

# Orientation to Wellness

Tips and Resources for Students

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Campus Wellness



UNIVERSITY OF  
**WATERLOO**

# In this seminar you will learn

- Common themes and obstacles first year students face.
- Strategies for your transition to university life.
- Free resources available to you.

# **Common feelings and experiences**

# Common experiences

- **Moving from your family home** – Living in residence or off campus.
- **New friends and socializing** - Leaving your high school friend group and meeting a new group of people.
- **Dating** – Long distance relationships or new relationships.
- **School pressures** – New ways of studying, new subjects, co-op applications.
- **Career and self-definition questions** – Who am I and where am I going?

# Common feelings

- Fearful – It will get better
- Excitement – Enjoy yourself
- Numb – This will pass
- Proud and successful – You got this!
- Loneliness – You are not alone



# What is likely to change?

- **Your identity** – Being away from your family allows you to further shape your personal identity (interests, religion, politics etc).
- **Your independence** – You may be managing your finances, your own household chores, cooking, and personal wellness for the first time.
- **Relationships** – You may find yourself in new situations, or defining yourself in your peer groups or romantically.
- **Cognitive development** – You'll be learning new content and different ways of thinking about things.
- **Stress levels** – You may need to learn new ways to cope with challenging life situations.

# How to cope with change

- **Integrate and get connected with people and activities on campus** – Focusing on school work is important, but it is equally important to have balance in life. Meet new people and join a club!
- **Build a support system** – There are many supports and resources on or near Campus to help (ex. Advisors, friends, mentors etc.).

# How to cope with change

- **Stay connected with people at home** – Stay in touch with your supports at home (parents, friends, siblings, mentors etc.).
- **Ask for help if you need it** – Making it on your own does not mean never asking for help. It means deciding for yourself when and how to ask for the kind of help you need and taking the initiative.





# How to cope with perfectionism

- Remember that every one experiences set backs or failure at some point in their lives.
- Consider your mindset – what mindset are you bringing with you into a situation? From Carol Dweck:
  - Fixed mindset: Students for whom performance is paramount, want to look smart even if it means not learning a thing in the process.
  - Growth mindset: Students who focus on learning and are willing to experience the effort, struggle, and failures that are part of the learning experience.

# **Five basic self-care tips**

# Five basic self-care tips

1. **Sleep** – Sleep is an important factor for success. It impacts our mood, energy level, and concentration. Try as best as you can to have a consistent bed and wake up time and create a comfortable sleeping environment for yourself.

The National Sleep Foundation in the US has done studies that show sleeping well can help with academic performance.



# Five basic self-care tips

2. **Nutrition** – Don't neglect your meals in periods of stress. Eat regular meals and pack healthy snacks when you're away from home.



# Five basic self-care tips

3. **Exercise** – Keep active on a regular basis. Even just taking a stretch break every hour while studying or taking the stairs can make a difference.

Try to stay connected with the activities you enjoyed in high school.





# Five basic self-care tips

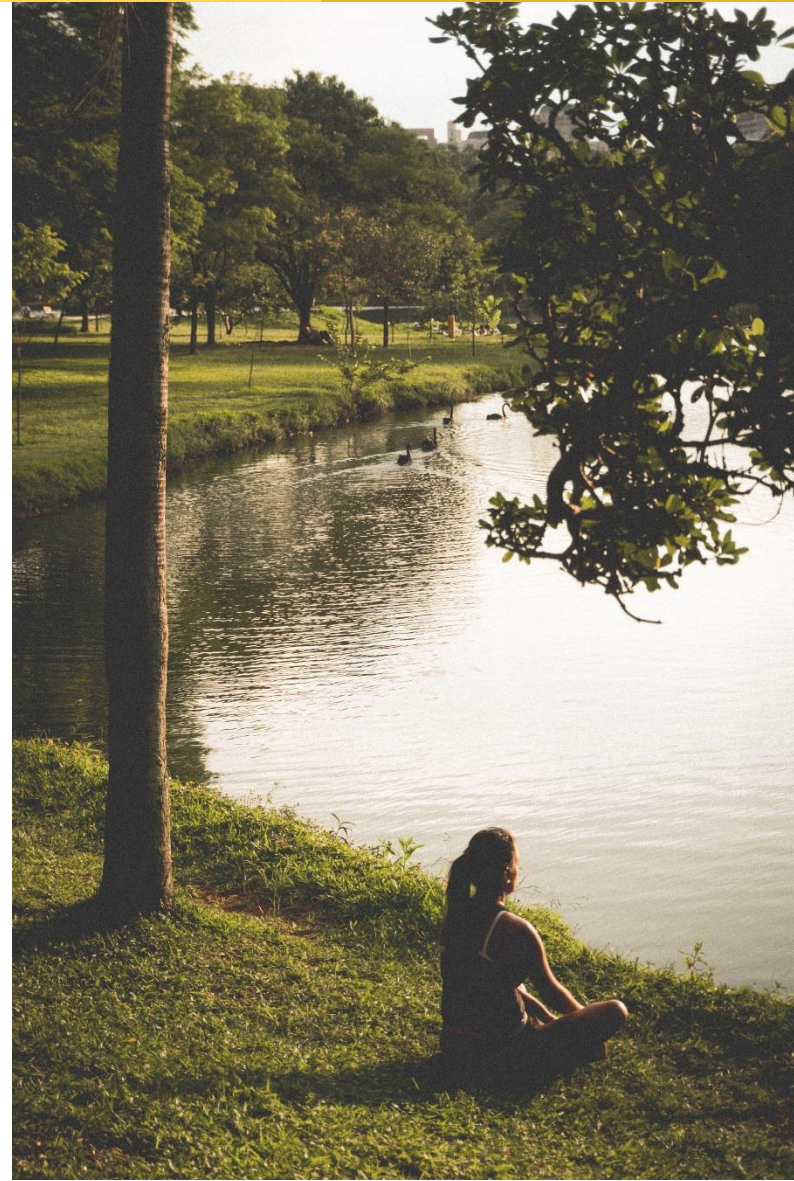
4. **Balance** – Keep a healthy balance between mind, body, and spirit. Even when you are busy with school deadlines make sure to schedule some time for activities you enjoy like friends, exercise, or even watching an episode of your favourite TV show.



# Five self-care tips

5. **Become a student of self-care** – Try a mindfulness meditation app, watch a motivational video, or listen to a self-development podcast.

Try an app like Stop, Breathe, and Think, or Calm. See our website for a larger list of resources:  
[uwaterloo.ca/campus-wellness](https://uwaterloo.ca/campus-wellness)



# **Campus Wellness resources**



# Campus Wellness – Health Services

Health Services offers a variety of services, including:

- Walk-in and booked appointments with physicians and nurse practitioners for primary medical care.
- Mental health office.
- Immunizations and allergy injections.
- Sexually transmitted infection (STI) testing.
- Birth control dispensary, emergency contraception, pregnancy tests and counselling.
- Nutrition Services.

# Campus Wellness - Health Services

- See our website:  
[uwaterloo.ca/campus-wellness](http://uwaterloo.ca/campus-wellness)  
for more information about  
our hours.
- We're located in the Health  
Services building across from  
the SLC.
- Call 519-888-4096 to book an  
appointment.



# Campus Wellness – Counselling Services

We're here to help and support you. We do this by offering:

- **Workshops and seminars** – In person and online on topics like resilience, challenging your thoughts, mindfulness, managing your emotions and more.
- **Individual counselling** – Walk-in and booked appointments available.
- **Group therapy** - On topics like depression, anxiety, and more.
- **UW MATES peer counselling** – Peer to peer support.

# Campus Wellness – Counselling Services

- See our website: [uwaterloo.ca/campus-wellness](http://uwaterloo.ca/campus-wellness) for more information about our hours and locations on campus.
- Our main office is in Needles Hall Addition on the second floor.
- Our phone number is 519-888-4567 ext. 32655.
- Find us on Facebook @UWaterlooWellness and Twitter @UW\_Wellness for news about upcoming workshops, seminars, and tips for self-care.



# **Other resources on campus**

# Campus Resources - Academic

- **Academic Advising** – 519-888-4567 ext. 35378  
Faculty advisors provide support including academic information requirements  
[uwaterloo.ca/registrar](http://uwaterloo.ca/registrar)
- **AccessAbility Services** – 519-888-4567 ext. 35082  
Provides academic support for University of Waterloo students with both permanent and temporary disabilities.  
[uwaterloo.ca/accessability-services](http://uwaterloo.ca/accessability-services)
- **Student Success Office** – 519-888-4567 ext. 84410  
Provides a variety of services including workshops, success coaching, peer mentoring, and tutoring programs.  
[uwaterloo.ca/success-office](http://uwaterloo.ca/success-office)

# Campus Resources – Other resources

- **Police Services** – 519-888-4567 ext. 22222  
For emergency services on campus.  
[uwaterloo.ca/police](http://uwaterloo.ca/police)
- **Centre for Mental Health Research** – 519-888-4567 ext. 33842  
Offers accessible, effective mental health services for people of all ages in the Region of Waterloo.  
[uwaterloo.ca/mental-health-research](http://uwaterloo.ca/mental-health-research)
- **Athletics**  
Offers a variety of activities you can do to stay active, including access to gym equipment, swimming facilities, and fitness classes.  
[athletics.uwaterloo.ca](http://athletics.uwaterloo.ca)
- **Co-operative Education and Career Action** – 519-888-4047  
Provides career counselling and support for University of Waterloo students (regular and co-op), alumni, employees, and post-docs.  
[uwaterloo.ca/co-operative-education-career-action/](http://uwaterloo.ca/co-operative-education-career-action/)
- **UW Chaplains**  
The UW Chaplains represent eleven different faith traditions, and they provide support to students, faculty, staff and the community.  
[uwaterloo.ca/chaplains](http://uwaterloo.ca/chaplains)

# Other Campus Resources – FEDS services

- The Women's Centre
- Off Campus Community
- GLOW Centre
- Co-op Connection
- FEDS Food Bank
- Bike Centre
- FEDS Clubs



For more information, visit [www.feds.ca](http://www.feds.ca)



# Disclaimer

- The information on the University of Waterloo Counselling Services site is not intended as a substitute for medical professional help or advice but is to be used only as an aid. A physician should always be consulted for any health problem or medical condition.
- The University of Waterloo expressly disclaims all warranties and responsibilities of any kind, whether expressed or implied, for the accuracy or reliability of the content of any information contained in this seminar, and for the suitability, results, effectiveness or fitness for any particular purpose of the content. You are solely responsible for your use or reliance on such information and any foreseeable or unforeseeable consequences arising out of such use or reliance. In no event will the University of Waterloo be liable for any damages resulting from the use of or inability to use the content, whether based on warranty, contract, tort or other legal theory, and whether or not the University of Waterloo is advised of the possibility of such damages.

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