

# WELCOME!

We are delighted to be back on campus with lots of opportunity to gain social connection that we've been missing these past years.

Read through our **Spring 2023 Newsletter** to know us more and for some health and wellness information!

The Peer Wellness Team is a group of KPU students just like you who understand how stressful life can be; juggling many responsibilities while studying at university. That's why we work as best as we can to offer social events and provide information about KPU resources to support you, our fellow KPU students, to maximize your overall health and wellbeing.

We believe that every dimension of health and wellness – physical, social, mental, emotional, financial and spiritual – are all connected and equally important in one's life. Whether you need assistance to point you to the right KPU resource, or just want to have fun and de-stress, we are here! We operate under the Student Health Promotion department and work closely with other departments. Head over to our website, Instagram account, or email us if you need one-on-one support or want to keep up-to-date on our upcoming events.

We hope to see you at our events this semester and to hear from you on social media!

- Aubrey Clarito – Peer Wellness Leader

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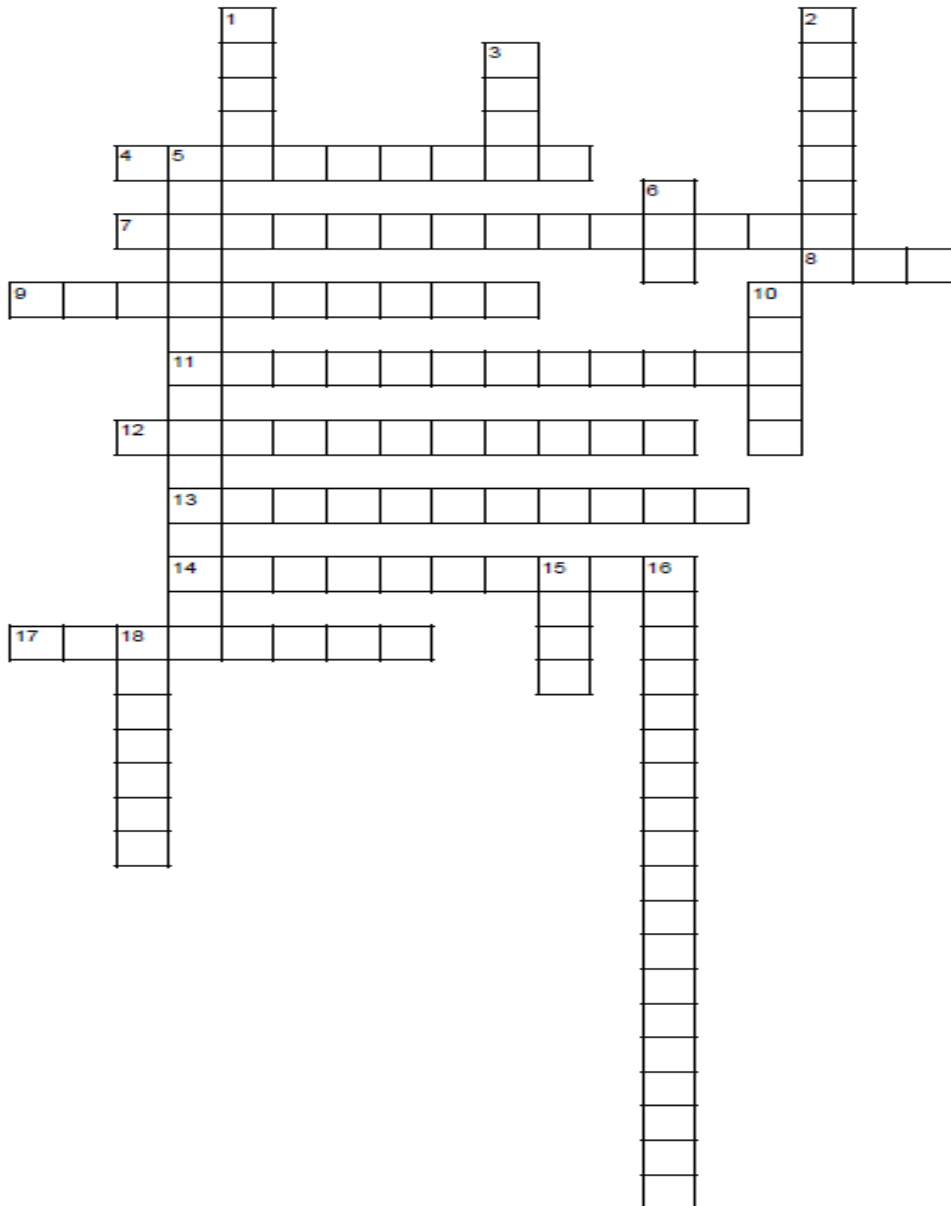
- *Upcoming Events*

## CONNECT WITH US!



# KPU Facts & Resources Crossword

Here are some interesting facts and helpful resources available at KPU. Answer the crossword to gain some information you may use along the way. Happy solving!



## Across

- 4 KPU's student publication
- 7 An inclusive space that supports social, cultural, and educational activities associated with Indigenous culture and history
- 8 A department under the Student Affairs that provides career-related services
- 9 Prayer and Meditation Rooms are provided by this KPU resource
- 11 A volunteer program comprised of students which acts as a one-stop shop navigation of KPU resources and support & promote student health and wellness
- 12 Helps students who wants or needs mental health support to improve their overall well-being
- 13 Provide support for university life transition
- 14 A part of the Student Services that provide technical support for the KPU community
- 17 "\_\_\_\_\_ " means "tireless runner"

## Down

- 1 A campus-wide initiative that aims for a safer and more inclusive space for LGBTQ+ students, staff, and faculty
- 2 Provides gym access, fitness classes, and other fitness-related needs
- 3 How many campuses does KPU have?
- 5 A department under Student Affairs that develops and organizes programs and events to support student health and wellness on campus
- 6 This department under Student Affairs provide support, like free tutors, for your educational needs
- 10 An application with 24/7 access to professional counsellors
- 15 Experiential learning where students alternate between study and paid work semesters
- 16 Helps you with KPU's internal procedures and University policies to protect your rights as a student
- 18 The building where the KPU Surrey Library is

# RESOURCE HIGHLIGHTS

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

## 1. SPORT AND RECREATION

Being active is a vital component of wellbeing. It is never too late to get started, and to take an active role in bettering your general health! It can improve our sleep, help us to have more energy, reduce stress, and boosts your confidence. Exercise should be something you find fun and it doesn't have to be hard. Find activities that you enjoy and can sustainably do. If you need support in taking these steps, KPU Sport and Recreation will be there to help!

Need a space to do cardio? Improve your strength? Visit the [KPU Fitness Centers](#), which are located in Surrey, Cloverdale (Tech), and Langley. You will have access to a variety of fully upgraded equipment. If you are new to fitness, you can also receive help from a trainer or sign up for a Fitness Centre orientation where you can learn how to use some of the equipment. They can help you with a routine and to motivate you to reach your goals. KPU also hosts regular fitness classes for [yoga and full body workouts](#) which are held on-campus.

Looking to meet new people or take part of in physical activity with others? Check out [Intramurals](#), which are open to all skill levels with volleyball, basketball, badminton and indoor soccer. You can also check out the latest gymnasium schedule for drop-in times. Keep an eye out for information on drop-in ping-pong coming Spring 2023.

Want to test your skills against others in games like Fortnite or Rocket League? Check out Sport and Rec's [Esports webpage](#) for upcoming events.

Visit Sport & Recreation on the Surrey campus (West end- Cedar building) and speak to a helpful representative or contact [sportrec@kpu.ca](mailto:sportrec@kpu.ca) if you have any questions!

- [Click here](#) to view the latest Sport & Recreation activity guide
- [Click here](#) to view the latest gymnasium schedule and to learn more about Sport & Rec
- Looking for a general health resource? [Click here for a self-care guide.](#)



Information provided by  
Peer Wellness Volunteer  
Partap Grewal

# RESOURCE HIGHLIGHTS

## 2. COUNSELLING SERVICES

Are you experiencing challenges in life that may be affecting your health and studies? KPU Counselling Services offers help to students to improve their wellbeing and resilience to overcome obstacles throughout their university life. Students may seek counselling due to difficult situations that can negatively impact their overall health and wellbeing. This can include anxiety, depression, stress, academic difficulties, motivation, family/relationship issues, loss/grief, abuse, violence and mental health challenges. Counsellors support students by providing options and ways to help solve any issues students are facing.

KPU Counselling Services offers drop-in intake sessions *Monday through Friday, 1PM-3PM, on the phone and online.*

Counsellors offer appointments *Monday through Friday, 9AM-4PM, online or in-person.*

### How to access KPU Counselling:

To make an appointment, call (604) 599-2828 or email [counsellor@kpu.ca](mailto:counsellor@kpu.ca) to speak with a Counselling Assistant for information about the drop-in times and how you can attend. Let the Counselling Assistant know if you are experiencing a crisis.

### Other supports for students when experiencing a crisis:

#### Keep Me Safe My SSP (KPU's Student Support Program) 24/7

- You can download the MySSP app in the [App Store](#) or [Google Play](#), or visit the [MySSP website](#), and choose KPU as your school and whether or not you are a domestic or international student.
- You can also call 1 844 451 9700

#### BC Crisis Centre 24/7

- Website: <https://crisiscentre.bc.ca/get-help/>
- Phone Number: 604 872 3311 or 1 800 784 2433
- Online Chat: <https://crisiscentrechat.ca/> (Available in BC from 12PM-1AM)

#### Here to Talk 24/7

- Website: <https://here2talk.ca>
- Phone Number: 604 642 5212 or 1 877 857 3397

Never hesitate to ask for help! KPU Counselling is free to registered KPU students. For students seeking immediate help, please use the crisis resources listed above!

Information provided by  
Peer Wellness Volunteer  
Catherine Crisostomo

# MAKE SLEEP A PRIORITY: *THE IMPORTANCE OF HEALTHY SLEEP HABITS*

Article written by Peer Wellness Volunteers: Mary Al-Rifaie, Sanya Bahl, Tanishka Bhalla & Aubrey Clarito



A good night's sleep gives you the strength and energy to face another day of school, work and personal responsibilities. The recommended 8-10 hours of sleep at night is unmatched when it comes to health benefits in comparison to the power naps we often take during the day. In all honesty, it becomes a challenge as university students to find the rhythm between life's responsibilities and sleep that works for us. But it's never too late to train your mind and body with healthy sleep habits for you to reap all its benefits.

What we struggle with the most, as university students, is finding that work-life balance. Most of us stay up late to study for exams or finish requirements, but we do not realize that it has many negative effects. The lack of sleep contributes to many concerns, especially in youth who struggle with sleep deprivation the most. Students often fall into the habit of trying to improve their school performance by staying up late to catch up on school work, but in turn, it causes poor performance in class (Khemka et al., 2020). It is important for students to understand the impact of sleep deprivation which can help them learn strategies on how to avoid it.

One of the major reasons why young adults are suffering from sleep deprivation is the time we spend on screens. Using laptops, phones and social media late at night can prevent you from getting adequate sleep because of the light emitted by these gadgets (Garey, 2021).



## Article Continued...

Young adults are also more involved in extracurricular activities and working part-time, which happen simultaneously with academic demands. This non-stop activity, and spending more time on their studies to attain academic success, can hamper their sleep cycles (Garey, 2021).

Studies show that university students have a high prevalence of mental health concerns and an exacerbation of mental health difficulties due to poor sleep quality or insomnia. It impacts our level of concentration, cognitive abilities, contributes to obesity, leads to short tempers and trouble coping with stress, among many additional concerns (Gardani et al., 2021). Over a prolonged period of time, chronic sleep deprivation can have a serious impact on a person's physical and mental health. This is why students who prioritize sleep are more likely to see an improvement in their academic performance as well as physical and mental wellbeing.

No matter how difficult it seems, it is of absolute importance that students make sleep a priority and establish healthy sleep habits. The most essential habit for students to adopt is *sleep hygiene*, which disciplines you to follow a sleep schedule and daily routines. Here are a few tips:

- Avoid late-night study sessions; make an effort to stay at pace with your coursework and steer clear of late-night distractions;
- Limiting caffeine and alcohol intakes at night;
- Avoiding electronic devices within an hour of bedtime;
- Limiting the use of your bed for daily activities like eating or working; bed is for sleeping!
- Incorporate a daily physical activity routine;
- Adopt a “wind down” routine which includes limiting distractions and relaxing your mind and body;



## Article Continued...

If you need more help, there are various resources in the community that are easy and accessible to improve your sleep habits. Engaging in these actions and support will not only help you to fall asleep faster, but also to get an uninterrupted and more restorative sleep:

- The Calm App
- Walk Along
- TED Talks about Sleep Hygiene
- Health Link BC – Sleep Hygiene

In conclusion, having a well-rested night of sleep has shown to benefit students in many ways – physically and mentally. Incorporating good sleep habits increases your ability to complete tasks, improves your mood, strengthens immune response, and makes you more focused and able to retain new information (UBC, 2022). Small changes in your everyday schedule makes a great difference in the long run. These changes can be small, like having a sleep sanctuary or incorporating daily exercise into your regular routine. It's important to reflect that what works for you, might not work for everyone, so listen to your mind and body when it needs to rest. There is no pressure if you don't get the hang of it at first, but staying consistent with what works for you and letting yourself have the time to recharge will go a long way in performing at university and in life to make your goals and dreams happen in the long run.

## References

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## Upcoming Peer Wellness Events

- First Year Festival Virtual Games Day – Friday January 6<sup>th</sup> from 12-1PM
- Student Mental Health Fair – Tuesday January 24<sup>th</sup> from 12-1PM - Surrey Cedar 1205
- 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!



### CROSSWORD ANSWERS

#### ACROSS

- 4- THERUNNER
- 7- GATHERINGPLACE
- 8- CDC
- 9- MULTIFAITH
- 11- PEERWELLNESS

#### 12- COUNSELLING

- 13-ORIENTATION
- 14- ITSERVICES
- 17-KWANTLEN

#### DOWN

- 1-PRIDE
- 2-SPORTREC

#### 3-FIVE

- 5-HEALTHPROMOTION
- 6-TLC
- 10-MYSSP
- 15-COOP
- 16-STUDENTRIGHTSCENTRE
- 18- ARBUTUS