

WELCOME TO WELLNESS!

Student Wellness Journal



truwellnesscentre TRU Wellness Centre www.tru.ca/wellness

February Issue



WELLNESS

Student Wellness Journal

This journal was created by fellow TRU students so that you can have easy access to information about wellness, university life, and resources.

Check out the colouring pages, questions for reflection, and activities throughout!

At the bottom of pages we provide 'Quick Tips' to direct you to more information on the topic.

At the end of each section, you will find phone numbers and websites for great resources.



Wellness Centre

Territorial Acknowledgement

Welcome to Tk'emplúps te Secwépemc!

Thompson Rivers University is located on the traditional and unceded land of Tk'emplúps te Secwépemc within Secwépemc'ulucw. With love and gratitude, we live, learn and work on the Tk'emplúps te Secwépemc territory.





In this journal,
you will...



Learn about and participate
in the themes of each month:



September

October

November

December

January

February

March

April



February:

Kindness and Compassion:
Extending Warmth to Self and Others



This month in the journal:

- Setting and maintaining boundaries
- Positive affirmations
- Make your own positive affirmations
- Self-compassion and self-care
- Supporting someone with an eating disorder
- February self-care planning guide
- Colouring page
- Eating disorder resources



Setting and Maintaining Boundaries



WHAT ARE PERSONAL BOUNDARIES?

The real or imagined line one sets around themselves to create limits within any kind of relationship. Boundaries define how we take care of ourselves and ensure our comfort and safety with ourselves and others.

WHY IS IT IMPORTANT TO SET BOUNDARIES?

Check out our
Wellness In Your
House Session about
Healthy Boundaries
on YouTube!

- They allow us to say NO to situations that we don't want to be a part of and/or are uncomfortable.
- They help protect our physical and emotional space from intrusion.
- They help us recognize our needs are not the same as others'.
- They allow us to make healthy choices for ourselves.
- They allow us to take more responsibility for ourselves.



STEPS YOU CAN USE TO CREATE AND MAINTAIN BOUNDARIES...



- **Start Small:** this allows you to set your own comfortable pace and determine if you're going in the right direction for you.
- **Set them early in your relationships:** so others understand your expectations. This helps prevent future complications or miscommunications.
- **Create a framework:** think about how you want to create a particular boundary and what aspects of your life it can be applied to.
- **Practice it out loud:** to ensure your comfort with what your boundaries entail.
- **Check in with yourself:** your boundaries can change depending on your situation. You should be comfortable with making adjustments that best fit your needs.



Different Forms of Boundaries

- *Physical*
- *Sexual*
- *Intellectual*
- *Financial*
- *Emotional*
- *Professional*



Positive Affirmations

Positive affirmations are positive phrases or statements that we frequently repeat to ourselves. Their purpose is to challenge negative or maladaptive thoughts and replace them with positive ones. Research suggests that practicing positive affirmations regularly may lead to positive health outcomes, such as decreased stress and increased physical activity (Moore, 2019).



10 Healthy Affirmations

to make a good day great!

- 
1. "I am enough."
 2. "Today I will learn and grow."
 3. "Life does not have to be perfect to be great."
 4. "My imperfections make me unique and special."
 5. "I don't have to be anything but myself."
 6. "I am worth everything great."
 7. "I am proud of myself."
 8. "I promise to take care of myself."
 9. "My mind is full of brilliant and beautiful ideas."
 10. "I commit to a life of loving myself."



Let's Practice Positive Affirmations!



Write down 5 positive things you can say to yourself when things get tough.

1

2

3

4

5



Self-Compassion and Self-Care



What is Self-Compassion?

- Acknowledging how you feel
- Being kind to yourself despite mistakes
- Recognizing when you are suffering or under stress and ways to remedy it
- Responding to these times with self care and kindness

What is Self-Care?

Self care is the practice of taking action to preserve or improve one's own health and wellbeing.

- **Physical self-care**- sleep hygiene, exercise and nutrition.
- **Emotional self-care**- coping skills, therapy, and journaling.
- **Social self-care**- boundary setting, communication, and social media use.
- **Spiritual self-care**- meditation and prayer.
- **Personal self-care**- hobbies, goals, and fostering personal identity.
- **Space self-care**- stability, and having a positive and clean space.
- **Financial self-care**- budgeting and money management.
- **Work self-care**- work boundaries and taking breaks.



Ways to support someone with an eating disorder



Avoid providing overly simplistic solutions like "Just stop" or "Just eat".

Remind them that you care and are there for support.

Avoid commenting on their appearance or weight.

Consider encouraging them to seek professional help, but don't force them.

Remind them that there's no shame in admitting you struggle with an eating disorder.

Refrain from guilt-tripping or threatening them -- it will just make them feel worse.



February Self-Care Plan



Physical:

Psychological:

Emotional:

Spiritual:

Relational:

Professional:

What are some potential barriers to your ability to implement this plan?

What are some strategies to overcome those barriers?



February Colouring Page



Throw
KINDNESS
like
CONFETTI

Eating Disorder Resources

- **Kamloops Eating Disorders Program:**
 - 250-377-6500
 - <https://keltyeatingdisorders.ca/kamloops-eating-disorders-program/>
 - Community based regional service that provides individuals who struggle with anorexia, bulimia or disordered eating with information, assistance, assessment and treatment.
- **National Eating Disorders Centre (NEDIC) Line: 1-866-639-6988**
- **The Looking Glass On-line Peer Support:**
 - <https://www.lookingglassbc.com/online-peer-support/>
 - A caring community of prevention and support for those suffering from anorexia, bulimia, and other eating disorders and their family and friends
- **Canadian Mental Health Association (BC):**
 - <https://cmha.bc.ca/documents/eating-disorders-3/>
 - Defines eating disorders, who is affected, and offers ideas on what and where support is available.
- **Jessie's Legacy:**
 - <https://jessieslegacy.com/>
 - Provides eating disorder prevention education, resources and support for youth, families, educators and professionals including the Eating Disorder Prevention Toolkit and Jessie's Legacy Blog.

The Wellness Journal was created in collaboration with past and present Student Wellness Ambassadors at Thompson Rivers University.

We hope that you find this resource helpful and we look forward to seeing you in the Wellness Centre (OM 1479).



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