

TIPS FOR YOUR WELLNESS: THE BASICS



Eat a well-balanced diet, and aim for 7-9 hours of sleep each night. Maintain a routine by waking up at the same time, and develop healthy habits so your physical wellness is a priority.



Exercise is the best thing to reduce anxiety. If you're feeling anxious, work on maintaining daily exercise and plan it into your day. Evidence shows that it is the most effective thing to reduce stress and anxiety.



Set realistic goals. Student life requires a lot, so take stock of what you're capable of doing and set intentional goals to hold yourself accountable.



Celebrate victories. When you succeed, even with small victories, celebrate them. Tell yourself that you were able to meet your goals - if you always focus on the next thing to do, you won't feel good about all the great work you're doing.



Doing more isn't always the answer. Many students put more and more time into academics when they are stressed. This is often detrimental - listen to your body, emotions and thoughts. You may need to take some time for yourself, doing something that promotes rest and relaxation.



Connect. Humans are a very social species. Work intentionally to remain connected to old friends, new friends, staff, and faculty. Feeling connected to campus will improve your wellness.



Be mindful. Anxiety is a future-oriented emotion, so work on bringing yourself into the present and just notice the present, without judgement. Try out the Muse in the library, Clare Hall or Student Life Centre - it's a device that helps you train yourself to be more mindful!



Engage in Resources. There are amazing resources on campus to help you succeed academically. The staff at the Beryl Ivey Library, The Writing Centre (<http://writing.bresciauc.ca>) are to great resources that offer numerous supports and services that can help you be successful!

SUPPORTS and RESOURCES at Brescia and Western

The Hive

Location: St. James Building
Tel: (519) 858-5151
Email: brescia@uwo.ca
Website: www.brescia.uwo.ca/thehive

Your **first stop** for any registration, fees, supports and enrollment services. For example: academic advising questions, financial aid and fees, booking a career appointment, academic accommodation, etc.

Student Life Centre

Location: St. James Building
Tel: (519) 432-8353 ext. 28038
Email: bucstudent.life@uwo.ca
Website: slc.bresciauc.ca

The Student Life Centre provides students with supports, services, and opportunities to get involved on campus, including: mental health and wellness supports, Orientation programming, peer programs, and career appointments.

Student Wellness Educator

Location: St. James Building
Tel: (519) 432-8353 ext. 28038
Email: bucstudent.life@uwo.ca
Website: slc.bresciauc.ca

The Student Wellness Educator is a part of the Student Life Team, providing confidential **case management** services that assists students experiencing complex circumstances,

Student Success Centre

Location: Western Student Services Building, Rm 4111
Tel: (519) 432-8353 ext. 28038
Email: bucstudent.life@uwo.ca
Website: slc.bresciauc.ca

A career and experience building support at Western, the Student Success Centre offers career counselling, oversees Career Central which offers paid and unpaid opportunities, and facilitates career fairs and alternative spring breaks.

Assessible Education

Location: Western Student Services Building, Rm 4111
Tel: (519) 432-8353 ext. 28038
Email: bucstudent.life@uwo.ca
Website: slc.bresciauc.ca

Accommodations for students who accessed an IEP or IPRC document in high school or previous educational institution. They arrange academic accommodation for classes, exams, internships, or other program activities.

Student Development Centre

Location: Western Student Services Building, Rm 4111
Tel: (519) 432-8353 ext. 28038
Email: bucstudent.life@uwo.ca
Website: slc.bresciauc.ca

The Student Development Centre at Western is the home to Psychological Services, Learning Skills Services, the Writing Support Centre (there is also a Writing Centre at Brescia), and peer drop-in learning skills help.

Peer Support Space

Location: St. James Building 157
Hours: CLOSED for the academic year but visit [Big White Wall](#) if you are looking for online peer support. Brescia Peer Support will open in September 2020 again.

Upper-year students trained to support their peers experiencing mild to moderate mental health concerns. This is a drop-in and voluntary service.