




WELCOME TO WELLNESS!

Student Wellness Journal



truwellnesscentre  TRU Wellness Centre  www.tru.ca/wellness

November 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.



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Territorial Acknowledgement

Welcome to Tk'emlúps te Secwépemc!

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

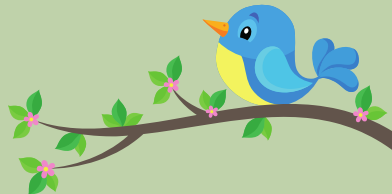


November:

Healthy Relationships: Self,
Others, and Substances

This month in the journal:

- Consent 101
- Things I learned at the Consent Tea
- Self-love playlist
- Healthy and unhealthy relationships
- My best qualities
- November self-care planning guide
- Colouring page
- Consent and sexualized violence resources



What does consent mean to you?

Doodle, write, imagine...



Consent 101



What is consent?

Consent is a mutual agreement to partake in an activity.

Communication is a very important part of giving and receiving consent.

Consent is continuous and ongoing. You can change your mind at any time.

Consent must be communicated clearly.

When we consider sex, getting consent is the law.

Consent keeps all parties engaged and respected.

Partners need to consent before engaging in any type of sexual activity.



Things I Learned at the Consent Tea



Every November, the TRU Wellness Centre hosts the Consent Tea, an event that involves snacks, drinks, activities, and goodies to learn about consent.

Use the space below to reflect on what you learned at this year's Consent Tea!

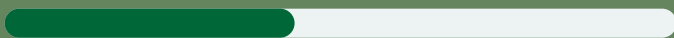


I Learned...



- 
1. Don't Be So Hard On Yourself - Jess Glynne
 2. Fear is a Liar - Zach Williams
 3. Beautiful U R - Deborah Cox
 4. Mother's Heart - Stefanie Heinzman
 5. Cry - Gryffin & John Martin
 6. Sweet Lovin' - Sigala & Bryn Christopher
 7. Know Your Worth - Khalid & Disclosure
 8. Welcome Home - Rueben & the Dark
 9. A Message - Coldplay
 10. Shake It Out - Florence + the Machine
 11. You Can't Rush Your Healing - Trevor Hall
 12. Fighting - Tyler Joe Miller
 13. Riser - Dierks Bentley
 14. Beautiful Child - Fleetwood Mac
 15. Put a Little Love on Me - Niall Horan
 16. Girl In The Mirror - Bebe Rexha
 17. Just The Way You Are - Bruno Mars
 18. As You Are - Daughtry
 19. A Little Bit Stronger - Sara Evans
 20. Let Her Cry - Hootie & the Blowfish
- 

Self-Love Playlist



Recognizing Healthy and Unhealthy Relationships



Humans are naturally social beings, and we need interactions with other human beings in order to live our healthiest, happiest, and most meaningful life possible. At the same time, relationships can be a tricky spot! Everyone has their own style of communicating, relating, and giving and receiving love. We can learn, grow, and heal a lot through our relationships!

Signs of a Healthy Relationship:

- You feel safe
- Boundaries exist & are respected
- Supportive
- Honours consent
- Communication
- Honesty
- Gives space
- Encourages growth and expression
- Has trust



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

Signs of an Unhealthy Relationship:

- Feeling unsafe or afraid
- No boundaries
- Controlling
- Disrespectful
- No communication
- Dishonesty/secretcy
- Codependency
- Jealousy and manipulation
- Mistrust

My Best Qualities



Take a moment to appreciate yourself. What are five nice things you like about yourself, that you are proud of?

1

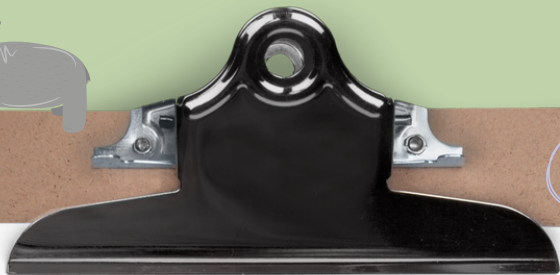
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3

4

5

November 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?



November Colouring Page

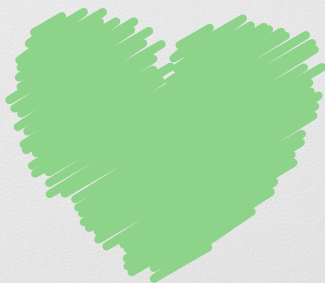


Consent and Sexualized Violence Resources

- **CYBERTIP:** www.cybertip.ca, or by phone at 1.866.658.9022
- **Kamloops After Hours Help Line:** 1.888.353.2273
- **Kamloops Immigrant Services:** 778.470.6101
- **Kamloops Sexual Assault Counselling Centre**
 - 250.372.0179
 - Anti-violence 24/7 Hotline: 1.888.974.7278
- **Kamloops Y Emergency Women's Shelter:** 250.374.6162
- **Royal Inland Hospital Intake:** 250.374.5111
- **Safe Spaces (services for members of the 2SLGBTQIA+ community aged 12-26yrs):** 250.371.3086
- **TRU Sexualized Violence Prevention and Response Office (OM 1486)**
 - svpr@tru.ca
- **VictimLink (24-hour):** 1.800.563.0808
- **Youth Space - TEXT:** 778-783-0177

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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