

MONTHLY NEWSLETTER

Meet your Mental Health & Wellness Director !



Hi everyone! My name is Vivian, you can call me Viv, and I am your resident MHW Director this term. When I am not at St. Paul's, you can find me at DC, PAC, or wandering around campus - feel free to say hi if you see me!

In this role, I am very excited to connect with you all, allow your voices and experiences to be heard, help you find community with others who may be going through the same/similar, and provide resources to help you strengthen your relationship with yourself (and as an effect, your relationship with the people and world around you). I hope to cultivate a safe, welcoming space on the Internet where you feel accepted as you are in the short time we are here together.

Please reach out if you have any ideas, questions, or concerns. Good luck with the rest of term everyone, cheers <3

Our GOAL



We want this newsletter to be a fun, easy read for you to come and take a look at some of the highlights, resources, and recommendations we have collected throughout the month - if you have suggestions or anything you'd like to share, your submissions are welcome here. ✨ Whether it be a self-confidence anthem or an insightful podcast, a recent breakthrough with MHW research, or anything under that umbrella, this will be the space for us to do so.

We hope to see you around! - VC & TT

Reflect

Journaling Prompts
(Inspired by @avajules_ on IG)

1) Visualization and Goal-Setting

What does the best version of you look like?
Describe them.

How will you get there - what are things you can do today that your future self will thank you for?

2) Things to let go of...

What activities drain your energy and which can you do less of or tweak?

3) ...and people to keep around.

Who do you feel your best, and most yourself, around?

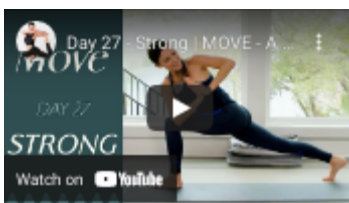
bonus question: why?

Expand



'Know Your Worth and Where You Belong' (9:53)
294K views · 2 months ago

Move



Cannot recommend ENOUGH: to anyone looking to start or continue their yoga practice, Adriene (and Benji) have your back

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/>



check me out!



JAN 24: GOOD VIBES

Weekly Events



SUNDAY
Sustainable Sundays*

MONDAY

Instagram Takeover/
Music Mondays



TUESDAY

Trivia Tuesday

WEDNESDAY

Wellness Wednesday



THURSDAY

Plant Care Thursday

FRIDAY

Special Events/Activities*

*occurs every other week

