Discover Your Self Care
Wellness Workshop
Student Wellness Services
We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut’ina First Nation, the Stoney Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), and Métis Nation of Alberta, Region III.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River. The traditional Blackfoot name of this place is “Moh’kins’tsis.”
1. Understand the benefits of self-care and wellness
2. Explore some of your current coping behaviours—contemplate their effectiveness
3. Identify self-care and wellness strategies that are individual to you
4. Create and take your assessment and plan with you
So... what exactly is self-care?

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Why practice self-care?

Usually when life gets hectic self-care falls in priority, but self-care:

- Helps prevent burn-out
- Helps your relationships (with yourself too!)
- Makes you more effective with reduced stress
What can lack of self-care look like?

**Cognitive**
- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

**Physical**
- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds

**Emotional**
- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

**Behavioural**
- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

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First things first...

What self-care and wellness activities are you currently doing?

My Wellness Assessment Worksheet

“The time to repair the roof is when the sun is shining.”
J.F. Kennedy

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Creating a plan that works for you

My Wellness Plan

**Physical**
- Ex: Walk at least 3 times a week
- Visit the doctor for regular visits
- Sleep at least 8 hours a night

**Mental/Empotional**
- Ex: Journal
- 5, 4, 3, 2, 1 -> sensory countdown

**Professional**
- Ex: Ask for help
- Take time off
- Celebrate successes

**Financial**
- Ex: Maintain budget to manage resources

**Spirit**
- Ex: Practice mindfulness meditation daily
- Listen to music

**Relationships**
- Ex. Communicate needs and wants
- Time for coffee with friends or cancel when tired

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Unhelpful coping strategies I would like to use less/not at all:
Ex: Biting my nails

1) 
2) 
3) 
4) 
5) 

Barriers to maintaining my wellness strategies:
Ex: Lack of time

1) 
2) 
3) 
4) 
5) 

When do I need to take a break?
Ex. I yell at loved ones

1) 
2) 
3) 
4) 
5) 

My Wellness Plan
“You cannot keep giving to others if you do not give to yourself, first. It is like pouring water from a vessel: you cannot pour and pour without ever refilling it - eventually it will run dry.” Leslie K. Lobell
What happens when students come to Student Wellness Services

Wellness Centre - 403-210-9355
https://www.ucalgary.ca/wellness-services
Student Wellness Services

- **Health Services**
  - Physicians
  - Psychiatrists
  - Massage therapists
  - Chiropractors

- **Mental Health Services**
  - Student Support Advisors
  - Referral to on and off campus resources
  - Single Session Counselling
  - Brief Model Counseling
  - Online modules (D2L)
  - Wellness Workshops
  - Wellness Groups
  - After Hours 24 Hour Support (partnership with Distress Centre & Wood’s Homes)
Key Campus Resources

- Academic & Program Advisors
- Active Living
- Campus Food Bank
- Campus Security
- Career Services
- Faith and Spirituality Centre
- Enrollment Services
- Financial Aid Office
- International Student Services
- Leadership & Student Engagement
- Office of Diversity, Equity and Protected Disclosure
- Student Accessibility Services
- Student Success Centre
- Student Ombuds Office
- Students’ Union
- Sexual Violence Advocate
- Women’s Resource Centre
- Writing Symbols Lodge
- Q-Centre

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Earn the Conflict Management Digital Badge

Conflict management is a key skill for relationship building and achieving success.

Increase your confidence in your ability to manage conflicts at school, work and in other parts of your lives. Training within the Conflict Management Digital Badge includes learning about conflict styles, navigating conflict in relationships, and intercultural communication.

Get a virtual LinkedIn badge to show your skill development in this area!
Check out our other wellness workshops:

- Healthy Thinking
- Motivation & Time Management
- Boosting Self-Compassion
- Pushing Past Perfectionism
- Managing Stress and Anxiety

For the most up-to-date information on our resources and services, visit our website!

https://www.ucalgary.ca/wellness-services

