

KPU

Peer Wellness Newsletter

ISSUE 2 | FALL 2022

WELCOME!

We hope you enjoy our Fall 2022 newsletter!
We appreciate you checking out our program
and hearing what we're all about!

We at KPU Peer Wellness believe students should have the best experience and health while attending KPU. Our program aims to offer social support and opportunities for social connection to KPU students from KPU students, we provide students with wellness resources on campus, and advocate for enhanced student wellbeing.

We are a group of KPU students just like you! We plan fun social events for our peers and can point you in the right direction of resources offered by KPU to support your overall health and wellbeing. We are here to support your health whether that be physical, emotional, mental, social, financial or spiritual health.

We assist students with their concerns, whether big or small, and help guide you to solutions that may bring on a positive and successful impact on your KPU experience and academic goals.

We hope to see you at our future events and can't wait to get to know our fellow KPU students!

- Sarah Khan, Peer Wellness Leader

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Connect with us!

-  @KPUPeerWellness
-  KPU Peer Wellness
-  www.kpu.ca/peerwellness
-  studenthealth@kpu.ca

Did you know, every October KPU celebrates....



Thrive: “to grow vigorously, to flourish, to progress towards or reach a goal despite or because of circumstances”

Thrive Month at KPU takes place every year in October, and includes a full month of events, workshops and activities that focus on supporting health and wellbeing for KPU students, staff and faculty!

We know the past few years haven't gone as we had planned, and we know

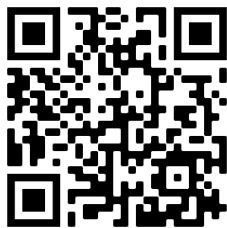
you've been feeling more anxious and stressed (we know we have), especially as we begin to navigate this new normal we are facing.

Now more than ever, it's crucial for us to make our health and wellbeing a priority, and what better than by participating in fun and engaging activities that will provide you with tools to be resilient, make connections with other KPU students, and support your overall health & wellbeing.

Past events have included: fitness classes, game nights, academic workshops, and meditation sessions.

As we get closer to October, we will be updating our website with the full event schedule so you can browse the different sessions and select what you may be interested in. Some sessions may require pre-registrations so please read all of the details.

Scan the QR code to check out the KPU Thrive Month website.



Upcoming Peer Wellness Events

- First Year Festival Virtual Games Day – Friday Sept 9th from 12-1PM
- On-campus socials – we plan fun activities like karaoke, movie watching parties, virtual game challenges, outdoor socials and more! (Surrey campus)
- On-campus resource navigation sessions– stop by and ask one of our Peer Wellness Volunteers about different health resources at KPU (Surrey campus)
- Instagram Live sessions focused on different health & wellness topics!



RESOURCE HIGHLIGHTS

In every issue of our newsletter, we will showcase various health and wellness resources that KPU students can access!

1. Student Awards and Financial Assistance (SAFA)

Looking for financial assistance while pursuing your credentials? Student Awards & Financial Assistance (SAFA) at KPU offers many resources and assistance to help students explore options and make plans that is well-suited for them!

SAFA helps students by providing financial assistance to be successful throughout their studying. They offer various resources for new students, current students, international students, and even parents, to fully support students' university education. List of services they offer include financial planning, student loan funding, awards and scholarships, emergency financial aid, work-study program, and other financial services. You can visit their main website at: <https://www.kpu.ca/awards> for more information.

Specific Information for students:

1. Student Loans

- For information on applying for student loans or to check your eligibility on Student Aid BC, visit: <https://www.kpu.ca/awards/student-loans>

2. Scholarships and Awards

- For information for various scholarships, awards, and bursaries offered to students with good academic standing, visit <https://www.kpu.ca/awards/awards-guide>. Newly admitted students to KPU can also visit <https://www.kpu.ca/awards/entrance-scholarship> to apply for Major Entrance Scholarships and Donor-funded Entrance Awards.

3. Emergency Financial Assistance

- For students who may be experiencing a delay in loans, unexpected financial hardships, and/or barriers, visit <https://www.kpu.ca/awards/emergency-assistance>. Emergency Aid is also available for Indigenous students who need financial assistance, as well as students who are in low income households.

4. Work Study Program

- Looking to obtain financial assistance and gain job experience relating to your careers? Visit <https://www.kpu.ca/awards/work-study-program> to learn more about KPU's work study program.

SAFA is available to answer students' questions via email or phone, Monday to Thursday, 9am-4pm, and Friday 9am-2pm. They are also available for in person service on the Surrey campus during those hours!

If you want to learn more about financial aid, email: finaid@kpu.ca

If you want to learn more about Scholarships & Awards, email: awards@kpu.ca

Or you can chat with someone over the phone by dialing: (604) 599-2700

Information provided by
Peer Wellness Volunteer
Catherine Crisostomo

RESOURCE HIGHLIGHTS

2. KPU CAMPUS WELL



CampusWell is a free monthly resource for KPU students! The resource (website) focuses on encouraging healthy minds and bodies to promote wellbeing across campus. Using mixed media, each month is filled with informative pieces surrounding mental health, sexual health, physical activity, as well as career building and relationships. Make sure to check your KPU inbox, because the newest edition of CampusWell is emailed to all KPU students monthly.

Where can I find CampusWell?

- Download the CampusWell app on your smart phone
- Visit the website at <https://kpu.campuswell.ca/>

How would you like to be featured in an upcoming issue of KPU CampusWell? Subject matter is curated by the CampusWell Advisory Board to include content from students, university staff, faculty, and medical professionals. If you would like to share an illustration, article, or video, CampusWell is a great way to get your voice out there.

Please contact studenthealth@kpu.ca to learn more!

- New to KPU? Campus Well has an Orientation edition with lots of information on how to use it: [Click here for the Orientation Edition](#)
- Looking for a general health resource? [Click here for a Self-Care Guide](#)



CampusWell
mobile app

Information provided by Peer
Wellness Volunteer Partap Grewal

WHERE THE MIND GOES, THE BODY WILL FOLLOW

How mental health is connected to physical health

Article written by Peer Wellness Volunteers: Aryan Anganu & Aubrey Clarito

Everything starts with the mind. Your thoughts, emotions, motor skills, and even your breathing are all controlled by the brain. We can see how the power of our brain encompasses the totality of our everyday lives, most especially to our physical health and wellbeing. And it is important that we raise awareness on our mental health with the same urgency and importance as our physical health.

The World Health Organization defines mental health as a “*state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.*” (Felman, 2020). This is fundamentally linked with physical health, which pertains to the body’s optimal health and functioning (University of New Hampshire, 2022). We can think of mental health as something we should actively maintain, look after, and work on to prevent mental and physical illnesses.



Our physical and mental health are very interwoven, such that they both work cooperatively to overall make a positive impact in our day to day lives. When we work to improve one of these, the other begins to improve as well. For example, maintaining a positive mindset in life increases our bodies ability to carry out its functions whereas a decline in mental health can lead to issues with our physical health (Monroe, 2019). From neural networks to chemical signals, the mind and body are connected and rely on each other to carry out their functions (Ramirez-Duran, 2020). This is referred to as the *mind-body connection*. As students, a major issue that is brought up is stress and anxiety, which can cause major strain on our mental health. This decline in mental health can cause our physical health to slowly decline as well. For example, headaches and tense muscles are some of many physical symptoms that arise from enduring stress caused by school. Finding ways to relieve stress (i.e. physical exercise) from our mental health can help improve our physical health (CMHA York & South Simcoe, 2021).

*“Poor mental health can affect your ability to make healthy decisions and fight off chronic diseases,”
(Oberheu, 2019)*

Article cont...

Just like any other organ, your brain is susceptible to diseases and injury. Keeping it physically healthy will impact your mental health in a positive way, and we can do that by applying both physical changes and mindful efforts. Remember to listen to your body and do what you can. Here are some of the things we can do:

- Eat and maintain a healthy diet: Nutrition you get from fresh food sources like fruits, vegetables, fish and poultry, and more contributes a lot to your overall brain and body function. With the right nutrients and food habits, it steers you away from acute health problems such as fatigue, insomnia, and colds; and chronic illnesses such as heart failures, diabetes, and brain disorders—all of which can negatively impact your mental health or lead to mental disorders in the long run.
- Establish an active lifestyle - Other than reaping its physical benefits, our brain also releases “feel-good chemicals” which are proven to ease anxiety and depression plus improves your overall mood for the day. It also allows you to train yourself to focus, engage, and allocate your mind and energy into one thing at a time. (Oberheue, 2019).
- Practicing Meditation - Meditating allows the entire body to feel a sense of relaxation as the mind is able to release any negative thoughts or feelings. This example of mindfulness can be practiced in events of high stress, anxiety, and many other times where our mental health is being strained. This overall allows the Mind-Body connection to recover from any sort of issue and regain/maintain positive health and wellbeing
- Prioritizing Sleep - On average, adults require around 6 to 8 hours of sleep per night. This is because it allows the mind to recover from an entire day's worth of functioning and it allows our body to replenish its energy for the next day. This reduces the overall risk for illnesses and increases our ability to function throughout the day.



Article cont...

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