

Wellness Self Check-In #1



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Social Wellness Self-Assessment

Use this tool to identify your current wellness behaviours, as well as new behaviours you might like to incorporate into your life. Rate the following areas according to how well/often you engage in each behaviour.

3 = I do this always
2 = I do this sometimes
1 = I barely or rarely do this
0 = I never do this
? = I would never do this

- I plan time to connect with my family and friends
- I enjoy time spent with others
- I make time to check up on how my friends are doing?
- I treat myself and others with respect
- I experience my relationships with others as positive and rewarding
- I explore diversity by interacting with people of other cultures, backgrounds, and beliefs
- I seek out opportunities and am willing to meet new people and do new things (e.g., join a club or organization, play a team sport, learn a new hobby, volunteer, or attend community events)
- I look at situations from multiple perspectives and resolve conflicts through compromise
- At social events, I am conscious of how much alcohol I am drinking

Looking for other strategies to maintain or build your social wellness?

Social

Ability to connect with others and to establish and maintain positive relationships with family, friends, and peers

- For an oxytocin surge (aka “the hug hormone”) to boost feelings of happiness, connection, and courage, perform five different acts of kindness for others in a single day (e.g., shovel a neighbour’s sidewalk, drop a coffee off at someone’s door). After each act, jot down what you did in a sentence or two; for an even bigger boost, also write down how it made you feel.
- Missing games night? This link will take you to a ton of games you can play online with friends and family!: <https://tinyurl.com/onlinegametime>

But wait, here’s more ways to support your wellness!

Financial and Environmental: Make extra portions to freeze for quick meals on those busy days when you don’t have time to cook! See here for meal ideas!: www.happymoneysaver.com/easy-freezer-meals/

Physical and Spiritual: Set aside 30 minutes/day for mindful walking:
<http://benefitforlife.ca/resources/mindfulwalking>

Emotional and Intellectual: Watch a video or play a game that makes you laugh, like this one!: <https://www.youtube.com/watch?v=4p4dZ0afivk>

Academic: Use a large calendar to chart out your deadlines and work/study schedule to stay on track

Note that the strategies and resources above are not intended to take the place of formal supports. If you are feeling overwhelmed, anxious, isolated, or just want to talk, please reach out to Student Wellness Services at <https://www.ucalgary.ca/wellness-services> or the Calgary Distress Centre Support Line at 403-266-4357, which is available 24/7

Wellness Self Check-In #2



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Financial Wellness Self-Assessment

Use this tool to identify your current wellness behaviours, as well as new behaviours you might like to incorporate into your life. Rate the following areas according to how well/often you engage in each behaviour.

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0 = I never do this
? = I would never do this

- Pay my bills on time
- Save a portion of my income every month
- Apply for bursaries
- Track my expenses
- When buying items, ask myself: "DO I NEED or WANT this?"
- Examine my checking account statements every month
- Use my debit card rather than a credit card for making purchases
- Make responsible choices when I shop
- Manage a monthly budget
- Take advantage of student discounts (e.g., by keeping your student identification card on hand)

Looking for other strategies to maintain or build your financial wellness?

Financial

Ability to manage resources and one's relationship with money

- Create a budget using the tips provided here: <https://www.ucalgary.ca/registrar/moneysmart/resources/budgeting>
- Apply for all bursaries and student awards for which you are eligible. See here for available awards and instructions (see red button at the top of the page) for how to apply: <https://www.ucalgary.ca/registrar/finances/awards>
- Identify strategies you can use to manage (and even beat) your debt: <https://www.ucalgary.ca/live-uc-ucalgary-site/sites/default/files/how-to-beat-debt.pdf>

But wait, here's more ways to support your wellness!

Environmental: Remember to open your blinds to let natural light in

Emotional and Spiritual: Reflect on some "bigger than self" goals such as, *What kind of positive impact do you want to have on the people around you?*, *What mission in life or at work/school most inspires you?*, and *What do you want to contribute to the world?*

Physical and Intellectual: Write out your worries (or your to do list) before bed to get them on paper and out of your head

Academic and Social: Create a virtual study group via Zoom to discuss material and quiz your classmates or attend a [virtual study group](#) though the Student Success Centre!

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Wellness Self Check-In #3



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Physical Wellness Self-Assessment

Use this tool to identify your current wellness behaviours, as well as new behaviours you might like to incorporate into your life. Rate the following areas according to how well/often you engage in each behaviour.

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0 = I never do this
? = I would never do this

- Eat regularly and healthfully
- Exercise
- Engage in physical activities you enjoy
- Get regular medical check ups
- Get medical care when needed
- Take time off when sick
- Take time to be sexual
- Get a restful sleep
- Take breaks
- Make time away from phones, computers, and tablets

Looking for other strategies to maintain or build your physical wellness?

Physical

Ability to maintain a healthy quality of life, which includes routine check ups, a balanced diet, exercise, and healthy sleeping

- Try these full body stretches: https://www.ucalgary.ca/hr/sites/default/files/teams/244/full-body-stretches_2.jpg.pdf
- Add one extra serving of fruits and vegetables a day to increase your energy, curiosity, creativity, and motivation (more info [here](#))
- Don't go to bed unless you are sleepy and if you don't fall asleep after 20 minutes, get out of bed and try reflecting (see below), meditating, or reading until you become sleepy and are ready to try again

But wait, here's more ways to support your wellness!

Spiritual and Emotional: Turn off all electronics 30 minutes before bedtime and reflect on something you feel good about or that went well for you that day

Financial and Environmental: Embark on virtual tours to world monuments (e.g., Eiffel Tower, Coliseum, solar system, museums, etc.): <https://nomadandinlove.com/virtual-tours-for-travel/>

Academic and Intellectual : Ask yourself these five questions after experiencing a setback: <https://www.lifehack.org/articles/lifehack/5-great-questions-to-ask-yourself-after-a-failure.html>

Social: Reach out for peer support: <https://www.ucalgary.ca/wellness-services/services/mental-health-services/peer-listening>

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Wellness Self Check-In #4

Emotional Wellness Self-Assessment

Use this tool to identify your current wellness behaviours, as well as new behaviours you might like to incorporate into your life. Rate the following areas according to how well/often you engage in each behaviour.

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- Express emotions in positive, constructive ways
- Maintain a balance of work, family, friends, and other obligations
- Show flexibility and adapt or adjust to change in a positive way
- Recognize when you are stressed and take steps to manage your stress (e.g., exercise, quiet time, meditation)
- Make decisions with minimal stress or worry
- Let others know when you are angry in non-confrontational and non-hurtful ways
- Bounce back after a disappointment or problem

Looking for other strategies to maintain or build your emotional wellness?

Try this grounding technique to calm you when you're feeling anxious:
Breathe in and out slowly. Seated quietly, look around you and name:

Emotional

Ability to understand oneself; cope with challenges; acknowledge and share feelings in a productive manner

5 things you can see:

e.g., your hands, a picture, your cat

4 things you can physically feel

e.g., your feet on the ground, your arm rest, your desk

3 things you can hear

e.g., the wind blowing, cars outside, your breath

2 things you can smell

e.g., coffee, food, your moisturizer

1 thing you can taste:

e.g., a mint, gum, the fresh air



More info [here](#) on this technique

But wait, here's more ways to support your wellness!

Spiritual and Social : Look for volunteer opportunities on and off-campus: <https://www.su.ucalgary.ca/programs-services/volunteer-programs>

Intellectual and Academic: Prepare a summary after each class to be used as study notes for exams by creating two columns – the left for questions about the course concepts and the right for the answers

Environmental and Financial: Reduce soft drink/coffee intake and try tap water (with lime/lemon!) instead

Physical: Explore your neighbourhood, snap a pic, post it on instagram, and you could win a prize!:

<https://www.ucalgary.ca/live-uc-ucalgary-site/sites/default/files/teams/16/Contest%20RULES%20%23IGNITEyourmood.pdf>

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Wellness Self Check-In #5



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Spiritual Wellness Self-Assessment

Use this tool to identify your current wellness behaviours, as well as new behaviours you might like to incorporate into your life. Rate the following areas according to how well/often you engage in each behaviour.

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- | | |
|---|---|
| <input type="checkbox"/> Make time for reflection | <input type="checkbox"/> Sing |
| <input type="checkbox"/> Spend time with nature | <input type="checkbox"/> Meditate/pray |
| <input type="checkbox"/> Find a spiritual connection or community | <input type="checkbox"/> Be open to not knowing |
| <input type="checkbox"/> Be open to inspiration | <input type="checkbox"/> Have experience of awe |
| <input type="checkbox"/> Be aware of non-material aspects of life | <input type="checkbox"/> Contribute to causes in which I believe |
| <input type="checkbox"/> Try at times not to be the expert or in charge | <input type="checkbox"/> Read or listen to inspirational literature |
| <input type="checkbox"/> Identify what is meaningful to you | <input type="checkbox"/> Listen to spiritual/calming music |

Looking for other strategies to maintain or build your spiritual wellness?

Spiritual

Ability to establish peace and harmony in our lives and develop congruency between one's values and actions

- Student life is really busy, and sometimes our thoughts can get that way too! Consider taking time to meditate to relax your mind and connect with nature!
- For example, try this 7-minute “leaves on a stream” guided meditation exercise: <https://www.youtube.com/watch?v=sLISlYMqfNg>
- Or this guided nature experience that is perfect for those days when it's too cold to go outside!: https://www.youtube.com/watch?v=S3rMHs-0_yk

But wait, here's more ways to support your wellness!

Financial and Physical: Fitness apps often cost money but right now many are being offered for free for a limited time and can be found here!: <https://www.self.com/gallery/free-fitness-apps-home-workouts>

Intellectual: Check out a Ted Talk from this list of the Top 25 most popular Ted Talks of all time!: https://www.ted.com/playlists/171/the_most_popular_talks_of_all

Academic and Environmental: Did you know that you have a digital calendar as part of your Outlook? Access it by clicking  at the bottom left-hand side of the page. Use it to keep track of your classes, Zoom meetings, and everything else!

Social and Emotional: Write an email to express gratitude to someone who has helped you in some way, describing in specific terms what this person did, why you are grateful to this person, and how this person's behaviour affected your life

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Wellness Self Check-In #6



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Academic Wellness Self-Assessment

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? = I would never do this

- Take breaks during the day
- Take time to chat with peers
- Make quiet time to complete tasks
- Arrange a comfortable workspace
- Get regular feedback from instructors/TAs
- Negotiate academic needs (e.g., extensions)
- Regularly review notes/read textbook
- Prioritize tasks/assignments
- Do a little bit of work every day
- Hand in assignments/projects on time
- Study well in advance for exams/tests
- Have a peer support group

Looking for other strategies to maintain or build your academic wellness?

THE POMODORO TECHNIQUE

Academic

Ability to get personal fulfilment from one's academics while still maintaining a balance in one's life



1
Decide on the Task That You Need to Do



2
Set the Timer to 25 Minutes



3
Work on the Task Until the Timer Rings



4
Take a Short 5 Minute Break



5
After 4 Cycles Take a 15-30 Minute Break

More info [here](#) on this technique and [here](#) to download Focus To-Do, an app that is based on the Pomodoro Technique!

But wait, here's more ways to support your wellness!

Financial and Intellectual: Check out [Criterion on Demand](#) through the library to watch movies for free!

Physical and Environmental: Challenge yourself to walk (or ride a bike) rather than to drive or take transit when possible - carrying groceries home in reusable bags can be a great workout too!

Emotional and Social: Make time for relationships by scheduling a date! Please note, this is not a romantic date, but an opportunity to invest in a relationship, such as a coffee date, maybe a walking date, or take an online cooking class together: <https://www.familyfuncanada.com/calgary/online-baking-academy/>

Spiritual: The Faith and Spirituality Centre is offering a ton of online events, which can be found here: <https://www.ucalgary.ca/student-services/faith-spirituality>

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Wellness Self Check-In #7



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Intellectual Wellness Self-Assessment

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- Stay in touch with important people in your life
- Give yourself affirmations or praise
- Revisit favourite books, movies
- Seek out comforting activities, objects, people
- Allow yourself to cry
- Find things that make you laugh
- Make time for self-reflection
- Write in a journal
- Read literature unrelated to school/work
- Read literature unrelated to school/work
- Try something you are not an expert in
- Let others know different aspects of yourself
- Engage your intelligence in a new area
- Practice receiving from others
- Be curious

Looking for other strategies to maintain or build your intellectual wellness?

Intellectual

Ability to be open to new ideas and experiences and the desire to learn new concepts, improve skills, and seek challenges

Music and story writing can be a great way to exercise your creative muscles and to support your wellness too! And we're here to get you started!

- Create music for free using Beepbox: <https://www.beepbox.co> or Musiclab <https://musiclab.chromeexperiments.com/Song-Maker>
- Want to increase the level of challenge? Use this link to generate a story theme and setting and then create a song in Beepbox/Musiclab to fit the theme/setting!: <https://letsmakeagame.net/story-theme-and-setting-generator/>
- Music not your thing? Challenge yourself to write a 10-word story for the theme and setting you generated!

More info [here](#) on music benefits

But wait, here's more ways to support your wellness!

Financial and Environmental: Chop old clothing, towels, or bedding into squares to use for cleaning!

Academic: Use dictate in Office 365 to brainstorm ideas for papers and check-in with a writing tutor for support in writing assignments: <https://www.ucalgary.ca/student-services/student-success/writing-support>

Emotional and Spiritual: Plan something for every day that you look forward to (e.g., read a chapter in a book you're enjoying, listen to a favourite playlist, etc.). Bonus if it supports your **physical** wellness!

Social: See how long of a conversation you can have over text using only bitmojis and gifs

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Wellness Self Check-In #8



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Environmental Wellness Self-Assessment

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? = I would never do this

- __ Use a reusable mug/water bottle
- __ Open blinds to let in natural light
- __ Take short showers (e.g., under 7 minutes)
- __ Wash clothes using cold water
- __ Hang clothes to dry
- __ Turn off lights when not in use
- __ Turn off water when brushing teeth
- __ Not let water run while washing dishes
- __ Run the dishwasher or washing machine only when there is a full load
- __ Take public transportation or walk/ride your bike
- __ Print documents as little as possible
- __ Recycle bottles, cans, newspapers, etc.
- __ Donate items you no longer need or use
- __ Reuse items such as bags and containers
- __ Make meals using leftovers to reduce food waste
- __ Freeze foods before they go bad

Looking for other strategies to maintain or build your environmental wellness?

Environmental

Ability to recognize one's responsibility for and make a positive impact on the quality of our environment

SWITCH OFF THE LIGHTS



TAKE THE STAIRS



AC ON? SHUT THE WINDOWS



TAKE SHORTER SHOWERS



POWER DOWN LAPTOP



UNPLUG ELECTRONICS NOT IN USE



KEEP ROOM TEMP MODERATE



DO FULL LOADS OF LAUNDRY



USE FEWER OR SHARE APPLIANCES



SWITCH TO LED BULBS



More info [here](#) on these strategies

But wait, here's more ways to support your wellness!

Physical and Emotional: Starting with your toes, squeeze and count to five slowly. At "five," release the muscles and feel your toes completely relax. Repeat this process up your body from your feet to your calves to your thighs to your abdomen, all the way up to your head and back down to your arms, hands, and fingers

Academic and Spiritual: Give yourself a pep talk in the third person to [ease stress](#) while studying and finishing up final assignments! Consider what you would say to a friend! (e.g., You got this [YOUR NAME]!)

Social: Tell someone you care!: <https://tinybuddha.com/blog/52-ways-tell-someone-love-appreciate/>

Financial and Intellectual: For entertainment and a challenge, try a puzzle!: <https://www.puzzleprime.com/>

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