



Strong Start: Health & Wellness

Fall 2020

ACADEMICS

COMMUNITY

CAREER

HEALTH & WELLNESS

IMMIGRATION

PHYSICAL HEALTH

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SLEEP

GET THOSE ZZZZZ'S!



Everyone needs adequate sleep in order to perform daily functions.



Sleep may be even more important and influential to your wellness than you realize.



The academic culture and lifestyle often leaves students in a position where sleep is compromised or sacrificed to meet academic requirements.



The more sleep you get, the better your focus and concentration will be.

SLEEP 101

A close-up photograph of two hands shaking, symbolizing agreement or partnership. The hands are positioned centrally, with fingers interlaced. The background is a soft, out-of-focus grey. The text 'SEXUAL HEALTH' is overlaid in white, bold, sans-serif font across the middle of the image.

SEXUAL HEALTH

WHY IS YOUR SEXUAL HEALTH IMPORTANT?

- Learning information about sex and sexual health can help you have safe, respectful, and enjoyable experiences.
- In university, and college, there are often expectations and assumptions about sex, sexuality, and what “everyone else is doing”.
- Your choices around sex and sexual health are up to you, and you alone.

GENERAL SEXUAL HEALTH TIPS

- Consent is KEY --- You decide IF and WHEN to have sex.
- Practice “safer” sex.* Be aware of Sexually Transmitted Infections (STIs). Get tested regularly.
- Talk and communicate with your partner. Be clear about questions or concerns.
- Meet with a health care provider to talk about any questions you may have about your sexual health, preventing STIs, and using birth control.





SUBSTANCE USE

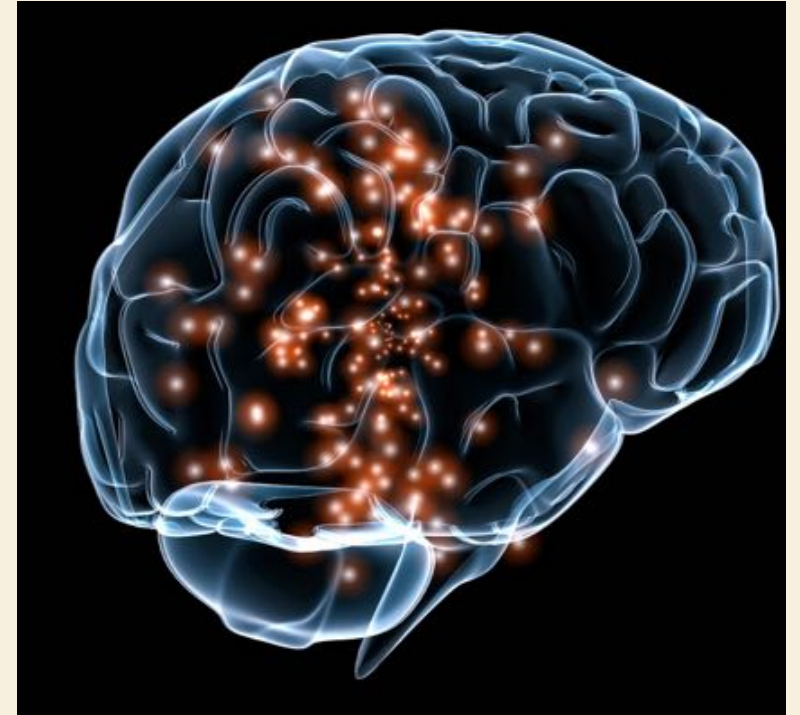
WHY IS THIS IMPORTANT TO OUR HEALTH?

- All substance use carries a certain amount of risk.
- It is necessary to consider its short-term/long-term effects on your health and success as a student.
- While choosing to abstain from using substances carries the lowest risk, if you do choose to use alcohol or other drugs, **it is very important to make a plan to reduce your risks.**

EFFECTS OF ALCOHOL

Too much alcohol can cause:

- Blurred state of mind, confusion, dizziness, vomiting, passing out, and even death from alcohol poisoning.
- Makes us think, move, and react slower.
- Our balance, coordination, balance and reaction time become more and more impaired.
- Our judgment and ability to make decisions is affected



TAKING RISKS WHEN DRINKING CAN LEAD TO:

- **Physical injury and possible death** – alcohol-related injury is a major cause of death in young people
- **Sexual risk-taking** – this can include unwanted sexual contact, unwanted pregnancy and sexually transmitted infections.
- **Suicide and self-harm** – both of these are higher in young people who drink heavily or often

If you know about the effects of alcohol, you will have a better understanding of how alcohol affects you.

Then you can reduce the chances of something bad happening to you.

CANNABIS (MARIJUANA)

- Impacts the brain's attention, memory and learning networks.
- Using cannabis before class, while studying for a test, or when doing coursework can affect ability to retain information, focus, and/or concentrate.
- Cannabis can be used for medical or non-medical purposes. People may choose to use cannabis for its therapeutic effects. **But it can also harm your health.**



CHOOSING NOT TO USE SUBSTANCES

Studies have shown that college and university students often believe that a much higher percentage of their peers use alcohol and other drugs than is actually the case.

Don't assume that you're the only one if you choose not to drink or use cannabis and other drugs.



PHYSICAL ACTIVITY

BASIC GUIDELINES FOR ADULTS

Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

Source: Canadian Society for Exercise Physiology

INTENSITY OF EXERCISE

What are examples of moderate-intensity physical activities?

- Activities where you sweat a little and breathe harder
- Brisk walking
- Bike riding
- Slow-pace jogging
- Yoga

What are examples of vigorous-intensity physical activities?

- Activities where you sweat (maybe a lot) and be 'out of breath'
- Running, Cardio, and/or HIIT workouts
- Dancing
- Martial arts
- Strength-training
- Swimming



WHY MAKE TIME FOR EXERCISE?

Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Obesity

Being active can lead to improved:

- Fitness
- Strength
- Better sleep
- Promotes good circulation
- Mental health
 - Morale
 - Self-esteem
 - Confidence
 - Mood
 - Stress & anxiety management



HOW TO INTEGRATE MORE EXERCISE INTO YOUR DAY

- Take a short neighbourhood walk every day
- Walk/ride your bike for various errands
- Get up every 20 - 30 minutes for a five-minute stretch break while studying
- Try out online workout videos
- Take up a favourite sport again or try a new sport
- Be active with friends and family on the weekend



A top-down view of a group of people sitting around a wooden table, eating a meal. The table is set with various dishes, including salads, pizzas, and bread. The people are seen from the chest down, with their hands and arms visible as they eat. The lighting is warm and natural, suggesting an indoor setting with large windows. The overall atmosphere is casual and social.

NUTRITION & EATING HEALTHY



CANADA FOOD GUIDE

Focus on wide selection of healthy foods:

- Fruits and veggies
- Protein
- Drink water
- Whole grain foods

Source: Canada Food Guide

NUTRITION BASICS

MAKE IT A HABIT TO EAT A VARIETY OF HEALTHY FOODS EACH DAY.

- Choose protein foods that come from plants more often.
- Swap in healthy dried or canned alternatives.
- Choose foods with healthy fats instead of saturated fat.
- Limit highly processed foods.
- Prepare meals and snacks using ingredients with little to no added sodium, sugars or saturated fat.



HEALTHY EATING HABITS

Make cooking and eating a fun and meaningful part of your routine

Plan what you eat

Choose water instead of sugary drinks

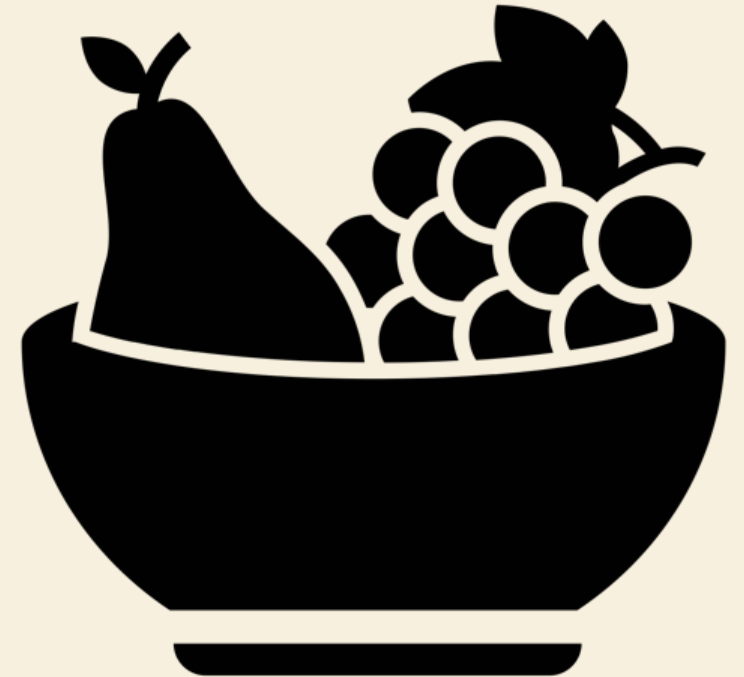
Be mindful of your eating habits and routine


Notice when you are hungry and when you are full

Read food labels

Choose healthier menu options when eating out

Take time to eat and eat meals with others when you can





SELF-CARE



WHAT IS SELF-CARE? WHAT ISN'T SELF-CARE?

Self-care is **any activity that we do deliberately** in order to take care of our mental, emotional, and physical health.

Good self-care is key to **improved mood** and **reduced anxiety**, as well as a good relationship with oneself and others.

Knowing what self-care is not might be even more important.

WHAT IS MINDFULNESS?

- **“...a moment-to-moment awareness of one’s experience without judgment. In this sense, mindfulness is a state and not a trait...”** – American Psychological Association
- Mindfulness is a state that can be brought on by practice
- We can all learn to be mindful
- Work to focus conscious attention in the “right here, right now”



01

Practicing daily meditation can aid the brain in recognizing and separating oneself from anxiety-based thought patterns and distracting or distressing thoughts.

02

Mindfulness practices allow individuals to relax their body, slow down, and connect with themselves.

03

Meditation can reduce stress and anxiety, increase confidence, and help to improve focus and concentration among many other health benefits.

WHY MEDITATE?

OTHER MINDFULNESS ACTIVITIES



Practicing
gratitude



Journaling



Colouring



Crafting



Connecting
with nature



MENTAL HEALTH

**PRESENTED BY GURMIT GREWAL, M.ED.
COUNSELLOR**

WHAT IS MENTAL HEALTH?

- “A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”
- NOT the absence of mental illness
- Not the absence of problems or challenges

World Health Organization, 2007



WHAT IS MENTAL HEALTH?

- Essential for your academic success and ability to participate fully and meaningfully throughout all aspects of life
- Includes emotional, psychological, and social well-being
- Affects how you think, feel, and act





**COLLEGE
LIFE IS
CHALLENGING!**

MENTAL HEALTH CONCERNS AT CANADIAN COLLEGES

- 88% of students felt overwhelmed by all they had to do in the last year
- 57% found academics to be very difficult to handle
- 63% felt things were hopeless
- 69% felt very lonely
- 76% felt very sad
- 51% felt so depressed it was difficult to function
- 69% felt overwhelming anxiety
- 16% had seriously considered suicide in the last year

ACHA-NCHA II, 2019



STRESS

Unique to you – experience it differently

Stress is an individual's physical and mental **reaction** to the environment (ex. demands, changes or pressures)

Stress is a condition or feeling experienced when a person perceives that **demands** exceed the personal and social **resources** the individual is able to mobilize

“It is not stress that kills – it is our reaction to it.”

- Hans Selye



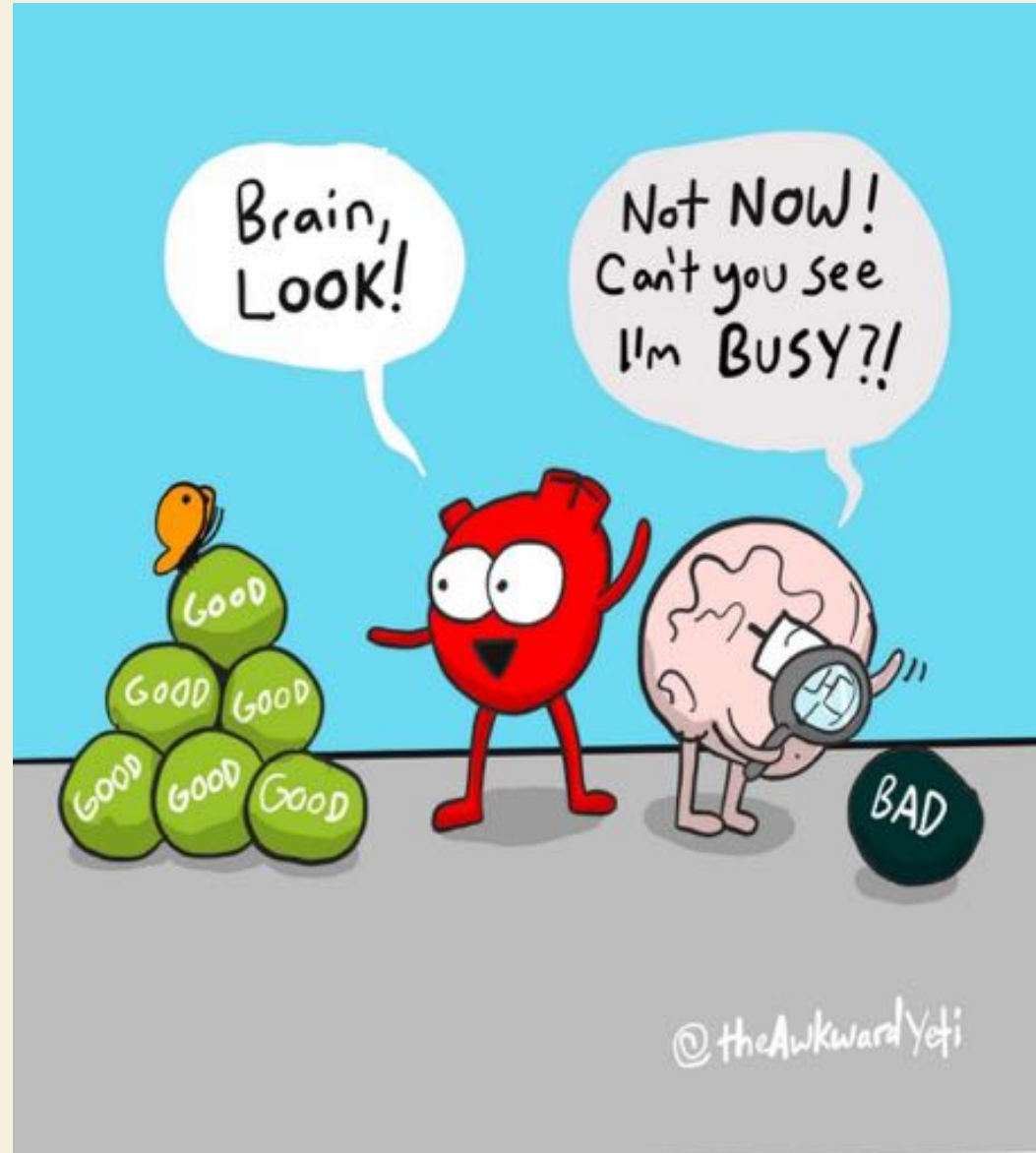
ANXIETY



- It's a feeling of fear or apprehension about what's to come

LOW MOOD

- Feeling sad, down, tired, frustrated, angry or worried
- Can result in a lack of confidence or self-esteem
- Brain Negatively Bias





SOCIAL ISOLATION AND LONELINESS

Away from home and family

Loss of high school friends

Impact of Covid-19

- Lack of in-person classes

COMMON SIGNS OF MENTAL HEALTH CONCERNS



WAYS TO IMPROVE MENTAL HEALTH

Connect with
others

Be Active /
Exercise

Giving

Keep learning

Practice
mindfulness and
meditation

Online self-paced
programs

- Anxiety Canada,
- Kelty's Keys
- Bounce Back

Seek professional
help

IT'S OK TO ASK FOR HELP



- Stigma
 - Causes people to feel ashamed for something thing that is beyond their control
 - Results in people being blamed for their condition
 - “A phase” or something they can control “if they only tried”
 - Prevents them from asking for help
- Getting help is a sign of strength
- Early intervention can prevent a problem from getting worse

PROFESSIONAL SUPPORTS

- One-to-One Counselling
 - Douglas College Counselling Services (for students currently in BC)
 - Here2Talk (for students outside of BC)
 - Wellness Together Canada (for students in Canada)
- Online Groups - Douglas College Counselling Services
 - **International Café**
 - Career Planning, Coping with Uncertainty, Virtual Calm
- Talk to your doctor
- Mental Health Centres (mental health authorities)



DOUGLAS COLLEGE COUNSELLING SERVICES

- Call 604-777-6185 to book an appointment
 - Free of charge
 - Confidential
 - 8:30 am – 4:30 pm
 - 50 minutes per session
 - Same-day Urgent appointments
 - Groups





DISCUSSION

Q & A

Thank you!

See you at the next workshop.