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ENGWellness Faculty and Staff Newsletter



Produced by: the ENGWellness Ambassador

IN THIS ISSUE

[Welcome](#)

[Ctrl V](#)

[Games on Tap](#)

[Kingpin Bowling](#)

[KW Escape](#)

[Cineplex VIP](#)

[Innocente Brewing](#)

[St. Jacobs Market](#)

Welcome to Real Spring!

Welcome to the last month of the term and, sadly, exams. While the weather seems to have most definitely taken a swing for the better, academics have taken a swing for the worse with students beginning the final push so they can relax for the summer. Unless of course they have courses during the summer as well, but we hope you do find some time to get out and enjoy some fun elements like non-academia people, not saying you aren't fun, but hopefully you can get out of your offices and labs for a bit.

Exam Preparation

As you all know the students have begun their preparations for exams and we are sure you are all facing a lot of emails with questions and are busy getting your exams printed. So today's newsletter is going to entirely go the other direction and instead offer a few suggestions as to how you can enjoy your days off.

Ctrl V - Virtual Reality

As the people who teach about technology every day and are constantly on the leading edge of the academic world we certainly hope you have experience the current leading edge of simplistic

virtual reality (VR). VR has recently become very popular as the newest form of entertainment, allowing for people to reach a new level of in depth gameplay experience. While you would be familiar with arcades that are filled with pinball machines, PAC man, Asteroids, and so many more, the new VR arcades have taken off in a major way. Upon arrival at [Ctrl V](#) you will be taken to a booth where you will put on a headset, grab two controls and enter a whole new world. You might find yourself in a medieval era armed with a bow shooting targets or slaying dragons, exploring the depths of the ocean without getting wet, or even trying to escape a complex virtual escape room.

So, is there any reason to not go you may be asking yourself. Quite simply the answer is no. Their Waterloo location is even just up the road from the University, so you don't even need to worry about parking!



Games on Tap

Maybe the VR scene isn't quite your thing and you prefer games that you can actually touch, well we have the solution for you. [Games on Tap](#) is a board game café over on Weber street. It is a truly lovely and cozy atmosphere where you and friends or family can lounge at couches or a table to play over 982 different board games. To make it even better, there is a lovely little café inside manned by even lovely and friendly employees who can offer a whole variety of treats, snacks, and drinks for you to enjoy as you play! If you are worried that you might go hungry over just bagels, cookies, and other confectionaries they even have a menu with sandwiches, snacks, and beverages!



You can go and enjoy playing all these games for as long as you like while they are open, and if you have a large group who would like to come out you can book space and tables ahead of time even to ensure everyone gets a seat. This can be a very fun and relaxing way to spend a night, maybe even more fun than grading that ever growing pile of exams.

Kingpin Bowlounge & Boston Pizza



Perhaps games as a whole just simply aren't where you find joy, as you prefer to use your brain purely for more academic pursuits. In which case perhaps you would be interested in something more physical, such as bowling! The [Kingpin](#) bowling at Bingemans is quite fun with the active atmosphere and the added benefit of having a restaurant added to it. This way you can kick back and enjoy some good food and drink so that when you start throwing gutter balls you can blame it on bar as opposed to the ball, since only bad athletes blame their equipment.

KW Escape

If you still haven't found something that isn't quite up your alley, perhaps this next suggestion involving physical activity and the mind will allow you to *escape* from work for a bit. [KW Escape](#) is a wonderful place with 7 different escape rooms currently. With a variety of levels of difficulty and puzzles we can assure you that it is a complete blast for everyone. If you are competitive you can always try to beat the room as quickly as possible and get a record set for the puzzles, and there may or may not be a record currently held by the author of this newsletter if you really need a challenge! The facility is always cleaned and reset after every use, ensuring that the puzzles are always reset and there are no hints left behind by previous players.



Cineplex - VIP

If you feel like kicking back and enjoying a movie, but also dinner, then we would recommend the [Cineplex VIP](#) experience here in Kitchener. One of the best advantages of this experience is that you can have your dinner brought to you in the theatre itself from the extensive menu, which is as big as any restaurant menu with many options. What more can you really ask for on a Friday night besides being able to kick back, watch a movie, and not having to worry about cooking dinner or the mountain of dishes it inevitably produces.



Innocente Brewing Company

Maybe after all this we still haven't found where your tastes lie for your after work activities, maybe you enjoy local culture and uniqueness. If this is the case, then you might find yourself enjoying some time taking a tour of the [Innocente Brewing Company](#). This brewery is based locally here in Waterloo and offers tours of its facility, allowing you to learn about the history, culture, and taste of this unique place.



St. Jacobs Market

If we still haven't found what you're looking for, then you must be an early riser just like the farmers. In which case you might find yourself adventuring over to the [Farmer's Market](#) on the hunt for fresh produce and a variety of other goods and goodies. At the market you can find almost everything you need to prepare a meal with fresh local ingredients at home. Plus there's the added benefit of supporting local farmers instead of spending your time stalking the isles of Sobeys and Walmart. On top of all that, the culture at the market is always amazing and so cheerful. You get to hear auctioneers running bidding wars, smell freshly baked bread, and see amazing hand crafted items.



After all these choices we certainly hope that maybe one of these things has sparked a moment of interest for you all, and if not, then maybe you prefer to have a glass of wine while grading exams. No matter what your choice is, we wish you the best of luck with the end of this term. It has been an absolute pleasure writing these newsletters and I hope that along the way you have learned something new, just as I have. With this I turn the newsletters over to the next co-op and the beginning of their new term journey.

Helpful Wellness Resources

- [Employee & Family Assistance Program \(EFAP\)](#) - A range of health and wellness services dedicated to University of Waterloo employees and their dependent family members.
- [Referral Resources for Faculty & Staff](#) - Tips for speaking to a student who may be struggling.

Other Wellness Resources to Refer to Students

- [EngSoc's Guide on Accessing Mental Health Resources at UW](#) – A no nonsense guide of the services and resources available at UW to ENG students.
- [OUSA COVID-19 Resources for Students](#) - Financial aid, learning tips, and other mental health initiatives.
- [Campus Wellness Group Therapy and Workshops](#) - Group therapy can be beneficial by helping you find new perspectives on shared challenges, feel inclusion and relief knowing that others experience similar challenges, and allowing you to practice new skills in a supportive environment.
- [Campus Wellness Online Workshops and Seminars](#) - Everything from managing emotions, reducing stress and improving sleep.
- [Chaplains Services](#) - Spiritual mentors to promote the integration of academic knowledge and meaningful personal faith.
- [Mental Health Commission Resource Hub](#) - Mental health and wellness during the COVID-19 pandemic.
- [Canadian Mental Health Association \(CMHA\)](#) - Tips to manage your mental health during COVID-19.
- [Wellness Together Canada](#) - Mental health and substance abuse support.
- [Here 24/7](#) - Offers addictions services and support groups
- [Canadian Centre on Substance Use and Addiction \(CCSA\)](#) - Offers free online resources, tools, apps, and information to support substance use issues by connecting with peers support workers, social works, and professionals for confidential chat services.
- [Centre for Addiction and Mental Health \(CAMH\)](#) - Provides valuable information on addiction and ways to identify if help is needed and how to access it.

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