

MARCH 2021



ENGWellness Graduate Newsletter

Produced by: ENGWellness Ambassadors

Nutrition and a Healthy Diet

Having a healthy diet goes beyond depriving yourself of the food you love or staying unrealistically thin. It is more about feeling clean internally, having more energy, improving your health, and increasing your mood. Nutrition is the study of the nutrients contained in our food, how our body utilizes them, and the connection between diet and disease. Some nutrients that are crucial to our body's diet include proteins, carbohydrates, fats, vitamins, minerals, fiber, and water. An imbalance of all these nutrients may increase the risk of certain health conditions.



Having a healthy diet helps pave the way to a healthy heart, strong bones and muscles, a sharp mind, and feeling fantastic overall!

There are several aspects that constitute a healthy diet and it can get confusing; however, it is important to remember the right quantities from the major food groups as no single food group provides everything the body needs for sufficient health.

Here are some simple tips to eat healthier:

- Eat fruits, vegetables, whole grains, fish, vegetable oils, beans, and nuts more often.
- Limit whole milk, red meat, processed meats, processed grains, sugars, sugary drinks, and packaged or processed foods.
- Eat your staple foods.
 - Rice, wheat, and potatoes provide plenty of energy.
- Consume more vegetables.
 - Beans, peas, and lentils are a great source of protein, vitamins, fibre, and minerals.
- Drink lots of water!

Check out these Delicious Recipes

- [Caprese muffin-tin frittatas](#)
- [Corn, bean, and squash soup](#)
- [Vegetable curry](#)
- [Savoury pear and cheese scones](#)

Food Insecurity

Food insecurity is a serious concern that affects millions of people across Canada, with 1 in 8 households reported to be food insecure in 2018. Household food insecurity is the inadequate or insecure access to food due to financial constraints. It can range from marginal food insecurity where people worry about running out of food or limited food selection, to severe food insecurity where meals are skipped completely.

It is associated with lower income, but also differs by Indigenous status or racial group. Northern Aboriginal groups are particularly impacted by this as market food is often expensive, unavailable, or of poorer quality and nutritional value. COVID-19 has also influenced food insecurity, as Canadians who were absent from work due to COVID-19 were almost three times more likely to be food insecure than those who worked.



Food insecurity negatively impacts physical, mental, and social health, and costs our healthcare system considerably each year. For children, experiencing food insecurity at an early age is linked to childhood mental health conditions that affect wellbeing in adolescence. There is also a strong relationship between food insecurity and poor mental health overall, with an increased risk of depression, anxiety and mood disorders.

Food insecurity is prevalent among university students too. Studies show that rates of food insecurity among students ranges from 30 percent to 40 percent. It is often driven by factors outside of students' control like restrictive or expensive campus food environments and low wages. COVID-19 has caused an increase in unemployment, and it is estimated that more than half of postsecondary students are coping with food insecurity. Rates of food insecurity are reported to be highest among international students, as well as black, Indigenous and students of colour.

WUSA has a Food Support Service that currently runs to provide food and hygiene products to any student, staff, or faculty in need. Pre-packaged food hampers that can be customized to certain dietary preferences are available at several locations across campus. However, in the long term, food assistance programs are not enough on its own to help those in need. In order to truly reduce this public health issue, changes to policies, financial programs and postsecondary campus food options must be made.

Nutrition Health Services at UW

Campus Wellness has Nutrition Services that provide various nutrition articles available to all students online. With a referral from a Health Services physician, students can also receive individual counselling with a Registered Dietitian.

Do you have general questions about nutrition? Check out the Nutrition Services FAQ page!

Why Professors Should Promote a Growth Mindset

Professors are an essential part of students' learning experiences in university. They have the responsibility of teaching course materials in order to guide students through various concepts. Many people (including both students and faculty) keep a fixed mindset when it comes to academic success. A common perception is that if you're smart and have the right skills, then you will do well and get high grades. This is false. Students who feel supported when making mistakes are better able to overcome them, thus feeling a greater sense of belonging leading to increased program success and retention. The growth mindset belief is that through effort and time, one can develop their skills and adopt more effective strategies.



A recently published [study](#) examined students' assumptions about STEM professors' mindsets and found a link between professor mindset and impact on student academic performance. Students who felt their professor had growth mindset beliefs reported higher engagement, less concerns about belonging, and better grades. Students who saw their professors as having fixed mindset beliefs reported less engagement, more course concerns, greater feelings of being an imposter, and lower grades. They also had a greater chance of dropping the course. It is important that professors understand the potential impact of their mindset beliefs and adopt a growth mindset in their teaching. This is critical to encouraging students to develop and thrive in the STEM field. Learn more about fostering student engagement [here](#).

Memoirs of Wellness

Memoirs of Wellness is an initiative that consists of personal wellness journeys featuring our students, staff, and faculty. Inspired by the "Stories of Resiliency" run by Campus Wellness, it was created to encourage open conversations in the engineering faculty about wellbeing. ENGWellness acknowledges and focuses on nine dimensions of wellness: physical, intellectual, emotional, relational, vocational, cultural, spiritual, financial, and environmental. Mental health is an especially important topic that we hope to destigmatize and bring awareness to in the engineering faculty. Through our Memoirs of Wellness, we want our community members to know that they're not alone in their struggles. Together, we can break down systemic barriers and foster inclusivity! Visit our [Memoirs of Wellness Page](#) on the ENGWellness website.



Everyone has a story of resilience. What's yours?

As a first-year student, Bakhtawar Khan experienced academic failure for the first time. "I felt like I was the only one who had failed the midterm and ... I was really embarrassed and didn't want to hear that I'd have to take the course again or that I wasn't good enough." She was scared but reached out to her professor for support. Her professor reassured her that chemistry is tough for a lot of people and that she should never be afraid to ask a professor for help. Bakhtawar says this experience taught her to embrace change and learn from her mistakes. Bakhtawar's story and many others that highlight the resilience of our community can be found on the UW Resilient webpage. Resilience is "a process of using internal and external resources to manage challenging circumstances". Resilience is a process that looks different for everyone. It often requires internal protective factors like hope, optimism, self-compassion, and external protective factors like a sense of belonging and others' belief in your abilities. We are looking for more stories, please consider sharing yours. At a time when we are physically distanced from each other, this campaign helps to bring us closer together by sharing stories of challenge, failure, and resilience and contributes to a culture where challenges, adversity and failure are normalized and expected as part of the post-secondary experience.

Robbyn, Health Promotion, Campus Wellness

Healthy Relationships

What makes a relationship truly awesome? Is it the communication between you and your partner? Is it setting boundaries and rules? What destroys a relationship? Everyone's relationships work differently, however there are a few rules that can help you establish a healthy one. It's all about supporting each other through ups and downs and fostering a healthy space for individual growth. Love is one of the greatest human emotions we can experience, however if the mutually agreed upon rules are not followed, it can cause a multitude of unwanted emotions and become unhealthy for both you and your partner. To learn more about the importance of a healthy relationship and what it constitutes, visit our learn module on healthy relationships.

Interested in what a healthy relationship looks like? Or want to know more about stigma? We've recently released two new LEARN modules! Check them out under the "Content" tab on our [LEARN page](#).

Foursomes Trivia

The long-awaited, four-week event has finally arrived! Say hello to the ENGWellness FOURSOMES SHOWDOWN! Every week during the event period, we send you 48 words and you sort them into 12 categories with 4 words in each category. Create a team of up to four people and register! There will be 4 rounds, one every week, and the first trivia will begin on **Monday, March 8**. You will have a week to complete each puzzle.

Do you have what it takes to claim the top prize? Sign up [here](#)!

Fitness Classes

Join your friends AND your professors in some fun exercise classes! Quick, 50-minute sessions, Tuesdays and Thursdays from 11:30am to 12:20pm. Keep your eyes peeled on your inbox! From zumba, to yoga, to shadow boxing, we've got it all. Treat your body right!



Mind Your Wellness

We are excited to host our new Mind your Wellness sessions every other Wednesday from 2:00pm to 3:00pm where we will be discussing topics such as time management, scheduling and routine building! The session will be hosted on zoom, the link will be posted on all of our social media platforms along with being directly emailed to you! The sessions will also be posted in the [content archive](#) section of the ENGWellness website!



ECE Graduate Discord

Make sure you join the ECE Graduate Wellness [Discord Server](#) which will allow you to stay connected with your peers and be up to date with all of our events! There's even a channel for posting artwork! Join [here](#).



Content Archive

Access previous newsletters as well as recorded presentations on topics such as remote job searching under the [Content Archive](#) tab on the [ENGWellness](#) website.

Stay Connected

Be sure to also follow our other social media to stay connected and updated.

Read our new post on "The Many Paths to Wellness" by our Engineering Counsellors, available on our Instagram and Facebook pages!



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LEARN Course & ENGWellness Site

Get news and access to our content modules through our ENGWellness Learn 'course'! Students can enroll using the Self-Registration function within Learn.

WATERLOO LEARN

Calendar Pebble+ **Self Registration** UW Resources ▾ Course Request Help

Stay connected with our ENGWellness Blog and check out our Wellness Breaks page for ideas on how you can spend your study breaks and rejuvenate!

Engineering Wellness Program home

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Nine Dimensions of Wellness

Undergraduate Students

Graduate Students

Faculty & Staff

Getting Help

10 Minute Wellness Break

ENGWellness blog

Get Moving!

Study Tips >

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Welcome to the Engineering Wellness Program (ENGWellness)

The wellbeing of our students (graduate and undergraduate), staff, and faculty matters! The ENGWellness Program was created to support and promote the wellbeing of our community throughout the year.

STUDENT WELLNESS COORDINATORS CONTACT US	CHECK OUT THE ENGWELLNESS BLOG	10 MINUTE WELLNESS BREAK
CAMPUS WIDE CURRENT STUDENT RESOURCES	UNIVERSITY OF WATERLOO COVID-19 INFORMATION	NEED IMMEDIATE HELP?

Helpful Wellness Resources - For All 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.
- [Mental Health Commission Resource Hub](#) - Mental health and wellness during the COVID-19 pandemic.
- [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.
- [Canadian Mental Health Association \(CMHA\)](#) - Tips to manage your mental health during COVID-19.
- [Empower Me](#) - This student-focused service provides you with "one-stop" access to counseling and campus wellness services in a variety of areas including mental health, addictions nutrition, financial, and others. It integrates off-campus resources with already existing on-campus resources and can be accessed 24/7 (within N.A.) in a variety of languages. Gender and faith inclusive services are available.
- [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.
- [Waterloo Assignment Planner](#) - Customizable planner for reports, essays, presentations, math assignments, and you name it!

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