

February 2022

ENGWellness Faculty and Staff Newsletter



Produced by: the ENGWellness Ambassador

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Welcome to Fake Spring!

Welcome to the final full month of classes before exams! It is shocking just how quickly these terms go by. It feels like just yesterday we were all enjoying our Christmas break getting ready to return to classes in a few days, now suddenly we are getting ready to finish the term and start our summer break. Before that happens, we have a rather busy month ahead of us with many important days and awareness campaigns happening. So, stay tuned and let's find out what is happening together.

International Women's Day

This year we celebrate [International Women's Day](#) on March the 8th. This day is recognized globally to celebrate women's and girls' social, economic, cultural, and political achievements. It is also a time to raise awareness of the progress made and the work remaining to achieve gender equality.

History

International Women's Day can be traced back to the early twentieth century. It originated from labor movements in North America and Europe which reflected a growing call for women's equal participation in society. This awareness day first took place on March 19th, 1911 in Austria, Denmark, Germany, and Switzerland. On that day, over a million women and men attended public events to show their support. With time, other countries began to observe and recognize this day over the years that followed. The United Nations officially recognized 1975 as International Women's Year and began celebrating March 8th as International Women's Day.

Theme

This year's theme is [Women Inspiring Women](#). Specifically, it allows for us to focus on celebrating the women and girls who inspire us by demonstrating leadership in the choices they make. These choices are the ones that positively contribute to the social, economic, cultural, and political spheres within Canada. Globally, the theme has been recognized as an opportunity to break the bias, which allows for so much additional choice and ability for individuals to support the movement in any way they see fit.



World Sleep Day

Sleep is arguably one of the most important pieces to the health of a human being. This has been consistently established and seen in each individual with the issues that can arise from developing and suffering from sleep deprivation. Lack of sleep contributes to changes in a person, such as being in an irritable mood the next day after a poor night's sleep or, if it progresses for a couple of nights, it can lead to reduced cognitive function. It is so important in fact, that every year there is a dedicated week to the study of sleep, during which time thousands of doctors and researchers get together to discuss the effects of poor sleep habits and how to help the population develop better sleep habits.



This year the conference takes place in Rome from March 11 - 16, with International Sleep Day occurring on March 19th. This day is dedicated to raising awareness about sleep patterns and just how much it can affect us all. I am sure that during your time in university, whether that is now or in the years past, you have suffered from long nights and felt the effects of sleep deprivation. This can be particularly noticeable at this time as we are beginning to wrap up the academic term and final exams and assignment dates draw nearer, causing us all to stress out and worry about what is to come. This year, why don't we all take a stand together against the effects of sleep deprivation and take the time to get a solid good night's sleep, go to bed at a decent hour and sleep until we wake up naturally, instead of jolting ourselves awake with an alarm!

Purple Shirt Day

What is Purple Shirt Day?

[Purple Shirt Day](#) is an international effort to raise awareness for the effect of epilepsy, though we may wish it were an international engineering day to recognize the efforts of engineering students. On March 26th people around the world are invited to wear purple and host events that are aimed to help raise awareness and support for epilepsy. With this being a fairly new initiative, Canada is the only country in the world who currently recognizes the day as of the Purple Day Act implemented on June 28th, 2012.

History

Cassidy Megan created the idea of Purple Day back in 2008 due to her own personal struggles with epilepsy. Her goal was to get people talking about epilepsy in an effort to dispel the myths and inform those with seizures that they are not alone and can find support with the struggle they face everyday. Upon the proposal of this idea, the Epilepsy Association of The Maritimes came on board to help develop and make Cassidy's idea a reality.



With their success in spreading the awareness campaign across Canada in a single year they joined forces with another group, The Anita Kaufmann Foundation, to launch Purple Day internationally in 2009. Since then, all three have been committed to partnering with individuals and organizations around the world to further promote epilepsy awareness.

Humans vs. Zombies Weeklong

Event-Get out and Move!

What is HvZ

HvZ is a tag based game with a few added twists and turns to it along the way, much like the mutations someone undergoes when becoming a zombie. In its simplest form there are two teams, one consisting of human players and one consisting of the zombie players. In most formats, the humans are allowed to use foam dart guns, such as NERF blasters, and a sock weapon for close quarters. On the flip side, the zombies are only able to tag human players by touching them, just like in an actual game of tag. From there, the game can get more complex as each game has its own rules based off how the people leading it have set it up.

Waterloo's HvZ

At the University of Waterloo we have our own dedicated team of students who setup and run HvZ games throughout the year. Sadly for the last two years, the game has been severely limited due to Covid. This term there will be a week long event from March 14th - 18th, which means starting at midnight on the 14th until about midnight on the 18th, you can expect to see players running around campus at all hours attempting to evade capture and completing various tasks. If you would like to find out more information about what happens or to sign up and play in the game check out their official website [here](#).

UWATERLOO
HUMANS VS ZOMBIES

A MANHUNT GAME
FREE • WEEKLONG • CAMPUS-WIDE • 24/7

GRAB YOUR GEAR **TAKE YOUR FRIENDS** **EXECUTE YOUR MISSION**

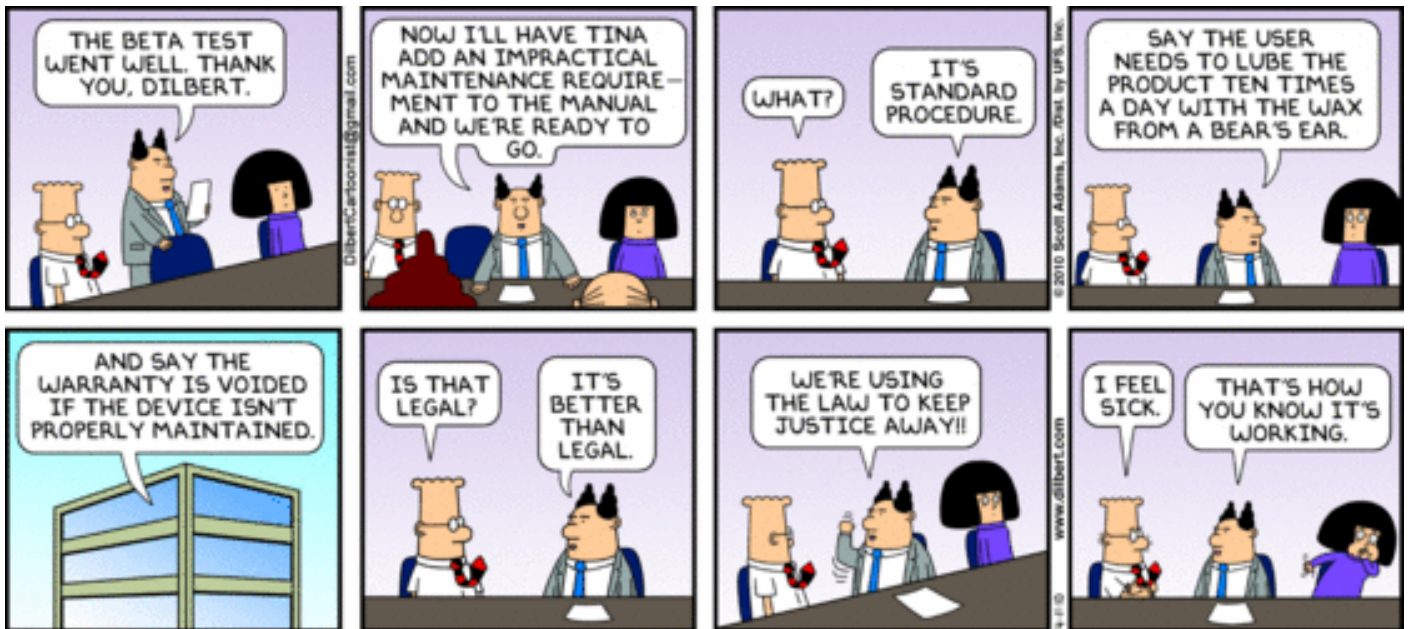
MARCH 14-18TH, 2022
SIGN UP ONLINE OR IN PERSON
SLC MARCH 9TH-11TH: 10 AM - 5 PM

OFFICIAL WUSA CLUB

Bystander Intervention Training

This month, the [Sexual Violence Prevention and Response Office](#) (SVPRO) will be launching a pilot program training course on bystander intervention. The goal of this pilot program is to help educate students about what it means to be a bystander and what to do if you find yourself in the position of being a bystander. While initially this pilot is only being offered to the first 30 students who sign-up in order to test the delivery method and gauge the response to the course, future offerings of the course will be open to everyone who is interested in taking it. The pilot program takes place on March 14th from 6 - 9pm.

An email with pertinent details has been sent to all ECE and MME faculty members to please share with their students where possible.



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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