

MATHIE WELLNESS HANDBOOK

GROW YOUR WELL-BEING



UNIVERSITY OF
WATERLOO

FACULTY OF
MATHEMATICS



THE NINE DIMENSIONS OF WELLNESS

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” *(The World Health Organization)*

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ARE YOU IN CRISIS?

YOU'RE NOT ALONE

These resources are available to students, staff and faculty members employed by the University of Waterloo.



Students



Staff and faculty

ON-CAMPUS RESOURCES

Health Services:

519-888-4096
Open for all medical services, with modified or alternative service delivery.

bit.ly/3yEhsPV

Counselling Services:

519-888-4567 ext. 32655
Offers appointments for emergencies via phone and video.

bit.ly/3s6HiJE

Occupational Health:

519-888-4567 ext. 40538
Maintains, promotes, and restores employee health, safety, and wellbeing.

bit.ly/3xyXC73

UW Police:

519-888-4567 ext. 22222
24/7 campus emergency services.

bit.ly/37wVbr8

OFF-CAMPUS RESOURCES

Empower Me:

1-833-628-5589
Counseling services via phone, video, and in person. Available 24/7, 365 days.

bit.ly/3jEvlqU

Good2Talk:

1-866-925-5454
Confidential and anonymous counselling, available to all students.

bit.ly/37w5KLf

Here 24/7:

1-844-437-3247
Supports addiction, mental health, and crisis services, walk-in options available to all students.

bit.ly/2VD9AQp

Employee and Family Assistance:

1-800-663-1142
Free support services and workshops.

bit.ly/376wa69



IT'S IMPORTANT TO GET HELP

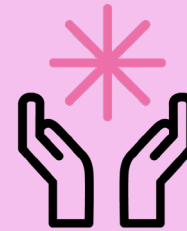
Suicide is the second leading cause of death among youth and young adults. If you or someone you know is going through a crisis or thinking about suicide there are resources and services available.

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HEALTH PROMOTION

WE ARE COMMITTED

The University of Waterloo is committed to the Okanagan Charter for Health.



The Faculty of Mathematics acknowledges the work set forth by the 1986 Ottawa Charter for Health Promotion and embraces the principles and frameworks presented within the Okanagan Charter. The University of Waterloo is committed to supporting the complete health and well-being of our staff, faculty, and students by building a positive, safe, and inviting environment where we can work, study, and research together.

bit.ly/3iCUwLa

HEALTH PROMOTION TIMELINE

bit.ly/3iGAXSG

1986

OTTAWA CHARTER FOR HEALTH PROMOTION



The World Health Organization holds a conference to encourage the exchange of knowledge and experience related to health promotion. Attending healthcare officials, politicians, and academics work together to create the Ottawa Charter.

The Ottawa Charter was a global health milestone at the time it was created and it remains a vital reference for health promotion to this day.

2015

OKANAGAN CHARTER



The University of British Columbia's Okanagan campus hosts the International Conference on Health Promoting Universities and Colleges.

It emphasizes the need to embed health into all aspects of campus culture, across the administration, operations, and academic mandates; and to lead health promotion action and collaboration locally and globally.

bit.ly/3CDhHwN

TODAY

WE ARE COMMITTED



We are fully committed to supporting the complete health and well-being of our staff, faculty, and students by building a positive, safe, and inviting environment where we can work, study, and research together.

bit.ly/3s5kCcU

THE NINE DIMENSIONS OF WELLNESS

In 1976, Dr. Bill Hettler created a new model of wellness based upon the interconnectedness of six key dimensions of health: emotional, intellectual, occupational, physical, social, and spiritual. The premise of his model was that wellness is the sum of many interconnected dimensions that work together to create a holistic sense of wellness and fulfillment in a person's life.

Today, the work of Dr. Hettler has inspired us to embrace this idea that wellness is a conscious, self-directed, and evolving process that is both multidimensional and holistic. The original six dimensions have since expanded to include three additional dimensions: cultural, environmental, and financial. Wellness goes beyond physical health to include an individual's ability to achieve goals, satisfy needs, and the ability

bit.ly/3xZjkSN



GROW YOUR WELL-BEING



ALL DIMENSIONS ARE EQUAL

To maintain balance between these nine dimensions of wellness we need to pay attention to each dimension. While no one dimension is any more important than another, anyone dimension that is out of balance will affect the others.



OVERVIEW

The dimension of cultural wellness focuses on your ability to embrace a lifestyle that is supportive of cultural diversity within your community. This includes actively creating and promoting a positive and inclusive environment that builds greater awareness, understanding, and respect for people of different racial and ethnic backgrounds, religions, genders, sexual orientation, and socioeconomic standings, abilities, and ages.

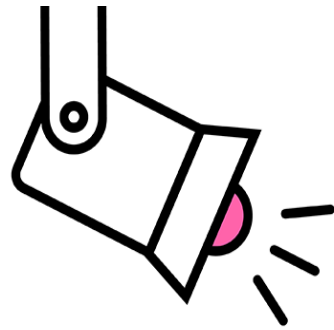
Practicing cultural wellness means being accepting of, seeing the value in, and celebrating the beliefs, traditions, and ritual practices of diverse cultural, racial, and ethnic groups, backgrounds, lifestyles, genders, abilities, and ages. A person who is culturally well will express empathy and compassion for others, an appreciation for inclusivity, and respect for diverse ways of being that are not their own.

CULTURAL WELLNESS INCLUDES

- Promoting a positive, inclusive, and equitable environment.
- Accepting, valuing, and celebrating your own cultural identity and the cultural identity of others, including their beliefs, traditions, and ritual practices.
- Building new relationships and friendships with people of different backgrounds.
- Standing up for and supporting fairness and justice for all in your community.
- Identifying and eliminating inappropriate behaviours within your community such as stereotypes and biases based on ethnicity, gender, religion, or sexual orientation.



CULTURAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about promoting a positive, inclusive, and equitable environment.



Actively working to remove race, ethnicity, gender, and identify barriers that exist within your community can help to construct a more inclusive environment.



Reflecting upon your own beliefs and positionality can help you become more conscious of issues related to equity.



Supporting inclusivity for all by upholding the principles of inclusivity.



Identifying and preventing unconscious biases.

STRATEGIES

- **Build your knowledge:** Participate in diversity training regularly to broaden your understanding of equity, and to develop tools, intercultural skills, and strategies that will help you to create more productive, innovative, equitable, and inclusive environments.
- **Connect and engage:** Seek out opportunities to meet, interact, and connect with people from different cultural backgrounds to build up your knowledge of other cultures and identities.
- **Challenge yourself:** Recognize your own unconscious biases and commit yourself to take practical steps to change your point of view.
- **Prioritize inclusivity:** Invest the time, energy, and resources that are needed to change policies, practices, and your behaviours to be inclusive and commit to supporting diversity, equity, and inclusion in your community.

A CULTURALLY WELL PERSON

Expresses empathy and compassion for others, an appreciation for inclusivity, and respect for different ways of being that are not their own.

WELLNESS PRO TIP

You can improve your cultural wellness by joining a club. The University of Waterloo has 250 WUSA student clubs to choose from.

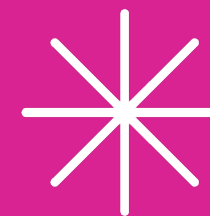
RESOURCES

On-campus resources:

- AccessAbility Services
- Chaplains
- Waterloo Indigenous Student Centre
- Indigenous Initiatives
- Exchange and study abroad
- Working abroad
- WUSA clubs

Off-campus resources:

- African, Caribbean, Black (ACB) Network of Waterloo Region
- Anishnabeg Outreach
- Métis Nation of Ontario Grand River Métis Council
- Rainbow Community Council
- SPECTRUM (Waterloo Region's Rainbow community space)



The Faculty of Mathematics is partnered with the Equity Office to bring you events and programming associated with cultural wellness.



OVERVIEW

The dimension of emotional wellness focuses on your awareness of and ability to freely express, manage, and share feelings, thoughts, and emotions, such as happiness, humour, hope, love, joy, sadness, anger, frustration, and/or fear.

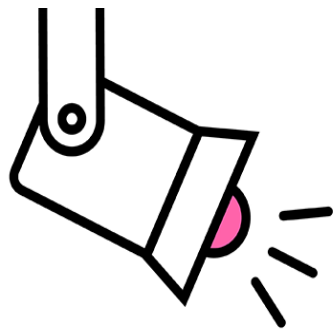
Practicing emotional wellness means developing the necessary abilities to cope with life's challenges and realistically assessing your strengths and limitations. It also means being able to work productively and fruitfully, and thinking positively about yourself and others, so that you are enabled to live a fully engaged life that includes intimacy, independence, and interdependence.

EMOTIONAL WELLNESS INCLUDES

- Being able to recognize emotions in yourself and others.
- Practicing stress management techniques to actively manage and cope with day-to-day stress, irritations, and/or crises.
- Developing positive feelings for yourself and others.
- Maintaining an optimistic attitude and healthy self-esteem.
- Understanding and respecting your feelings, values, and attitudes.
- Exploring and being accepting of your own sexual identity.
- Entering mutually loving relationships with your family and friends.
- Accepting support and assistance from others and providing support and assistance to others when possible.



EMOTIONAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about being self-aware.



Self-awareness is the exploration of your personality, your value systems, your beliefs, and your natural tendencies.



Self-awareness is something you can learn, teach, and discover. It is a process in which you become more aware of who you are with each passing day.



Recognize your strengths and weaknesses, identify your preferred learning and communication styles, and understand your life/future goals.



Acknowledge your feelings instead of rejecting or suppressing them.

STRATEGIES

- **Talk about it:** Discussing your feelings with a friend, a peer support volunteer, or a licensed professional can support positive emotional wellness.
- **Be empathetic:** Recognize and consider the feelings of other people and yourself by responding appropriately.
- **Learn and grow:** Use your mistakes as a learning opportunity, and instead of dwelling on the things you did wrong, focus on the things you did well or the aspects you can learn from or improve on next time. Mistakes do not dictate your worth; it's how you respond to them that matters.
- **Be realistic:** Having goals for ourselves can give us something to work toward, but we are setting ourselves up for failure when those goals are based upon unrealistic expectations. It is important that we go outside of our comfort zone to strive for our goals. However, we should break our goals into smaller, achievable tasks so that we do not overwhelm ourselves, and accept that not every goal will be completed easily and quickly.
- **Develop SMART goals:** SMART goals are "Specific, Measurable, Achievable, Relevant, Time-Bound," and are a great way to provide yourself with the clarity, focus, and motivation that is needed to help you achieve your goals.
- **Speak your truth:** It's important that you embrace who you are. Don't pretend to be something that you are not or hide what you feel for the sake of someone else's approval. Live your life as your most authentic self and surround yourself with others who will love and support your authentic self.
- **Be positive:** Maintaining a positive attitude and showing gratitude to your family and friends can help to build stronger and healthier relationships. However, it's important to understand that sometimes you will not feel optimistic or have a positive attitude, and that is okay. You should try to accept your feelings for what they are but strive to have a positive attitude when you are able.

RESOURCES

On-campus resources:

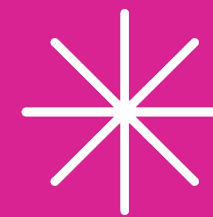
- Counselling Services
- WUSA Peer Support Services
- Mental Health Training
- Group Therapy and Workshops
- Centre for Mental Health Research and Treatment
- Student Wellness

Off-campus resources:

- Empower Me
- Good2Talk
- Here 24/7

A EMOTIONALLY WELL PERSON

Has the ability to understand their limitations, recognize the value of providing and receiving support, and think, feel, and act in a manner that positively contributes to their physical and social well-being.



The Faculty of Mathematics is partnered with Mentor Assistance Through Education and Support (MATES) to bring you events and programming associated with emotional wellness.



OVERVIEW

The dimension of environmental wellness focuses on your ability to live a life that's respectful of the environment, your surroundings, and to value the interconnections between people and the environment.

It encourages you to be mindful and respectful of how your actions impact the natural world around you, and it reinforces the need for connectivity between individuals, societies, and the natural world. This reciprocal relationship of stewardship and connectivity is critical for physical, mental, and community well-being.

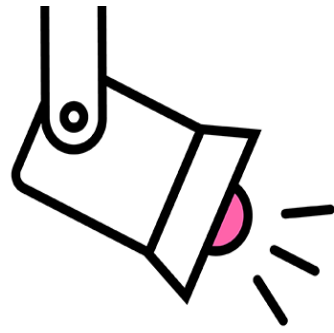
Practicing environmental wellness means maximizing harmony with the earth, taking action to protect it, and minimizing the harm done to the environment. We can do this through embracing environmentally friendly habits, recycling, planting a personal or community garden, purchasing products with minimal packaging, avoiding littering, and conserving energy and water.

ENVIRONMENTAL WELLNESS INCLUDES

- Modeling sustainable behaviours to family and friends.
- Being aware of your impact on the natural environment and taking action to minimize your footprint.
- Reducing consumption and waste.
- Caring for nature and advocating for its protection.
- Considering future generations in decision-making.
- Making healthy and low-impact food choices.
- Spending time in nature or green spaces.
- Reducing energy use and prioritizing clean, renewable energy.



ENVIRONMENTAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about the importance of sustainability.



Sustainability means maintaining the integrated health of the environment and society, now and into the future.



The Sustainable Development Goals are an important global framework to accelerate sustainable development around the world. They recognize the interconnectedness of environmental, social, and economic sustainability.



Sustainability is relevant to all of us, regardless of discipline or career path.

STRATEGIES

- **Energy:** Look for opportunities to reduce your energy consumption by dressing for the weather and adjusting your thermostat, taking shorter showers, unplugging unused appliances, and turning off lights when you leave the room.
- **Transportation:** Consider using sustainable modes of travel such as walking, cycling, public transit, or carpooling instead of driving a personal vehicle. Bundle activities together when possible, to avoid extra trips.
- **Waste:** Look for opportunities to reduce your waste by avoiding items you don't need, choosing secondhand or reusable options for items you do need, trying to repair items before discarding, using an organics bin for compostable material, and properly recycling all materials that can be recycled.
- **Food:** Consider ways to reduce the impact of your food choices by eating more plant-based foods and reducing meat consumption in particular red meat, choosing local and seasonal options when possible, looking for sustainable certifications on products, and planning to minimize food waste.
- **Nature:** Spend time outdoors to reconnect with nature and receive many positive mental and physical health benefits.
- **Purchasing:** Use a sustainability lens when making purchases. Look for durable, high-quality products, such as those with a third-party sustainability certification.
- **Learning:** Take a sustainability-related course or use a sustainability lens on a course project to understand how sustainability is relevant.
- **Talk about it:** It will take a community to make a positive environmental change, so make it part of the conversation with friends, family, and co-workers.
- **Get involved:** Join a student group or club focused on sustainability or integrate sustainable thinking.

RESOURCES

On-campus resources:

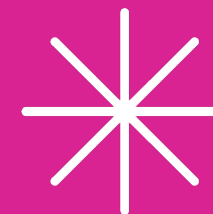
- Sustainability Guide
- Sustainability Diploma
- Sustainability Certificate
- A-Z Sorting Guide
- SDSN Youth
- Sustainability Student Groups
- Green Residence program
- Living Planet
- Indigenous Initiatives Office
- Environmental Sustainability Strategy

Off-campus resources:

- Carbon Footprint Calculator
- Ecological Footprint Calculator
- Reep Green Solutions
- Sustainable Waterloo Region
- WWF In the Zone
- rare Charitable Research Reserve
- Energy Conservation Handbook

POSITIVE HEALTH BENEFITS

The protection of the natural world and positive relationships with nature can safeguard the clean air, water, and resources we need, while building positive mental and physical health benefits.



The Faculty of Mathematics is partnered with the Sustainability Office to bring you events and programming associated with environmental wellness.



OVERVIEW

The dimension of financial wellness focuses on your overall financial health and your ability to manage your financial responsibilities and to achieve a feeling of satisfaction when thinking about your current and future financial situation.

Practicing financial wellness means becoming financially responsible and independent, making your finances work for you, preparing for stressful financial situations, and developing financially smart habits. Financially smart habits can include setting financial related goals, keeping organized records of your expenses, anticipating unexpected expenses, and understanding how to manage a budget, investments, and funds.

FINANCIAL WELLNESS INCLUDES

- Developing a household budget.
- Starting a savings account and adding to it every month.
- Saving some of your income in an emergency account.
- Cutting back or limiting unnecessary expenses.
- Avoiding unnecessary debts/paying bills and debts on time.
- Donating to a meaningful charity.
- Shopping at thrift stores.
- Cooking your own meals instead of dining out.



FINANCIAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about the importance of developing a household budget.



Creating a household budget will help you to live within your means, while also planning for emergencies and the future.



Your household budget is more than just about income, it is also about your financial literacy and developing a working understanding of finances and taxes.



Building a budget also helps you to differentiate between your actual needs and wants so that you are not spending money that you need for expenses on things you want.

STRATEGIES

- **Budgeting:** Create a budget and plan by reviewing your previous year's expenses and determining your upcoming annual expenses.
 - First, make a list of regular monthly/seasonal expenses. Your monthly/seasonal expenses may be property taxes, car and home insurance, celebratory presents, car repairs, vision, and dental bills, and much more.
 - Second, make a list of irregular monthly/seasonal expenses by reviewing your bank and credit card statements for purchases that were made over the past year. This could be an annual equal billing adjustment for hydro, vacations, subscriptions, and more.
 - Finally, add up the amounts for your regular and irregular monthly/seasonal expenses and divide by the number of paycheques you receive in a year. For example, if your regular and irregular monthly/seasonal expenses add up to \$5,200 per year, and you receive a bi-weekly paycheque, then divide \$5,200 by 26 to get \$200. You should put this amount of money away in a separate expense account so that you have the necessary money when these expenses arise.
- **Saving:** Putting aside money each month for your future isn't always something that everyone thinks to do, but it can be very important for your long-term financial wellness. It may be hard, at first, to revise your budget to set \$100 aside each month to start with, so work up to that amount as you look for ways to decrease other expenses and move more money into your long-term savings.
 - Start by saving \$25 each paycheque. Once you no longer miss the \$25, increase it to \$50, and then to \$75, and then to \$100. Continue to grow your savings by increasing the amount you put away each paycheque until you find the perfect balance between saving for your future and budgeting for your current needs and expenses.
- **Tools:** Using your online banking to do automatic transfers between your bank accounts can ensure that your budgeting plans are not spoiled.

RESOURCES

On-campus resources:

- Budgeting for your first year of university
- Budgeting Basics
- Student budget calculator
- Tackling your taxes
- Tax Clinic

Off-campus resources:

- Financial literacy resources
- Financial Literacy for Everyone
- Money and finances
- Financial well-being
- Get smart about your money

A FINANCIALLY WELL PERSON

Manages their day-to-day finances with reduced time, effort, and with little stress, and can afford planned academic, recreational, and leisure activities.

WELLNESS PRO TIP

Track your spending for a month to see where your money is going and set goals based on what you find.



OVERVIEW

The dimension of intellectual wellness focuses on your ability to engage in a life-long journey of mental stimulation and growth. This dimension includes challenging your intellectual abilities and expanding your mind by enhancing your knowledge and skillsets which fosters curiosity, exploring new subjects, and embracing a desire to be creative and innovative.

Practicing intellectual wellness means being open-minded to new ideas, cultures, values, expressions, and beliefs. An example of practicing intellectual wellness is participating in community activities to expand your general knowledge, views, and opinions. The goal is to develop a greater sense of who you are, what you know, what you stand for, and your strengths and weaknesses, as it relates to your ability to think and learn.

INTELLECTUAL WELLNESS INCLUDES

- Practicing metacognition.
- Understanding how you think and learn.
- Fostering curiosity and a desire to explore new ideas.
- Challenging yourself to learn a new hobby or skill.
- Embracing creativity and expressing yourself through the arts.
- Expanding your knowledge and appreciation of different cultures and their beliefs, values, and expressions.
- Signing up for workshops, seminars, and classes that you find interesting.
- Practicing active listening.







INTELLECTUAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about the importance of metacognition.

-  A simple definition of metacognition is “thinking about thinking.” Metacognition is a regulatory system that helps you to understand and control your own cognitive performance.
-  Building your metacognition skills will enable you to become more confident in learning by developing your ability to learn and self-reflect.
-  Having metacognition allows you to take ownership of your learning. It means you’re paying attention to how you learn, evaluating your learning needs, generating strategies to meet your needs, and then implementing the strategies.
-  Applying metacognition to your learning can be looking at your assignment feedback to determine where there were errors or gaps in your thinking and/or check your understanding of concepts as you’re studying.

STRATEGIES

- **Have a game plan:** Set goals and create a plan before learning to identify relationships between your existing knowledge and new concepts.
- **Monitor yourself:** Identify and monitor your strengths and weaknesses as a learner, while you are learning.
- **Self-reflection:** Evaluate results and strategies after learning to articulate your thinking process and modify or develop new strategies as needed.
- **Obtain feedback:** Review the feedback you receive on assignments and tests and review posted solutions: for those questions you answered incorrectly you will learn from what went wrong; for those questions you answered correctly, you may learn some new approaches.
- **Stimulate your brain:** Introduce new brain games, teasers, and activities into your daily routine that will help to stimulate your mind.
- **Explore your interests:** Replace some of the downtime that you use to scroll through social media or to watch television with reading articles, blogs, special interest magazines, or books on a subject matter that you have an expressed interest in learning more about.
- **Rest:** Find ways to allow your mind to relax and rest. This can be meditation, yoga classes, or listening to music between demanding cognitive activities.
- **Discover a hobby:** Take up a new hobby that provides you with the opportunity to be creative and to express yourself. This can be a wonderful way to stimulate your brain.
- **Learning environment:** Adapt your physical and psychological learning environment to reflect your optimal cognitive learning style.

RESOURCES

On-campus resources:

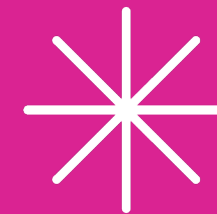
- Peer Success Coaching
- Tutor Connect
- Learning resources
- Goal setting
- Critical thinking
- Tips for students
- Math assignment

Off-campus resources:

- Thinking about your thinking
- Obtaining higher learning
- Embracing Failure

A INTELLECTUALLY WELL PERSON

Can think critically and engage in educated debates with peers, family, and friends. They express curiosity and genuine interest to learn that positively impacts their other dimensions of wellness.



The Faculty of Mathematics is partnered with the Student Success Office to bring you events and programming associated with intellectual wellness.



PHYSICAL WELLNESS

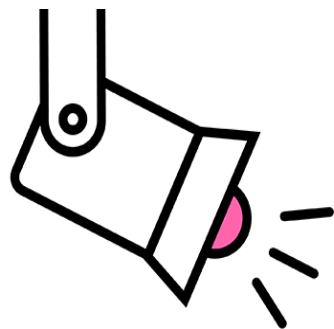
OVERVIEW

The dimension of physical wellness focuses on your ability to maintain a healthy, comfortable, and satisfactory quality of life, which is derived from consistently making healthy lifestyle choices.

Practicing physical wellness means acknowledging the importance of taking care of your body, considering how your daily habits and behaviours impact your overall health and well-being, and taking action to alter your lifestyle choices to incorporate healthy habits. Some actions you can take are eating a balanced diet, regular physical activity, adequate sleep, and routine health checks.

PHYSICAL WELLNESS INCLUDES

- Being physically active.
- Maintaining a nutritious diet by staying hydrated eating a balanced diet full of protein, whole foods, fruits, and vegetables.
- Maintaining healthy sleeping routines.
- Maintaining personal hygiene.
- Practicing safe sex.
- Avoiding harmful habits and substances such as drugs, alcohol, and tobacco.
- Regular medical check-ups and screenings.



SPOTLIGHT EXAMPLE

Thinking more about being physically active.



Promotes better sleep - as long as you don't exercise too close to bedtime.



Stimulates the production of endorphins, which are chemicals that boost mood.



Contributes to all aspects of health.



Improves focus, academic performance, and work output by increasing oxygen flow to the brain and neurotransmitters.



Improves your mood by helping to reduce stress and anxiety.

STRATEGIES

- **Wellness:** Start small! Find something you enjoy doing; walks outside, yoga, dancing in your room, they all count.
- **Fitness:** Instead of focusing on big workout, focus on movement breaks. Try 10 minutes at a time to reduce your screen and sitting time. Choose to use the stairs instead of the elevator or escalator if you are able.
- **Nutrition:** Eat a healthy breakfast that is high in protein and fiber. Remember to eat well-balanced meals that contain 50% vegetables, 30% fats – including oils, and 20% carbohydrates/grains.
- **Monitoring:** Exercise with a friend. You can also set a time to exercise in your calendar to hold yourself accountable.
- **Lifestyle:** Make decisions about the use of alcohol, nicotine, or other drugs that align with your values.
- **Hygiene:** Regularly wash your hands to prevent colds and flu.

A PHYSICALLY WELL PERSON

Knows their own psychological benefits including enhanced self-esteem, self-control, determination, and a sense of direction, as well as other physical benefits such as preventing illness and injury.

WELLNESS FUN FACT

Being physically active means engaging in physical activities and regular exercise that increases your heart rate for at least 30 minutes daily or at least twice per week.

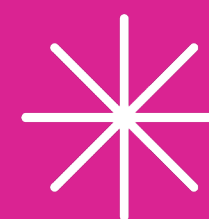
RESOURCES

On-campus resources:

- Move your mind
- Fitness classes
- Intramurals
- E-sports
- Sexual health
- Physical activity
- Physical health

Off-campus resources:

- Region of Waterloo Health Services and Resources
- Canadian Public Health Association
- Health Services Canada



The Faculty of Mathematics is partnered with Athletics and Recreation to bring you events and programming associated with physical wellness.



OVERVIEW

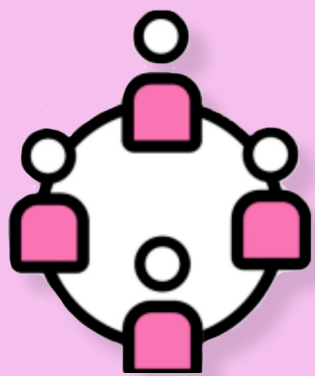
The dimension of relational wellness focuses on your ability to find harmony within your own life by fostering genuine connections and building healthy, nurturing, and supportive relationships with individuals, groups, and communities throughout your lifetime.

Practicing relational wellness means building a better living space and community by developing and maintaining personal relationships, enhancing your social skills to engage and network in various settings, and actively improving your social habits.

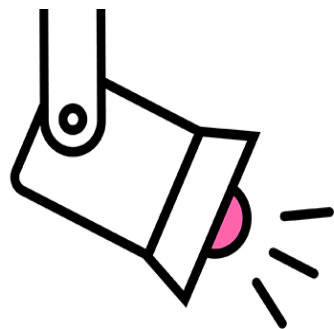
You can initiate better communication by prioritizing face-to-face interactions over screen-time and social media and demonstrating respect for the needs of yourself and others. Initiating better communication will help build your confidence to interact with others in social situations, providing support to others, and contributing to your community.

RELATIONAL WELLNESS INCLUDES

- Building friendships by creating a network of family and friends, wherein you mutually accept and give support and care to one another.
- Recognizing the need to connect with other individuals, groups, and communities.
- Building healthy relationships and ending unhealthy relationships.
- Prioritizing leisure activities and enjoyment to re-energize yourself.
- Learning and practicing effective communication skills.
- Addressing issues that arise within relationships and being able to compromise.



RELATIONAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about the importance of building friendships.

- ! Friendships will have their difficulties and it is important for us to overlook the occasional disagreement or misunderstanding. However, if a friendship begins to cause more pain than joy in your life, then it may be time to re-evaluate the friendship.
- ⚖️ Not all friendships are equal. You'll have close friends with whom you share everything, casual friends whom you may interact with on occasion, and everything in between.
- 🤝 Maintaining successful friendships involves understanding that both individuals are part of a "give-and-take" relationship, wherein sometimes you receive support and other times give support.
- 📍 Despite our best intentions and efforts, sometimes external forces such as geographical separation may negatively impact a friendship.

RESOURCES

On-campus resources:

- Social and Spiritual Health
- Intramurals
- E-Sports
- WUSA clubs
- Music Ensembles
- MathSoc
- Math Graduate Student Association

Off-campus resources:

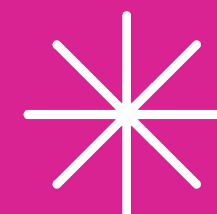
- Waterloo volunteer opportunities
- Community gardens
- Kitchener volunteer opportunities
- Social groups in Waterloo
- Kitchener-Waterloo Little Theatre
- Kitchener-Waterloo Musical Productions

STRATEGIES

- **Support:** Maintain a friendly attitude and demeanor, show love, compassion, and patience to others, especially those who are struggling. Be realistic about your expectations for yourself and others, as life is full of adversity and different challenges that we all must work through. Putting unrealistic expectations on yourself or others may put a strain on your relationships.
- **Friendships:** Developing and maintaining life-long friendships will require time and effort but having strong friendships will mean that you have a loyal and devoted social circle who can cheer you on in times of personal success and support you in times of defeat. It's important to remember that the quality of a friendship is more important than the number of friendships you have. You won't become friends with everyone you meet, but to build friendships you will need to start meeting new people and turning interactions with acquaintances into meaningful relationships.
- **Get involved:** Start by volunteering for an organization in your community that does charitable work that you are passionate about or join clubs that are based on your hobbies and interests.
- **Contribute:** Share your talents and skills with other individuals, groups, and communities who would benefit from your expertise and gifts. The more you and others give to one another and your community, the better your community will become, as each of the ideas and skills that we contribute can inspire change and improve the world around us.
- **Reflect:** Think about your social needs. What aspects of your social life do you enjoy? What parts would you like to improve?
- **Communication:** Improving your communication skills begins with developing better listening skills. To be able to communicate effectively, you must first be able to notice the emotions and feelings of others. Once you can do this, you'll be able to respond to them in a meaningful way. You must also be able to convey your thoughts and ideas to others in a direct manner, so as not to add any ambiguity in your messages. Communicating clearly can help to ensure that people react to what you are saying, and not what they think you have said.

A RELATIONALLY WELL PERSON

Develops strong relationships with others, offers others support during challenging times, has strong self-esteem and self-confidence, recognizes their own importance within society, and is able to build emotional resilience.



The Faculty of Mathematics is partnered with the Department of Music to bring you events and programming associated with relational wellness.



OVERVIEW

The dimension of spiritual wellness focuses on your search for meaning and purpose in life and involves finding direction for your own life by establishing guiding principles, values, and beliefs that are derived from unique circumstances, individual experiences, and events.

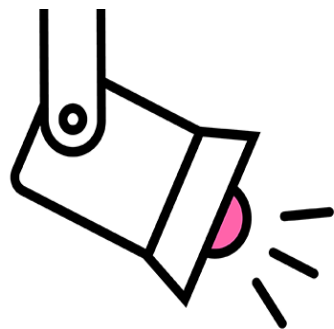
Practicing spiritual wellness means striving for consistency within your values and beliefs, establishing harmony within your life, taking action to alter your lifestyle choices to incorporate healthy spiritual practices such as finding personal purpose, participating in ritual/liturgical practices, connecting with others, celebrating rituals, and achieving self-transcendence.

SPIRITUAL WELLNESS INCLUDES

- Developing your personal belief system.
- Understanding your motivations and what inspires you.
- Searching for and uncovering truths to find meaning within the world and your life.
- Connecting with other people, animals, and nature in a meaningful way.
- Exploring and gaining an understanding of the complexities of culture and spirituality that exist within our diverse communities.
- Dedicating time for self-reflection, meditation, and/or prayer.
- Participating in ritual/liturgical practices and spiritual communities, developing relationships of faith, and sharing your beliefs with others.
- Volunteering and making social contributions to your community.



SPIRITUAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about the importance of your personal belief system.



A belief system is the culmination of your own knowledge, experiences, and precepts which are used to define your sense of reality and to make sense of the world around you.



Your personal beliefs help you to define your core values, which are the basis for your attitudes and, ultimately, your general behaviour.



Not all your personal beliefs will be held with the same degree of certitude; there are those core beliefs in your life that are more influential to the development of your sense of self.



Your family, friends, and community play a major role in shaping your personal belief system.

STRATEGIES

- **Personal purpose:** Spiritual and religious practice provides opportunities to reflect on the meaning of life, values, beliefs, and hope, all of which are a critical part of identity formation. It's important to take the time to explore who you are and find your purpose.
- **Physiological wellness:** Spiritual and religious habits engage the body through prayer, meditation, yoga, mindfulness, and other contemplative practices. Finding opportunities for personal quiet contributes to one's overall well-being.
- **Connectedness:** Spiritual and religious practice offer opportunities to connect with others, reduce isolation, raise self-esteem, find social support in times of adversity, and feel a sense of belonging. Such connectedness can form a sustaining network of care and resilience. Dedicate time for you to make meaningful connections with friends, family, and others.
- **Space, place, and time:** Spiritual and religious practice offers opportunities for ritual moments that mark important seasons, holidays, and other rhythms of time and space. Engaging in these ritual moments, whether for a regular teatime or formal religious service, anchors spiritual wellness in our calendars and communities. It's important to find time to participate in ritual moments to enrich your life.
- **Transcendence:** Spiritual and religious practice helps develop a sense of mystery, awe, and wonder, whether in relation to a higher power, divinity, or the natural world. These practices provide rich opportunities for curiosity and help establish a sense of being proportionate to our existence. Also, they help contextualize life experiences both for good and for bad. Remember to dedicate time to practice mindful activities such as prayer, mindful listening, walking, yoga, and so on. Continue to empower yourself with knowledge and wisdom to build your awareness.

RESOURCES

On-campus resources:

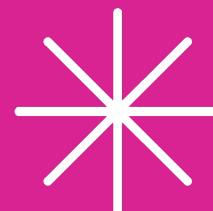
- Chaplains
- Multi-faith Spaces
- Social and Spiritual Health
- Spiritual Wellness

Off-campus resources:

- Places of worship in Waterloo
- Kitchener - Waterloo Spiritual Experiences Group

A SPIRITUALLY WELL PERSON

Will be stable and resilient during periods of change and adversity, and form pathways toward healing when in a place of hurt.



The Faculty of Mathematics is partnered with the Chaplains Association to bring you events and programming associated with spiritual wellness.



OVERVIEW

The dimension of vocational wellness focuses on your ability to lead a life that makes you feel enrichment, fulfillment, and satisfaction from within your work and studies.

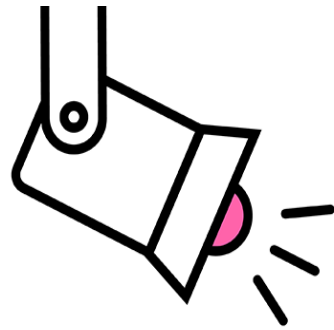
Practicing vocational wellness means that you are aligning your principles, values, interests, beliefs, and passions within your work to foster a work-life balance. It also means actively setting, pursuing, and achieving your work-related ambitions and goals.

SPIRITUAL WELLNESS INCLUDES

- Having a mentor who can provide professional guidance and career advice.
- Feeling inspired and being stimulated by the work that you are doing.
- Seeking out new opportunities to develop a more diverse skillset, advance your career, and fulfill a greater purpose within your life.
- Understanding the aspects of your job that you like and continually watching for new opportunities that match these interests and your other passions.
- Contributing to the development of a healthy and safe workplace environment.
- Exploring a variety of career options and remaining open to change.
- Creating a clear vision for your future.
- Maintaining a healthy work-life balance.
- Understanding your strengths, skills, abilities, beliefs, interests, and passions to align them appropriately with your work.
- Setting clear work-related goals and developing a plan to achieve them.



VOCATIONAL WELLNESS



SPOTLIGHT EXAMPLE

Thinking more about the importance of maintaining a healthy work-life balance.



You mustn't let your workplace stress go unaddressed or allow it to carry forward into your personal life. If you have workplace stress you should speak to your colleagues, manager, or HR to address your concerns, and develop a plan to reduce this stress.



Physical and emotional fatigue can be a common byproduct of an unhealthy working environment. Set healthy work boundaries that restrict work activities to your regular work hours and workdays.



Think about your routine often and the way your life is structured to see what changes you can make to improve your life.



Organize and personalize your workspace so that it maximizes both your comfort and productivity.

STRATEGIES

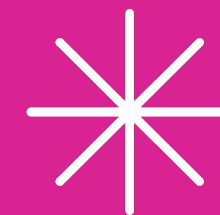
- **Setting goals:** Giving yourself goals to work towards will provide you with purpose.
- **Time management:** Introduce a daily 'to do' list to help you stay focused on what you need to accomplish. Doing so will help you stay organized and reduce your stress and anxiety.
- **Your vocation:** Every person will spend years of their life at work, and it is important that this work fulfills you and brings meaning into your life. While we need money to pay our bills, we also need to have pride in the work that we do, and finding a job that aligns with our strengths, skills, abilities, beliefs, interests, and passions can do just this.
- **Breaks:** It may be counterintuitive to think that a break will improve your work output, but it will! Taking breaks will improve performance, reduce stress and anxiety which helps to refocus your mind. A small five-minute break to stretch or chat with a co-worker will do wonders for your ability to keep focused and to complete your daily tasks.
- **Professional development:** Taking the time to attend a conference, a seminar, or a workshop can help you build new skills that may be useful to you in your work. It can also be a great starting point if you are considering a career change.

ALSO KNOWN AS

Vocational wellness is also known as occupational wellness.

A VOCATIONALLY WELL PERSON

Will experience higher job satisfaction, be inspired to take on new challenges to expand their job-related skills, see positive impacts on their inner well-being, and will be proud of their contributions.



The Faculty of Mathematics is partnered with the Centre for Career Action to bring you events and programming associated with vocational wellness.

RESOURCES

On-campus resources:

- Centre for Career Action
- AccessAbility Services
- Peer Success Coaching
- Counselling Services
- MATES
- CareerHub
- Employee Learning & Development at Waterloo

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