

SELF-CARE & WELL-BEING AT CAPILANO UNIVERSITY

HAPPY

HEALTHY

COMFORTABLE

SELF-CARE & WELL-BEING

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SELF-CARE & WELL-BEING

Well-being is the state of being healthy, happy, and comfortable. In order to achieve positive well-being, we need to work on all aspects of life, ensuring balance and satisfaction.

At Capilano University, this means taking care of, not only your academic responsibilities, but also your physical, mental, financial, spiritual, social & cultural, and environmental needs.

A state of well-being is not achieved in one semester, or over one year, but over the course of a lifetime.

It is a **life-long process** of becoming more aware of the choices you make, how they affect you in the moment and in the long-term, and how they affect those around you.

It is an **active process** that takes effort and requires an ongoing sense of awareness.

It requires **critical thinking**, decision making, and self-advocacy.

This may seem like a lot, but remind yourself that well-being is on-going, always changing, and something you can continuously improve on.

Everyone has a set of unique needs and will go about achieving a sense of well-being in different ways. Each person has a different set of experiences that contribute to their well-being and will encounter different things in the future that may throw them off balance. Many different factors can influence our health and well-being.

The 7 Dimensions of Well-being at CapU include:

- ▶ Emotional
- ▶ Financial
- ▶ Social & Cultural
- ▶ Academic & Career
- ▶ Spiritual
- ▶ Physical
- ▶ Environmental

Take the [Wellness Quiz](#), used by Simon Fraser University, to see how balanced you are across the 7 dimensions of well-being, and what dimensions you may need to spend more time focusing on.

SELF-CARE & WELL-BEING

EMOTIONAL WELLNESS

Emotional Wellness, is the ability to understand and accept your emotions, and to explore who you are. It means enjoying life despite its occasional struggles and being able to remain positive about life.

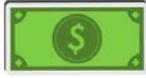
- ▶ Understanding and being able to ask for help when you need it
- ▶ Accepting yourself for who you are
- ▶ Recognizing the difference between positive and negative stress and being able to manage both
- ▶ Staying generally positive about life

Strategies to Improve your Emotional Wellness:

- ▶ Start by identifying your strengths. Your strengths make you unique. Make a list and post it somewhere you can see. Add to it as you learn more about yourself.
- ▶ Crying is our body's way of dealing with feelings. Tears are cathartic and healing sometimes. Let them out.
- ▶ Try something new. Doing something you have always wanted to try assists you to build confidence and helps you realize more of your capabilities.
- ▶ Realize that your differences are what make you who you are. You can admire someone else without downplaying yourself.
- ▶ Learn that it is okay to say no sometimes, and then practice doing so.
- ▶ Practice what you preach and ask for help when you need it. Taking care of yourself first must be a priority.
- ▶ Develop a support network of friends, family, coworkers, and teachers who can serve as your rock when you need a little extra help.
- ▶ Keeping your body healthy will support your mind as well. A healthy body can contribute to confidence and positivity. Remember to take a walk, eat some vegetables, and get enough sleep.
- ▶ Focus on the things you can control. For the things you cannot control, focus on your response, because that is where you can still exercise your own control.
- ▶ Find or create a space that is all yours. Having somewhere you can call your own allows you the freedom to be whoever you want to be in that space.
- ▶ Familiarize yourself with on campus and off campus resources.
- ▶ Allow yourself some peace and quiet: meditate, do yoga, or just be present with silence activities help to release stress and rejuvenate.

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FINANCIAL WELLNESS



Financial Wellness is the ability to appropriately manage your financial situation and to adjust as your situation changes.

- ▶ Using credit responsibly
- ▶ Creating financial goals
- ▶ Developing a savings plan
- ▶ Seeking out advice from a financial advisor
- ▶ Avoiding impulsive purchases

Strategies to Improve your Financial Wellness:

- ▶ Continue applying for scholarships. Just because you have started does not mean you cannot get some more help along the way.
- ▶ Pack a lunch, snack, and drinks when you go to school or work.
- ▶ Bring a water bottle. Not only are water fountains free, they are a healthier option than soda, coffee, or juice.
- ▶ Gas and parking are expensive. Use the benefits of [public transportation](#).
- ▶ Most of the resources on campus are free. Take advantage of them and do not let them go to waste.
- ▶ There are a lot of great second-hand stores. Whether you are furnishing your new place, or looking for a new outfit, these items will still be new to you and you will be making an important contribution to the well-being of the environment.

SOCIAL & CULTURAL WELLNESS



Social & Cultural Wellness focuses on your ability to create and maintain healthy, meaningful relationships, and to understand and accept the diversity around us. This involves:

- ▶ Recognizing unhealthy relationships
- ▶ Spending time with those who support you, and offering support to those around you
- ▶ Respecting and acknowledging the diversity around you
- ▶ Understanding your own biases
- ▶ Being comfortable spending time with others or alone

Strategies to Improve your Social & Cultural Wellness:

- ▶ If you are arriving at university with lots of friends from high school, allow yourself to expand and meet new people too.
- ▶ Join a club or group on campus and learn something new.
- ▶ Immerse yourself in the diversity on campus. Be aware of your biases and assumptions and challenge them.
- ▶ Think about your own culture, how it has shaped you, and what it means to you now at this stage of your life. Think about how that also applies to others.

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- ▶ Be curious, not nosy. Respect others' boundaries.
- ▶ Learn how to compromise and deal with conflict. These are important skills that transferable to other areas of your life as well.

ACADEMIC & CAREER WELLNESS



Academic & Career Wellness focuses on professional growth and expansion, challenging and adapting ones' perspectives, ideas, and practices, and gaining knowledge and networks that foster positive gains. These include:

- ▶ Setting goals in academics and your career
- ▶ Surrounding yourself with people who support these goals
- ▶ Creating professional and peer networks
- ▶ Allowing yourself to feel challenged in order to grow and learn
- ▶ Opening yourself up to new experiences and opportunities

Strategies to Improve your Academic & Career Wellness:

- ▶ Set priorities for immediate, middle, and longer term goals.
- ▶ Experiment with how you can best stay organized. Do you use a whiteboard, post-it notes, lists, or electronic calendars? Use what works best for you. Take advantage of advice from the Learning Services Advisor (studyskills@capilanou.ca).
- ▶ Turn off your devices, especially your cell phone, when work needs to get done. If you have to keep your phone on, limit yourself to only taking emergency calls.
- ▶ Make your goals attainable. If your long term goals seems unrealistic now, you are less likely to commit to them. Try setting shorter term, more reachable goals that will help you build up to your long term goals.
- ▶ Make your own deadlines. School and work are not the only things going on in your life. If you know you have conflicting schedules, set earlier deadlines to make sure you get things done.
- ▶ If you cannot work in silence, try classical music or instrumental. Listening to music without words helps you to be less distracted.
- ▶ We often hear that school/work should be a priority in life. Even if that is true, if all other aspects of your well-being are failing, your school or work will fail too. Do not forget to balance things.
- ▶ Reward yourself when you meet one of your goals.
- ▶ Chase your passion but be prepared to be flexible along the way.
- ▶ Visit [Career Development Centre](#), the [Library](#), and an [Academic Advisor](#). They are all free.
- ▶ Form a study group or work group that will keep you motivated and accountable. Other students are an excellent way to learn and support each other's academic goals.

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SPIRITUAL WELLNESS



Spiritual Wellness is about finding meaning and value in ourselves and everything we do. It connects with and enhances other aspects of our well-being as well. These involve:

- ▶ Understanding what your values are and how they guide what you do
- ▶ Recognizing that each person's values are different and respect that
- ▶ Finding connections between ourselves and our community
- ▶ Feeling a sense of purpose and meaning in our experiences

Strategies to Improve your Spiritual Wellness:

- ▶ Spiritual Wellness is not only about religion, although for some that may be a large part of it. If so, find a religious group that you associate with to build your community.
- ▶ Speak to the [Elder-in-Residence](#) located in the [Kéxwusm-áyakn Student Centre](#).
- ▶ Be present in the now. Take a few deep breaths to ground yourself every once in a while.
- ▶ Participate in a mindfulness class or make time in your day to practice mindfulness.
- ▶ Be aware of your values and beliefs and how those may be affected by the life changes you are experiencing. Do not forget to [respect the values and experiences of others as well](#).
- ▶ Let your spirit be creative. Draw, dance, journal, or create music.
- ▶ Practice compassion and [empathy](#) towards others.

PHYSICAL WELLNESS



Physical Wellness is about being active, following a healthy diet, and taking care of yourself when you are ill.

- ▶ Making healthy food choices
- ▶ Continuing with routine check-ups
- ▶ Avoiding sedentary activities
- ▶ Following a regular sleep pattern
- ▶ Staying educated on your changing body
- ▶ Being safe when engaging in sexual activities

Strategies to Improve your Physical Wellness:

- ▶ Go for a walk to get some air, enjoy the nature around you, and give your eyes a break from the screen.
- ▶ Take your breaks. Whether it is at work or between classes, use your breaks to relax, move around, and socialize.
- ▶ Stay hydrated. Drink lots of water, especially after being physically active and during the hot summer months.
- ▶ Check out the [Centre for Sport & Wellness](#), which is a free gym to all staff and students. Ask for a tour if you are unsure how to use any of the equipment. Staff are happy to help.

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- ▶ Use your study breaks as time to stretch, go for a jog, or do some squats. Changing up your routine will keep things enjoyable and keep your body awake.
- ▶ Turn the brightness of your screens down and turn off blue-lights at night to save your eyes and help with headaches and sleep.
- ▶ Naps are no longer just for babies. A mid-afternoon power-nap can be your alternative to buying a second coffee. It is amazing what a 15 minute nap can do to your energy levels.
- ▶ Book an appointment with the doctor on campus covered through your [CSU Health & Dental Plan](#).
- ▶ Practice safe sex. Whatever that means for you, make sure you take care of yourself and those you engage with, and [practice consent](#) every time.
- ▶ Limit heavy meals before bed and opt for a lighter snack instead.
- ▶ Coffee is not a breakfast substitute. Make sure you start your day off with a balanced breakfast.
- ▶ Remember that exercise is about fitness and portion size is about losing weight

ENVIRONMENTAL WELLNESS



Environmental Wellness is about recognizing the impact you have on the space and inhabitants around you, and acting in a way that supports a safe, sustainable and supportive community.

- ▶ Be kind to your surroundings and those you share spaces with
- ▶ Be knowledgeable about the land you are on
- ▶ Use alternate modes of transportation
- ▶ Reduce, reuse, and recycle

Strategies to Improve your Environmental Wellness:

- ▶ Use sustainable [transportation](#) – bus, bike, car share
- ▶ Reach out to a group on campus you want to learn more about.
- ▶ Classmates can make or break a university experience. Be a supportive classmate and friend.
- ▶ Eat, play, and shop local.
- ▶ Educate yourself on how to properly use the zero waste stations on campus, and practice sorting in your own home.
- ▶ Purchase an E-version of your course textbooks and avoid printing excessively.
- ▶ Dispose of unused medications properly.
- ▶ If you choose to [drink alcohol](#) or do drugs, do so with people you trust and feel comfortable with and know your limits.
- ▶ Take a class about the local area, people, language, or culture.

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For questions or to request additional information, resources or trainings,
contact wellbeing@capilanou.ca