers and companies outside of KPU
  - Work Study positions for students demonstrating financial need
  - Volunteer positions for KPU events and departments
- Watch free **informational videos** that you can access anytime and anywhere
- Find **Career Resources for Indigenous Students**

## *How do I reach out to the Career Development Centre?*

You can book appointments through **Advisor Connect** to meet Career Coaches or drop-in anytime during their virtual hours: [kpu.ca/careers/appointment](https://kpu.ca/careers/appointment)

- **Virtual Group Drop-ins:** Tuesdays (2PM–3PM) and Thursdays (10AM–12PM)
- **Virtual Chats:** Mondays to Fridays 1PM–4PM

The Career Development Centre is located at the **KPU Surrey Campus, Main Building Room 136**, and they are also available on other KPU campuses by appointment

If you have any questions or inquiries, you can check their website for more details [kpu.ca/careercentre](https://kpu.ca/careercentre) and/or reach out to them via email [careers@kpu.ca](mailto:careers@kpu.ca) or [co-op@kpu.ca](mailto:co-op@kpu.ca)

# HEALTH & WELLNESS– *Reading Break Plans*

Article written by Peer Wellness Volunteers *Catherine and Arsh*

A whole new semester has come yet again! This means another 13 weeks of hard work and studying. However, this semester we can look forward to the halfway point: the much-awaited Reading Break! For students, this amount of free time is never taken for granted because it can be used to catch up on schoolwork or take some time to relax without worrying about deadlines. This week can also be a good time to step back, reflect on your progress, and reevaluate your game plan on how to finish the semester with flying colors. Whatever you choose to do, here are some ways to maximize your time during the reading break! Pick which days feel right to you: use a different order, skip/repeat some days, etc.

**Day 1- Spend time with loved ones:** Feb 20<sup>th</sup> is Family Day in BC! Having quiet time is a great way to relax and stay in tune with yourself, but it's important to socialize and spend time with the people closest to you. Research shows that spending quality time with family and friends significantly **contributes to your overall happiness**. Create memorable experiences with your loved ones like playing board games or enjoying a home-cooked meal together. This can help **combat stress and improve your social and emotional well-being** (Pezirkianidis, 2023). Schedule some plans and look for some opportunities everyone can enjoy and be interested in.

**Day 2- Do things for you:** It's equally important to take time for yourself. Take your mind off from the day-to-day priorities and do something you have been putting off for a while! You can express yourself in a variety of ways whether it is through engaging in active, creative, or relaxing activities. Do things for your **sheer enjoyment** and recognizing that not everything has to serve a specific focus. These activities may be **"breathers," and "restorers"** allowing you to engage in enjoyable activities while also facilitating **stress recovery** which ultimately induce positive emotions (Pressman et al., 2009). Maybe start reading a new book, watching a new Netflix series, or trying a new self-care routine.

**Day 3- Focus on self-improvement: Reflect on your goals** and ask yourself "What aspects of my life would I like to improve? Which skills or habits do I wish to cultivate?" Based on your reflection, make the most out of this opportunity to develop a skill or work on yourself. Remember that **self-improvement** is a continual process, and setting out a day during the reading break to work on being the best version of yourself can be a terrific way to get started.

**Day 4- Move your body:** Moving is a great way to **mentally recharge** while being physically active. You have undoubtedly spent the last few weeks sitting in the same position for hours on end. Take some time to stretch your neck, back, and body. Research has shown that those who exercise regularly have a better mental state as **exercise improves mood and self-esteem** while decreasing stress tendencies (Mahindru et al., 2023). So, here's a reminder to stretch, take a walk, go for a swim, try out a new sport, dance at home, or simply just move your body.

**Day 5- Reconnect with nature:** Taking some time outside helps for a change in scenery after a busy week of studying. If you are sick of being stuck indoors, spending time outside and reconnecting with nature may help you **re-energize**. Exposure to nature has been significantly associated with **improved cognitive function, blood pressure, mental health, and sleep quality** (Jimenez et al., 2021). Even if it gets a bit chilly outside, get your essential dose of Vitamin D from nature by going for a walk and visiting your local park as long as the weather is nice.

**Day 6- Declutter:** Are there any unnecessary items that have been taking up your space, but you just did not have enough time to remove? You may think of decluttering as a household chore, but it is actually a way to clear up not only your workspace but your mind as well. Clearing out spaces can be considered as self-care because it can **improve your mood, productivity, and well-being** (Muster et al., 2022). It can be difficult to start, but even a single step goes a long way. Perhaps start with smaller spaces such as your bedroom and make small manageable changes one step at a time.

**Day 7- Recharge and Get back on track:** After enjoying some time off from university in the past few days, it is time to transition back and focus on classes that may require catching up. Routine has frequently been shown to be important for academic success (Arlinghaus and Johnston, 2019). Therefore, creating a **weekly routine** may help you stay on top of your tasks and overcome procrastination. It is best to mark your calendar of all the upcoming schoolwork so you're always up to date for the rest of the semester.



Make sure to treat yourself and come back to university with a renewed sense of energy, motivation, and mindset. Be excited, celebrate yourself, and recognize your achievements so far in every aspect of your life! We hope you try out some of these suggestions and if they work for you, why not carry them over for the rest of the semester? Here's to achieving a healthy balance between your academics and well-being!

#### References

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# October 2023: THRIVE MONTH

