

FEBRUARY 2022

ENVIRONMENTAL STUDENTS' SOCIETY

MONTHLY NEWSLETTER



Upcoming Events

Succulent Workshop

- 🕒 Friday, March 4, 2022 @ 6PM
- 📍 Instagram Live

Program Societies Trivia Battle

- 🕒 Wednesday, March 9, 2022 @ 5PM
- 📍 IG Stories

Nacho Crawl: Waterloo Edition

- 🕒 Friday, March 11, 2022 @ 7PM
- 📍 Uptown Waterloo

Charity Gala

- 🕒 Monday, March 21, 2022
- 📍 Maxwell's Events Centre

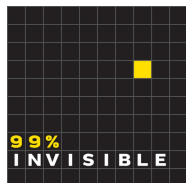
Mental Health Moment

"Be careful of your thoughts, for your thoughts become your words. Be careful of your words, for your words become your actions. Be careful of your actions, for your actions become your habits. Be careful of your habits, for your habits become your character. Be careful of your character, for your character becomes your destiny."

- Chinese proverb

Our mental and physical states are linked where our thoughts become words which become actions. Unclear or negative thoughts and unresolved emotions can lead to unsafe and unwise actions. Take a step back, acknowledge the root of the problem and reflect on the steps you could take to resolve it. Try breathing exercises, meditation, journaling or talking to someone. It's okay to show your vulnerable side sometimes!

This Month's Must...



TO EXPLORE THE
PROCESS AND
POWER OF DESIGN



TO SPARK
CONVERSATION ON
CANADIAN ISSUES

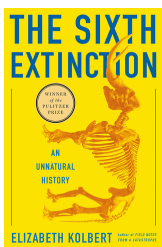


FOR AN ECO-
CONCIOUS
LIFESTYLE



FOR A GOOD LAUGH
AND RELATABLE
CONTENT

This Month's Must...



ANTHROPOCENE &
BIODIVERSITY



RACE, ETHNICITY &
SOCIETY



ECOLOGY &
ENVIRONMENTALISM



INDUSTRIAL DESIGN
& MANAGEMENT

LISTENS

check me out!



FEB 7: THE CLASSICS

Resources

On-campus contacts
(8:30 a.m. – 4:30 p.m.)

Counselling Services
519-888-4567 ext. 42655
Health Services: Student
Medical Clinic
519-888-4096
UW Police
519-888-4567 ext. 22222

More information about UW
Campus Wellness can be
found at
<https://uwaterloo.ca/campus-wellness/>

ES Coffee Shop

- 📍 Environment 1 (EVI) 138
- 🕒 Monday to Thursday
8AM – 5PM
Friday
8AM – 3PM




We will be having our soft opening on Friday, March 4, 2022!

Come and check out our daily specials, foods, baked goods and beverages sourced from sourced locally. Our coffee is Rainforest Alliance certified, and is roasted in the Kitchener-Waterloo area.

Please note we do not accept Watcard, Debit, Credit, or Mastercard. Cash only!

For all general inquiries, please email our Coffee Shop managers at environmentcoffeeshop@gmail.com

 **WANT TO CONTRIBUTE?** If you have any questions, comments, suggestions, ideas and/or content you would like to see, send us a message on Facebook, Instagram, by email (mentalhealth.ess@uwaterloo.ca) or by the QR code. We look forward to hearing what you have to say!



SCAN ME