

well



ACTIVITY BOOK



Check In with yourself

Ask yourself daily:

1. What am I grateful for?

2. Who am I checking in or connecting with today?

3. What expectations of "normal" am I letting go of?

4. How am I getting outside today?

5. How am I moving my body today?

6. What am I creating today?



Daily Planner

Date:

Things to do today

Goals for Today

Meal Plan

It is never too late to be what you might have been.
— George Eliot





It is better to light a single candle than to curse the darkness.
—Eleanor Roosevelt

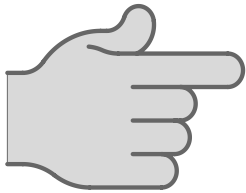


5-4-3-2-1 Coping Technique

This five-step exercise can be very helpful during periods of anxiety or panic by helping to ground you in the present when your mind is bouncing around between various anxious thoughts. Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help ground yourself:



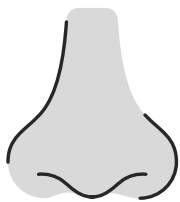
5: Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.



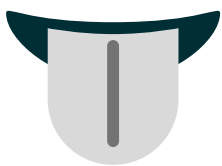
4: Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.



3: Acknowledge THREE things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.



2: Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to, take a brief walk to find a scent you could smell (i.e. soap in your bathroom, or nature outside).



1: Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

When I let go of what I am, I become what I want to be.
—Lao Tzu



Sudoku

The objective is to fill a 9×9 grid with digits in such a way that each column, each row, and each of the nine 3×3 grids that make up the larger 9×9 grid contains all of the digits from 1 to 9 (although, they can be repeated along the diagonals).

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 8 | 5 | | | | |
| | | | | | | 3 | | 4 |
| | 2 | | 7 | | | 8 | | 6 |
| 6 | | | | | | 2 | 9 | |
| 3 | | | 2 | | 5 | | | 8 |
| | 1 | 2 | | | | | | 7 |
| 2 | | 4 | | | 1 | | 6 | |
| 9 | | 7 | | | | | | |
| | | | | 9 | 6 | | | |

Your present circumstances don't determine where you can go, they merely determine where you start.

—Nido Qubein



Challenge Yourself

Our thought patterns (including our worries) can be changed, even though they may have been learned over a long period of time and may seem or be habit-like and hard to break. By engaging in repeated, systematic “countering” of these thoughts, they can be unlearned and replaced with more accurate thoughts and predictions. It just takes practice.

1. Identify the specific worry:

2. Ask yourself: Then what?

And then what?

And then what?

How I could cope with this:

I never lose, I either win or learn.
—Nelson Mandela



Classic Chocolate Chip Cookies

Baking forces you to put down your phone, get your hands dirty, and pay close attention to what you're doing. It can have an emotional impact akin to practices that are intended to more directly affect mood, such as meditation or breathing exercises. The smell of fresh cookies in the oven is just an added bonus.

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-ounce package) Semi-Sweet Chocolate Chips
- 1 cup chopped nuts (optional)

INSTRUCTIONS

1. PREHEAT oven to 375° F.
2. COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.
3. BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



Mindful doodling

- Pick a starting point on your blank page. You may start with a single dot in the center or work from one corner of the page and fan out.
- Start drawing using very simple lines, swirls, dots, spirals or other shapes to begin with.
- Remember, this isn't about creating a perfect pattern or it being exact. Draw free-hand and just incorporate any perceived mistakes into the design.
- There is no correct way to mindfully doodle. So there are no mistakes (this idea may take a little work for the perfectionists amongst us).

A person who never made a mistake never tried anything new.
— Albert Einstein



Self-Care Bingo

More than just a bubble bath, self-care activities are done deliberately in order to take care of your mental, emotional, and physical health. It's a simple concept in theory, but it's often overlooked. Good self-care is key to improved mood, reduced anxiety, and a good relationship with oneself and others.

| | | | | |
|-------------------|-------------------|------------------------|-------------------|---------------------|
| Meditate | Cook dinner | Yoga | Colour | Limit screen time |
| Drink Water | Stretch | Listen to a podcast | Do a puzzle | Learn something new |
| Dance | Doodle | FREE | Facetime a friend | Read a book |
| Bake something | Fold your laundry | Journal | Listen to music | Walk outside |
| Do a home workout | Call your family | Get 7-9 hours of sleep | Express Gratitude | Declutter your desk |

The best way out is always through.
—Robert Frost



Word Search

W K W F M K F S E E X R T P E T R O I R E P U S T E N H U A
H R W U S T A D S H F H O C H F H Q X W G J L J Y U I O N L
Z A X H I R U U P E U A N S Z P D U K D R Q V F R N K N C U
Z M U K O C O N A N N E C O S O D D N Q K N K N W I S O O M
Z A P G A H A O D F I L X U G E G R A D U A T E R V A U N N
R R A T D I M E X C V M L C L R F W O Z E G L E A E L R V I
I A I L G A R A S Y H L E E G T O O L F A R S P B R A S E E
M O E R S W L R V H C Z P J W T Y H R X N E B B F S R T N I
N I O T O L S I M C O E H A L L T I I P A I Y A A I O D T F
F E E L E R A S T U D E N T M C E E A R M B Y A Y T B T I L
G R V L R S A R D D X C D B E Y F Y C A Q S N M I Y Y G O O
S E W A K O K S U M A V M N E T I H D I P L O M A L R W N W
S U T K T I G T V M J H N J W L L E M K J V R L X C L N A D
R G U E E A D M P L A O E P B I S G G C P K O H Y R X I L U
J A G H T S M U P G C R C R X L E H F D J B L O O H R J R K
X R A E R K S B A R T S T F I H R A G N A H E I L W P G Q O
K L P A X N H U L Q W X B N L T U K E R N Z H B C E L Q X V
R I H D M L D W T Y S G B B I R A E A J N L C Y Q V K P C F
H D A E P Z P I N E N H T Z W D P G O D O Z A W Y D F D L E
N O S R E H P C M C A L A N O I T P E C X E B K R P S C L S

AGORA

ALUMNI

ARAMARK

ARTS

BACHELOR

BORALASKIN

CAMPUS

CONNECT

DIPLOMA

EDUCATION

EXCEPTIONAL

FACULTY

FIELDHOUSE

GEORGIAN

GRADUATE

HANGAR

HERITAGE

HONOURS

HOWL

INTRAMURALS

LAKEHEAD

MASTERS

MCPHERSON

MUSKOKA

MYINFO

ORILLIA

PROFESSOR

RESEARCH

RESLIFE

SCIENCE

SIMCOEHALL

STUDENT

SUPERIOR

TAMBLYN

THUNDERBAY

THUNDERWOLVES

UNCONVENTIONAL

UNIVERSITY

WELLNESS

WOLFIE

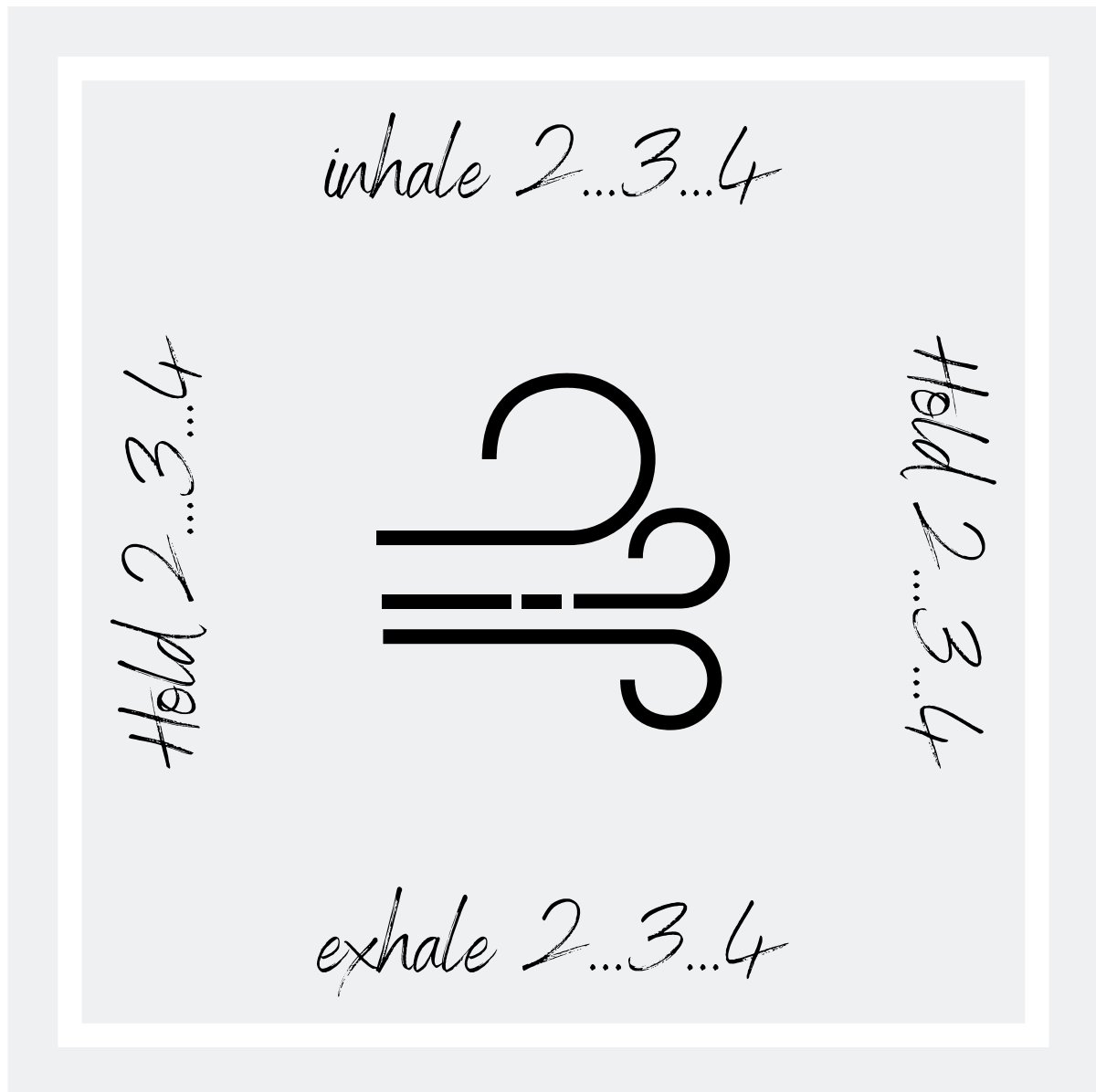
I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

—Jimmy Dean



Square Breathing

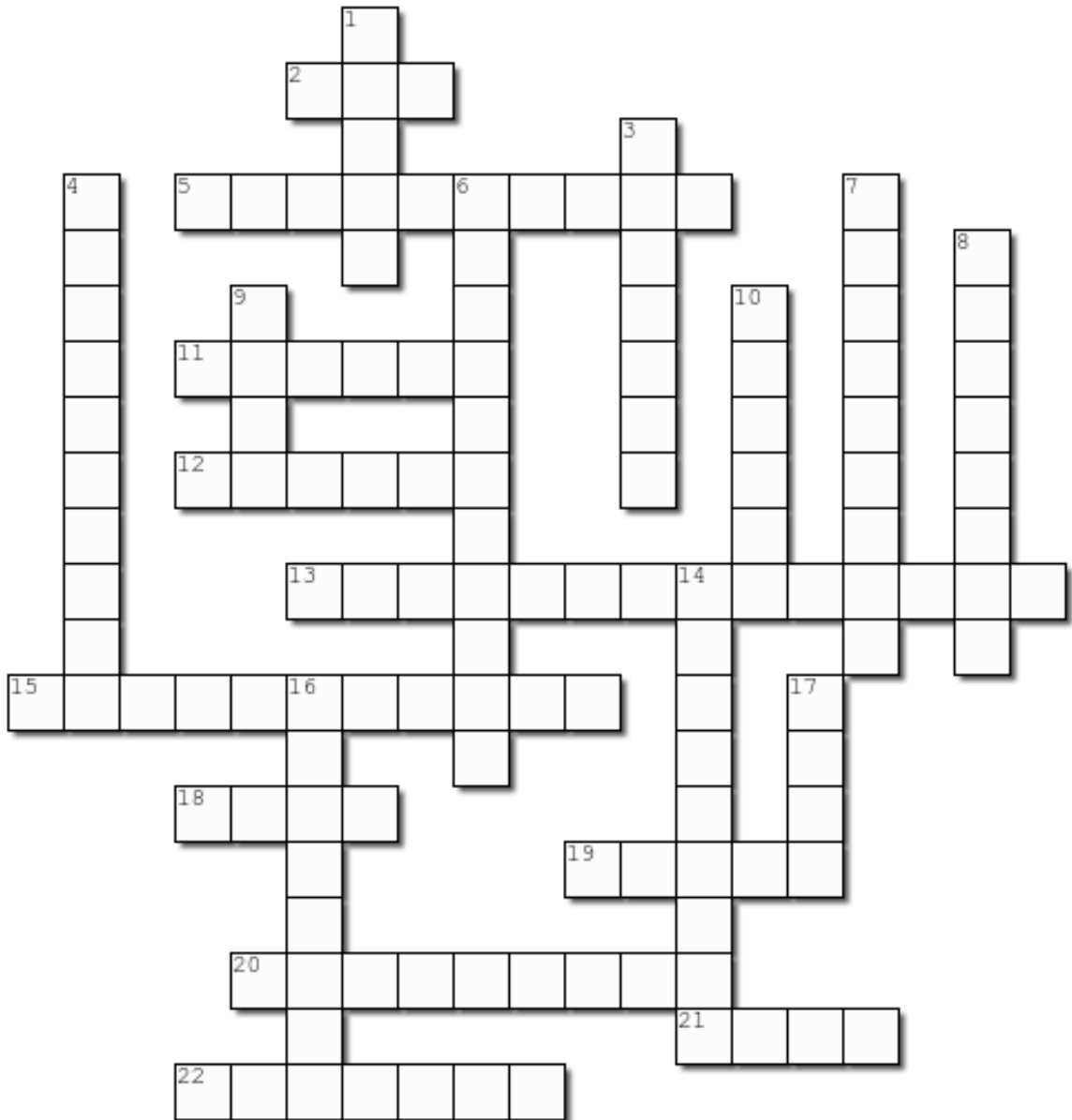
Square breathing is a type of breath-work that can shift your energy, connect you more deeply with your body, calm your nervous system, and decrease stress in your body.



You may have to fight a battle more than once to win it.
— Margaret Thatcher



Crossword



Horizontal

- 2. Orillia Campus est. Two Thousand and
- 5. Northern Campus
- 11. Mascot
- 12. Official Motto - 'Achievement through...'
- 13. Unique
- 15. On Campus Recreation Leagues
- 18. Student Union
- 19. Lakehead Gold
- 20. Lakehead University Est. Nineteen Hundred and
- 21. Oliver
- 22. Southern Campus

Vertical

- 1. Sleeping
- 3. Competitive Lakehead Team
- 4. Law School
- 6. Remarkable
- 7. Heritage Place
- 8. Partnership
- 9. Thunder_____
- 10. Lakehead Blue
- 14. The Argus
- 16. Traditional Medicine
- 17. Tamblyn

If I cannot do great things, I can do small things in a great way.
— Martin Luther King Jr.



Things to Remember

You don't have to be perfect

Small steps are still progress

Asking for help is strength

Making mistakes is part of life

Tomorrow is a new day



Reach out

This is an unprecedented and uncertain time- it is totally normal to feel stressed, overwhelmed, anxious or worried.

If you find that your stress, worry, or other emotions are starting to affect your ability to study, sleep, or interact with others, reaching out for professional support can help.

Are you in crisis?

Urgent Help- Dial 911

Thunder Bay Crisis Response- 807-346-8282

Orillia Crisis Response- 705-728-5044

Student Health and Wellness

Thunder Bay campus has counselling appointments via phone or zoom. Call 807-343-8361 to book.

Orillia campus has counselling appointments via phone or zoom for students who have a pre-existing counsellor. Call 705-330-4008 ext. 2116 to book.

- **Realcampus.ca**

All students who are enrolled in LUSU's extended health care plan have access to realcampus.ca and the maple app which offer instant access to a counsellor via chat, phone, text or video chat as well as a suite of on-line wellness resources.

- **Bigwhitewall.ca**

A free, online mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events. Available 24/7/365, the service supports people to express their thoughts and feelings in a safe, secure and anonymous space supported by clinically trained 'Wall Guides', self-guided courses and self-improvement tools and resources.

- **Good2talk**

A 24/7 free support service delivered by professional staff with education and experience in professional counselling or information and referrals.

Call 1-866-925-5454

- **Crisis Text Line powered by Kids Help Phone**

Delivered 24/7 by volunteer Crisis Responders, with supervision from paid Texting Supervisors, and can be reached using any text/SMS-enabled device by texting GOOD2TALKON to 686868.

Once you choose hope, anything's possible.
—Christopher Reeve

