

MONTHLY WELLNESS E-BLAST



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February 2022

A collection of CHWC events and activities:

February 1st - Positive Intelligence with Lucy

1:00 p.m. to 2:00 p.m.

Perfectionism, people-pleasing, avoidance, hyper-achievement, self-judgement, controlling, restlessness... These are just a few of the ways that we unintentionally sabotage ourselves. These behaviours can be so ingrained within us that we often do not notice them.

In order to stop the self-sabotage train, you need to identify what your inner saboteurs. Participants are asked to complete their PQ assessment prior to attending the workshop, you can take the free assessment by visiting - <https://www.positiveintelligence.com/assessments/> It's possible to train your brain to move from out of "Sabotage" to "Sage" mode. Positive Intelligence® (PQ) can help you recognize your saboteurs and strengthen your inner Jedi aka your sage mindset. PQ helps you better respond to life's challenges with a positive and empowering mindset rather than negative and dis-empowering one, which in turn improves your well-being.

During the workshop, you will learn how to intercept your saboteurs so that you can make tap into your wiser self.

Students who attend the session will have their name entered into a draw for a prize.

Please register using your student email address. Event will be taking place over Zoom and the link will go out to registered students one hour prior to the event starting.

Register Here: <https://www.eventbrite.ca/e/255382986387>

February 9th - Beating the Winter Blahs with Kym & Victoria ft. International Education's Pranav & Hafsa

11:30 a.m. to 12:30 p.m.

Do you wish Jack Frost would take a hike already? Does colder weather and shorter days have you feeling down? You're not alone. It's not uncommon to experience fatigue, sadness, difficulty concentrating, and a disruption in your sleep schedule during the winter season.

For some, this mood change is temporary and easily managed with lifestyle modifications. But for others, the winter blues can turn into a more severe type of depression called seasonal affective disorder or SAD. The good news? There are things you can do to beat the winter blues! Join Victoria and Kym to chat about SAD vs. the winter blues. We'll discuss some helpful tips and tricks and provide some useful resources for when you feel like you can't do it alone (because you don't have to).

Students who attend the session will have their name entered into a draw for a prize.

Please register using your student email address. Event will be taking place over Zoom and the link will go out to registered students one hour prior to the event starting.

Register Here: <https://www.eventbrite.ca/e/255747677187>

February 16th - Sleep Hygiene with Kym & Jamie

11:30 a.m. to 12:30 p.m.

Sleep hygiene" is a term to describe good sleeping habits – something elusive to many post-secondary students. In this Better Together Series session, we will confront what can keep us tossing and turning all night (except what might lurk under your bed – we aren't Ghostbusters) and some potentially helpful tips, tricks and information to help you enhance your quality and quantity of sleep. For instance: taller people sleep longer in bed, and do what Jeff Bezos does, sleep with pajamazon. We look forward to seeing you there and sharing a nice melatoninment together.

Students who attend the session will have their name entered into a draw for a prize.

Please register using your student email address. Event will be taking place over Zoom and the link will go out to registered students one hour prior to the event starting.

Register Here: <https://www.eventbrite.ca/e/255753434407>



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CHWC Women's Health

Dr. Alingary is with the CHWC offering

IUD insertion and a Reproductive Health Clinic once a month. For an appointment, please contact the CHWC at 905.721.3037.



February 23rd - Pet Therapy with Mental Health Nurse, Rebecca

11:30 a.m. to 12:30 p.m.

Come join us and learn how to stay paws-itive! Post-secondary years tend to place a lot of pressure on us and often our wellness takes a backseat... Animals can help! The health benefits of dogs (and cats, too) are well-documented. Petting a canine companion can help lower blood pressure and help ease depression. Pets help decrease stress by lowering levels of the stress hormone cortisol, and increasing levels of the neurochemical oxytocin, the love hormone. It's been many months now since in-person therapy dog visits were postponed. Despite not being able to physically interact with the dogs, virtual therapy sessions have shown to be a great success. Join us on Feb 23rd with a special guest appearance from Marlie the Goldendoodle - she just loves to be loved! Come as you are, or be accompanied by your own pet. Spend some time learning about the health benefits animals provide us and share with us your own paws-itive experiences.

Students who attend the session will have their name entered into a draw for a prize.

Please register using your student email address. Event will be taking place over Zoom and the link will go out to registered students one hour prior to the event starting.

Register Here: <https://www.eventbrite.ca/e/255756172597>

Mental Fitness Bootcamp with Lucy Romao-Vandepol

Students are invited to kick off the year by participating in a Mental Fitness (MF) Bootcamp in January. This is a 6-week program based on Positive Intelligence (PQ), students will have free access to Shirzad Chamine's PQ app and the Positive Intelligence book as PDF and audiobook. The program is limited to 5 students.

Participation in the program involves a time commitment of two hours per week + 15 minutes per day. The two hours are broken into one hour of online app based modules (broken into smaller chunks so that you don't have to do it all in one sitting) that are done over the weekend and then a one hour group coaching session that happens at the beginning of the week - date and time TBD. New material is released via the app each Saturday and participants are to complete that prior to the weekly group session.

If you're interested in participating, please connect with Wellness Coach, Lucy RomaoVandepol at Lucy.RomaoVandepol@durhamcollege.ca.



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The Mind Program in collaboration with Ontario Shores Centre for Mental Health Science

Durham College and Ontario Shores Centre for Mental Health Sciences are collaborating to deliver a free mental health and well-being learning centre called The Mind Program at your school. The Mind Program is offering three peer-led workshop series in the winter semester that were created by students at your school!

The first workshop series, entitled "Co-Design Course" is being offered virtually on Monday's from 3-4 p.m. from January 24th, 2022 - February 21st, 2022. In this workshop series, you will have the opportunity to inform mental health programming at your school. You and your peers will collectively design and develop the course offerings for the next semester in the Mind Program. The goal of this workshop series is to ensure that your voice is at the centre of this programming. An honorarium will be provided to co-design participants. Ten spots are available on a first-come, first-serve basis - this workshop is now full.

The second workshop series, entitled "College Life 101" is being offered virtually on Tuesdays from 4:00 to 5:00 p.m. from February 1st, 2022 to March 15th, 2022. In this workshop series, we will learn about all the things that we are expected to know as students but are never taught. The goal of this workshop series is to learn from one another to feel whole and prepared for success.

The third workshop series, entitled "Its Okay Not to be Okay" is being offered virtually on Mondays from 3:00 to 4:00 p.m. from March 7th, 2022 to April 11th, 2022. In this workshop series, we will learn to prioritize our wellness together in a judgement free zone! The goal of this workshop series is for you to feel supported and empowered to prioritize yourself!

For more information and/or to register for either or both workshop series, got to <https://www.surveymonkey.com/r/ZDGDJ5D> or email Holly Harris, at harrish@ontarioshores.ca

PEER
WELLNESS
COACHING

DCPWC

@wellnessatdc



Breakdown
Assignments



Organization



Social
Connection

Need Help Navigating Your Education?

Time Management

Brainstorm Ideas for
Assignments

Help With Using Online
Platforms Such as DC
Connect

For more information, visit us at:
www.durhamcollege.ca/pwc



Make an appointment:
Email: pwc@durhamcollege.ca

