

NOVEMBER & DECEMBER 2022

ENGWELLNESS MME UNDERGRADUATE NEWSLETTER



Produced by: the ENGWellness Ambassador



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The Home Stretch!

You've done it! You're in the home stretch now! We are over half of the way done classes and exams will soon be around the corner. Take some time to reflect and congratulate yourself for getting this far; you've finished your midterms, you are continuing to learn new concepts (even the difficult ones), and soon you will be beginning your exam prep for your finals! Never forget how far you've come and be proud of it!

Nevertheless, the ENGWellness Team is proud of the progress that you're making and are here to support you through this final push of the term!

Winter

WELLNESS BREAK

Making a healthy meal. You get a break AND a snack too!

We all know the importance of eating, but recently, I have found that there is a new level of relaxation for me when I am making a meal. I find that making a simple meal lets my mind take a break from my studies/school-life and relax while I do a simple task of making something to eat. Recently, my new go-to meal to make is a Peanut butter and Jam sandwich. The PBJ is so simple, and yet, so soothing to make and delicious. This may sound silly, but my mind gets to wander while I subconsciously try to spread the perfect amount of peanut butter and jam on each side of the bread. This simple task allows me to stop thinking about school and my other life stressors and focus on crafting this perfect sandwich. Honestly, it's art... edible art!

Try it for yourself! Enjoy the simplicity of making yourself a meal, and as a bonus you get to eat it too! Check out some snack ideas on our [ENGWellness 'Snack Break' Wellness Break!](#)

Creating Friendships, Where and How?

- From a Student's Perspective

Making friends isn't always easy. There isn't a rulebook to follow or a contract you sign to say that you have become friends with someone; sometimes you just become friends by complete coincidence. No matter how you find your friends, the importance of those friends is HUGE. These friends influence you, make you smile, and support you. And as their friend you do the same. Had a rough midterm? Your friends are there to cheer you up. Want to go out for dinner? Your friends will go with you. Want to just hangout? That is what friends are for.



I could go on for hours about the importance and significance of having friends (and also being a friend to others), but that would be too long. Instead, I want to share with you all my experience making friends, both when I was younger and while I have been at UW.

This first story is from my middle school days in Grade 6, where I made one of my best-friends. My whole class was playing outside before the school day ended and all of our backpacks were lying against the wall. As soon as the bell rang, I grabbed my backpack and ran home. Once I got home, I opened my bag to do my homework (as a good student does) and I saw that it wasn't my backpack! I knew this because the lunch bag was a Teenage Mutant Ninja Turtles lunch bag, while mine was a more professional black and red lunch bag. The next day, I went to the office and told them that I took someone else's backpack, and it might belong to a kindergartener because it had the TMNT lunch bag. Near the end of the day, I was called down to the office with this new kid in my class. We both had no clue why we were being brought into the office, were we in trouble? As it turns out, it was HIS BACKPACK. Immediately, I made fun of him for having such a silly lunch bag. In return, he made fun of me for having such a boring lunch bag. Ever since then, Haashim has been one of my best friends for the past 10 years. This is proof that the greatest friendships can come from just coincidence, being in the right place at the right time. Though this may be true, you can always put the odds in your favour!

As a fourth-year student, I have to be honest and say I found it to be significantly harder to make friends in university. In my first year, the pandemic hit, and everything was switched online halfway through the year. My entire second year was online, and a majority of my third year was online too. I made little to no new friends from UW yet because of all the remote learning and not seeing people on a daily basis. This caused me to wish that I joined some clubs, go out to the societies' events, and all the other opportunities that are open to me as a student. Why? Because it is a great way to meet people with similar interests and make new friends. Now that everything is back in person, I really tried to step out of my comfort zone to meet new people and make new friends, and it worked! I joined the Science Orientation Team for Fall 2022 and met a lot of new friends! Of course, it is awkward as first because a lot of people already knew each other, but sometimes you have to just embrace the awkwardness of talking to new people because you never know who's going to be your next best friend! Of course, that wasn't the end of my club joining/friend making adventure, I continue to try and go to events or try out for teams/clubs to meet new people and try new things!



All-in-all, making friends isn't easy! Great friends do not always get dropped into your lap, so increase your odds! Go to events, try out for teams, talk to the person you sit next to in class! I promise you, though it might feel slightly embarrassing starting a conversation with someone new or going to an event where you know no-one, you'll soon find that the person sitting next to you in class or at the event has a lot in common with you. And if not, it'll just boost your conversation skills for the next person you talk to!

Upcoming National and International Days

NOVEMBER

- 7 – Birth of Baha'u'llah (Baha'i)
- 11 – Remembrance Day
- 16 – International Day for Tolerance
- 18 – World Philosophy Day
- 20 – Transgender day of Remembrance
- 24 – Thanksgiving Day (US)
- 25 – International Day of Elimination of Violence Against Women



DECEMBER

- 1 – World AIDS Day
 - 2 – International Day for the Abolition of Slavery (UN)
 - 3 – International Day of Persons with Disabilities (UN)
 - 6 – National Day of Remembrance of Action on Violence Against Women
 - 10 – Human Rights Day
 - 18-26 – Hanukkah (Judaism)
 - 20 – International Human Solidarity Day
 - 25 – Christmas (Christianity)
 - 26- Jan 1 – Kwanzaa
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WHAT'S HAPPENING AROUND CAMPUS?



MME Social - December 5, 6:00pm-8:00pm in E5-3101/3102

Hosted by your MME Wellness Reps! Come out and play some board games, get your trivia grind on, make some origami, and more! Prizes and food included! Come out and meet your Wellness Reps and some new people from MME!

#16DaysUW - November 25 - December 10

Led by UN Women, 16 Days begins November 25th: the International Day for the Elimination of Violence against Women and runs until December 10th: Human Rights Day. Within Canada, this time also includes December 6th: The National Day of Remembrance and Against on Violence Against Women. Visit [#16DaysUW | Sexual Violence Prevention and Response Office \(uwaterloo.ca\)](#)

WELLNESS REPRESENTATIVES

Here are some of your Wellness Reps for this term! Feel free to reach out to them to suggest ideas, if you have any questions, or to learn about other Wellness Resources!

2B MTE

Kalany Bissonette (MTE) [k2bisson\[at\]uwaterloo.ca](mailto:k2bisson@uwaterloo.ca)
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ENGWellness Ambassador

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ADDITIONAL RESOURCES

The following mental health supports are available to you
Counselling Services: 519-888-4096

The following crisis supports are available to you as well
Crisis Services Canada: 1-833-456-4566 or text 45645
UW Special Constable Services: 519-888-4567 ext. 22222

Academic Support

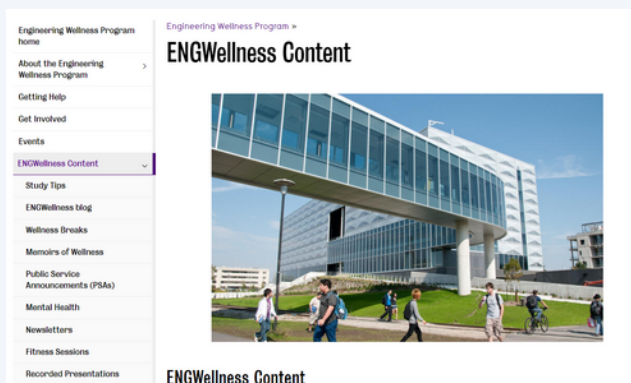
- Student Success Office: Compilation of learning and life skills resources.

Contacts to book a one-on-one coaching session:

Sam Vandekerckhove (MME) - srvandek@uwaterloo.ca / ENGWellness@uwaterloo.ca
Leah Foster (ECE) – ljsims@uwaterloo.ca / ENGWellness@uwaterloo.ca

ENGWELLNESS CONTENT

Check out our ENGWellness resources including mental health pages and PSAs. All resources as well as previous newsletters can be accessed under the ENGWellness Content section of our website.



STAY CONNECTED

Be sure to follow us on social media to stay connected and updated.



[@uwengwell](https://www.instagram.com/uwengwell)



[@uwENGwellness](https://www.facebook.com/uwENGwellness)



[ENGwellness uwaterloo](https://www.youtube.com/ENGwellness_uwaterloo)

LEARN 'COURSE'

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

