



# Bladder Chatter

TRU student health & wellness newsletter

## *Spiritual Health...The Centre of it All*



**Spirituality is unique to each individual. Your "spirit" usually refers to the deepest part of you, the part that lets you make meaning of your world. Your spirit provides you with the revealing sense of who you are, why you are here and what your purpose for living is. It is that innermost part of you that allows you to gain strength and hope.**

**Spiritual wellness may not be something that you think much of, yet its impact on your life is unavoidable. The basis of spirituality is discovering a sense of meaningfulness in your life and coming to know that you have a purpose to fulfill.**

**For some, spirituality may be equated with traditional religions such as Christianity, Hinduism or Buddhism. For others, it may mean growing in your personal relationships with others, or through being at peace with nature.**

Reference: [www.tru.ca/wellness/spiritual](http://www.tru.ca/wellness/spiritual)



TRU WELLNESS CENTRE  
LIVE TRULY WELL

**This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Chelsea at 828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca)**

**Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more info**

## Wellness Shout-out...

*"Four thousand volumes of metaphysics will not teach us what the soul is."*

**-Voltaire**

## Food for thought...

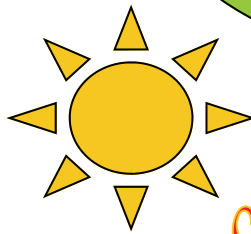
**What is spiritual health to you?  
What is spirit?  
Do you believe in a higher power?  
Do you believe in positive intention?**

## Wellness Quote of the Month

"Regardless of whether we believe in angels, God, Jesus Christ, the human spirit, the Blessed Virgin, the Great Spirit, or the Goddess of Gaia, being in tune with our spiritual resources is a vital healing force.

Committing ourselves to remember our spiritual selves and receive guidance for our lives is part of creating health".

**-Dr. Christiane Northrup  
Women's Bodies, Women's Wisdom**



## Spiritual Health Resources

**Campus Chaplains  
OM 1673  
371-5940**

**Religious Listings:  
[www.listingsca.com/British-Columbia/Society/Religion/Christian/](http://www.listingsca.com/British-Columbia/Society/Religion/Christian/)**

**TRU Wellness Centre  
OM 2453  
828-5010**

**TRU Counselling  
OM 1651  
828-5023**

**Sangoma Studios  
[www.sangomastudios.com](http://www.sangomastudios.com)  
372-3615**

## The Serenity Prayer

**"God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference".**

**- Reinhold Niebuhr**



**TRU WELLNESS CENTRE  
LIVE TRULY WELL**

**This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Chelsea at 828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca)**

**Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more info**

# Bladder Chatter p.3

## *A Little Story about Spiritual Wellness from your very own Wellness Coordinator*

I've never done this before...shared a personal experience in an issue of Bladder Chatter. I just thought that some of you might be able to relate to my story because it has to do with how I was able to find my own spirit when I felt like a part of it had been lost.

Where to begin? Well it all starts back in 2003, which was one of the best year's of my life, as well as one of the worst. Early '03 wasn't looking great as I had spent Xmas '02 at St. Paul's Hospital in the ICU by my dad's side after an abscess on his heart (aortic valve) burst causing multi-system failure. For those of you who aren't in healthcare, basically that means that the majority of his organ systems (kidneys, lungs, heart, etc.) were not working properly. To top it all off he also had a stroke, so we had no idea if he would make it through this crisis. After 2 months at St. Paul's, which he spent basically unconscious, he was transferred back to the Interior because he was slowly starting to improve after his open heart surgery, having had 2 of his heart valves replaced.

While all of this was happening I was in my fourth year of nursing here, preparing for my RN exam, and trying to plan a wedding to my high school sweetheart (OK..cheesy I know, but it's true).

June 2003 was a month I will never forget...I wrote my RN exam (and passed thankfully), I graduated from nursing, and then on June 21, the weekend after grad, my dad died, never having left the hospital.

It may seem crazy, but I was trying to stay so positive the whole time my dad was ill that it never occurred to me that he might die. He made it through multi-system failure, being on a respirator, being on dialysis, having open heart surgery, having all of his teeth pulled (an abscessed tooth is what caused the abscess on his heart), and losing over 60 pounds...I mean really, if he made it through all of that, how could he have died in his hospital bed when he was supposed to be getting better? I don't have enough space to go into the insane family "stuff" that went down after that, but let's just say when your parents are divorced and there is a "girlfriend" in the picture, STRESS is the only non 4-letter word that can describe it.

So in September, my mom walked me down the aisle when I got married to my partner of 11 years. I had always imagined that both of my parents would with me on this big day, so it was a major loss not having my dad physically there...I say physically because I did feel his spirit with me. After experiencing my wedding without my dad, it got me thinking about all of the future losses - my dad wouldn't be there for the birth of my children...my kids would never knowing their grandpa...my kids wouldn't have a true connection with my dad's side of the family. Anyways, after all of the stress of losing a parent, getting married, graduating, and starting a new job, I really started to feel my spirit splinter.

I will never forget what one of my instructors said to our nursing class when we were discussing the topic of spiritual health...she said "spirituality is whatever makes your heart sing". After analyzing the grief I felt over losing my dad at such a young age, I knew that I had to start re-evaluating my own spiritual health, and start to make some choices that nourished my spirit. After remembering my instructor's words, I started asking myself, what does make my heart sing? What can I do to start taking care of my spirituality again? After thinking about it for a while, it became more and more clear, dancing...dancing is what fills my soul and makes me feel alive.

Now I was in my late 20's at the time, and wasn't really apart of the bar scene anymore, so having the opportunity to go out and cut a rug, was pretty limited. Now I truly believe in positive intention, meaning that the energy you put out will come right back 'atcha, so I put it out to the universe that somehow I wanted to get dancing again.

Fast forward to August 2004 - I started working here as the Wellness Coordinator and the first call I received from the Kamloops community was from Sangoma Pauline de la Roode who was interested in offering "Roots of Rhythm", an African Dance class based in spirituality, on campus. OK, seriously people...what I had asked for just called me up at work! To make a long story short, the Wellness Centre offered the first session of Roots of Rhythm in January 2005, and I decided to participate. It was the most amazing experience...to get dancing again and to do so with other employees and students with a facilitator who based her practice in the realm of spiritual health, was unbelievable.

Now it is 2008, three years later, and I am still going to Roots of Rhythm. The class has evolved and shifted over time, but one thing still remains the same...my heart is still singing!

So what's the moral of this very long story...it's never too late to start filling your spiritual tank. Think about what truly makes you happy and make the choice to make it a part of your life...if you are spiritually well, the rest will follow.



## March Wellness Events

### Child Friendly Spaces for a Parent Friendly TRU



Is TRU a child friendly campus? Are change-tables, booster seats, highchairs & other necessities important to have on campus? Come out & fill out a quick survey to have your voice heard!

#### Student Street:

Thurs, March 13, 11am-2pm  
&

#### CAC Rotunda

Fri, March 14, 11:30am-1:30pm

### Women's Sexual Health



#### Info Booth

Thursday, March 6  
10:30-1:30am  
Student Street

**WIN PRIZES!!!!**

Learn about various women's sexual health issues on topics including STI's, PAP tests, Breast Self-exam, Lesbian Health, Abstinence, etc.

### RECONSTRUCTING



# Barbie

Did you know that if Barbie was a real person she would be 6'0", weigh 100 lbs, and wear a size 4? Her measurements would be: 39"-19"- 33"!

**Come create your own 'real' Barbie and join a discussion about the unrealistic body image that Barbie presents.**



When & Where:  
Wednesday, March 12  
6:30pm  
Old Main 1772

**FREE SNACKS!!!**

Please register with Chelsea Corsi from the Wellness Centre by Tuesday, March 11 by phone 828-5010, or by email [ccorsi@tru.ca](mailto:ccorsi@tru.ca)

## "Back to Basics" Campus Wellness Fair

Learn how to create and maintain a healthy lifestyle

Wednesday, March 26  
10:00am - 1:30pm  
Independent Centre



...we're talkin' some major PRIZES here!!!!



TRU WELLNESS CENTRE  
LIVE TRULY WELL

This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Chelsea at 828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca)

**Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more info**