



WELLNESS BINDER

*One small crack does not mean that you are broken, it means
that you were put to the test and you didn't fall apart."*

— Linda Poindexter

**REACH OUT TO ME
WELLNESS@CESA.QUEENSU.CA**

WELLNESS BINDER

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Daily Wellness Practices

MENTAL WELLBEING

- Gratitude journal
- Meditate
- Pamper yourself
- Journal
- Go outside

PHYSICAL WELLBEING

- Eat nourishing foods
- Yoga
- Zumba
- Go on a walk/run



Student Wellness Resources

CÔTE SHARP STUDENT WELLNESS CENTRE
ROOM 109 IN MITCHEL HALL (69 UNION STREET)

CALL **613-533-2506** MONDAY TO FRIDAY 9AM-4:30PM TO SCHEDULE AN APPOINTMENT

APPOINTMENTS (DAYTIME): MONDAY-FRIDAY
9AM-5PM

APPOINTMENTS (EVENING): MONDAY-
WEDNESDAY 5-7:30PM

AFTER-HOURS SUPPORT (**FOR EMERGENCIES**):
CALL **911** AND/OR QUEEN'S 24-HOUR CAMPUS
SECURITY AND EMERGENCY SERVICES AT **913-
533-6111**

EMPOWER ME (FREE, 24/7 365 DAYS YEAR):
CONNECT CONFIDENTIALLY WITH QUALIFIED
COUNSELLORS, CONSULTANTS AND LIFE
COACHES, CAN BE USED FOR SCHEDULED
SESSIONS OR CRISIS SITUATIONS
1-833-628-5589 (NORTH AMERICA)
FOR CRISIS/TRAUMA: PRESS ZERO
NON-URGENT SUPPORT: STAY ON THE LINE
AND GET CONNECTED!

TAO (**THERAPY ASSISTANCE ONLINE**): ONLINE
LIBRARY FILLED WITH ENGAGING,
INTERACTIVE MODULES YOU CAN COMPLETE
AT YOUR OWN PACE, AND IN WHICHEVER AREA
YOU WANT

When Should I Go to Student Wellness?

SOMETIMES, IT CAN BE DIFFICULT TO DIFFERENTIATE IF YOU ARE EXPERIENCING SOMETHING MORE CHALLENGING; FOR INSTANCE, A MENTAL HEALTH PROBLEM OR A MENTAL DISORDER. IF YOU ARE THINKING OR FEELING THAT YOUR SITUATION IS **OVERWHELMING** OR IF YOU ARE HAVING THOUGHTS ABOUT HARMING YOURSELF OR OTHERS, YOU SHOULD GO TO THE NEAREST **EMERGENCY ROOM** RIGHT AWAY. IF YOU HAVE A FRIEND WHO CAN GO WITH YOU DON'T HESITATE TO ASK THEM TO DO THAT. THEIR SUPPORT MAY BE A BIG HELP.

SHOULD I GO TO MY STUDENT HEALTH SERVICES WITH MY CONCERNS? QUESTIONS TO ASK MYSELF:

- HAVE I BEEN FEELING REALLY OUT OF SORTS EMOTIONALLY FOR OVER TWO WEEKS, MOST OF THE TIME EACH DAY? AND I CAN'T REALLY GET FEELING BETTER IN SPITE OF WHAT I TRY TO DO.
- HAVE I BEGUN TO LET MY SCHOOL WORK SLIP (MISSING CLASSES, NOT DOING MY STUDYING) BECAUSE OF HOW I HAVE BEEN FEELING?
- HAVE MY FRIENDS OR FAMILY MEMBERS BEEN TELLING ME THAT THEY ARE CONCERNED ABOUT HOW I AM DOING?
- HAVE I CUT DOWN ON MY SOCIAL LIFE AND MY CONTACTS WITH FRIENDS AND FAMILY BECAUSE OF HOW I AM FEELING?
- AM I HAVING PROBLEMS WITH MY EMOTIONS, BEHAVIOR, OR THINKING THAT I HAVE HAD HELP FOR IN THE PAST BUT THAT ARE NOW RE-EMERGING?
- HAVE I BEEN USING ALCOHOL OR DRUGS MORE THAN OTHERS ARE USING THEM OR HAVE I BEGUN USING ALCOHOL OR DRUGS TO "HELP" ME WITH HOW I AM FEELING OR TO TAKE MY MIND OFF MY PROBLEMS?
- AM I EXPERIENCING ANY OF THE FOLLOWING: THOUGHTS OF HOPELESSNESS OR THAT LIFE IS NOT WORTH LIVING; HEARING VOICES WHEN OTHERS ARE NOT HEARING ANYTHING; THINKING THAT PEOPLE ARE WANTING TO HARM ME IN SOME WAY, OR ARE AGAINST ME FOR SOME REASON; FEELINGS OF DESPAIR; FEELINGS OF INTENSE ANXIETY OR PANIC FOR NO REASON; FATIGUE OR NUMEROUS ACHES AND PAINS (SUCH AS HEADACHES) THAT SEEM TO GO ALONG WITH MY EMOTIONAL DIFFICULTIES?

IF YOU ANSWERED **YES** TO **ONE OR MORE** OF THE QUESTIONS ABOVE, PLEASE MAKE AN APPOINTMENT TO VISIT THE STUDENT HEALTH SERVICES OR YOUR FAMILY PHYSICIAN AS SOON AS POSSIBLE. LET THE PERSON YOU TALK TO KNOW ABOUT WHAT IS CONCERNING YOU. REMEMBER, IF YOU ARE CONCERNED THAT YOU MAY HARM YOURSELF OR SOMEONE ELSE, PLEASE GO IMMEDIATELY TO YOUR NEAREST HOSPITAL EMERGENCY ROOM AND LET THE STAFF THERE KNOW WHAT IS HAPPENING.

IF YOU HAVE A FRIEND YOU ARE CONCERNED ABOUT, TALK TO THEM ABOUT YOUR CONCERNS, AND GO WITH THEM TO WHERE YOU THINK THEY MAY BE HELPED MOST. FEEL FREE TO SHARE THIS INFORMATION WITH THEM.

Bystander Intervention

3D'S OF BYSTANDER INTERVENTION

DIRECT
DISTRACT
DELEGATE

BEFORE INTERVENING, MAKE SURE YOU ASK YOURSELF: HOW CAN I KEEP MYSELF SAFE IN THIS SITUATION, WHAT ARE ALL THE OPTIONS AVAILABLE, WHO ELSE MIGHT BE ABLE TO ASSIST ME?

Your safety is also important!

DIRECT

POINT OUT THREATENING OR INAPPROPRIATE BEHAVIOUR IN A SAFE, AND RESPECTFUL MANNER

DISTRACT

DRAW AWAY OR DIVERT ATTENTION, MAKE AN EXCUSE TO HELP THE VICTIM GET AWAY FROM SOMEONE/AN INSTANCE THAT MAY POSE DANGER

DELEGATE

APPOINT SOMEONE ELSE TO HELP INTERVENE IF IT IS NOT SAFE FOR YOU TO DO SO

AN ACTIVE BYSTANDER IS SOMEONE WHO HAS THE MORAL COURAGE TO FIND A WAY TO SAFELY INTERVENE TO STOP A POTENTIALLY DANGEROUS SITUATION



Anti-Stigma

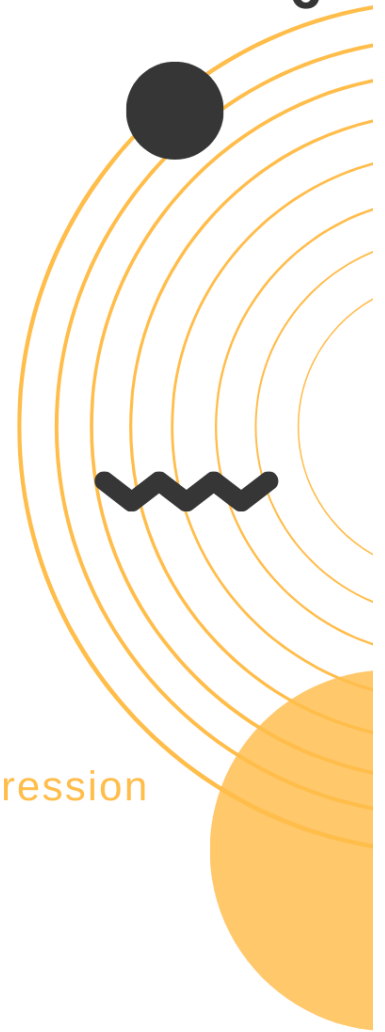
THE EFFECTS OF STIGMA

Fear and misunderstanding lead to prejudice against people struggling with mental health, this prejudice and discrimination leads to feelings of hopelessness and shame in those struggling to cope with their situations; thus creating a serious barrier to seeking treatment.

Stigma prevents 40% of people with anxiety or depression from seeking medical help

6 THINGS YOU CAN DO TO REDUCE STUGMA

- 1) Educate yourself
- 2) Be aware of your attitudes and behaviours, examine your own judgemental thinking, that may have been reinforced by society
- 3) Choose your words carefully, the way we speak can affect the attitudes of others
- 4) Educate others: pass on facts and positive attitudes, challenge myths and stereotypes
- 5) Focus on the person, mental illness are only small parts of anyone's larger picture and identity
- 6) Support people, treat everyone with dignity and respect, and offer support and encouragement



"WHAT MENTAL HEALTH NEEDS IS MORE SUNLIGHT MORE CANDOR, MORE UNASHAMED CONVERSATION"

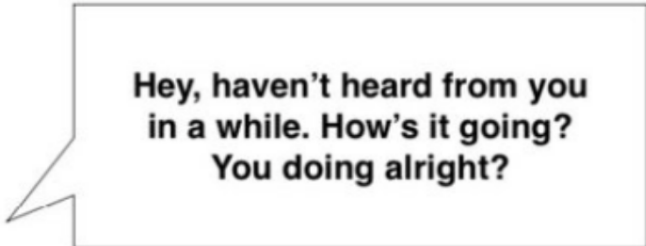
— GLENN CLOSE

Be There Golden Rules

a resource by
jack.org

1 Say what you see

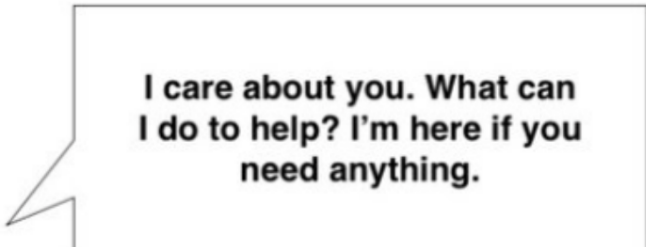
Speak to the facts without making assumptions.



Hey, haven't heard from you in a while. How's it going? You doing alright?

2 Show you care

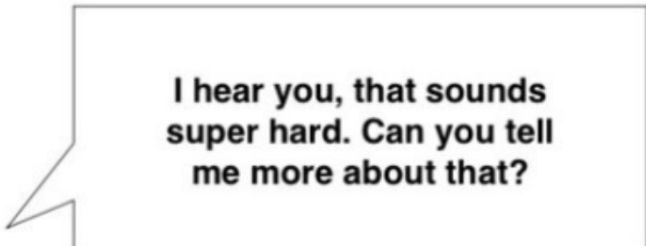
Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.



I care about you. What can I do to help? I'm here if you need anything.

3 Hear them out


Open up space for them to speak. Ask follow up questions and validate how they're feeling.



I hear you, that sounds super hard. Can you tell me more about that?

4 Know your role

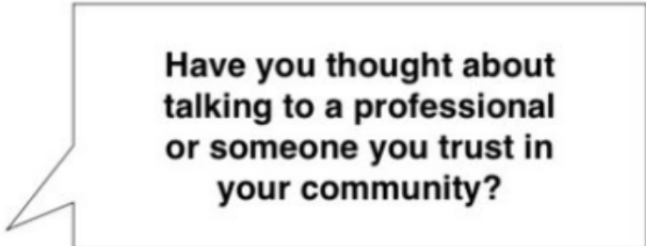
Set boundaries to protect your relationship and your own mental health.



My job is to listen and be there, not fix things.

5 Connect them to help

Offer support to help them find resources, get help and know what to expect.



Have you thought about talking to a professional or someone you trust in your community?

LGBTQ+ Resources

EDUCATION ON QUEER ISSUES PROJECT (EQUIP)

Queen's group promoting awareness of
LGBT issues on campus

Phone: (613)-533-2725

Email: equip@ams.queensu.ca

LESBAIN GAY BI YOUTH LINE

Peer support and information for LGBTQ+
youth (12-26 years)

Phone: 1-800-268-9688

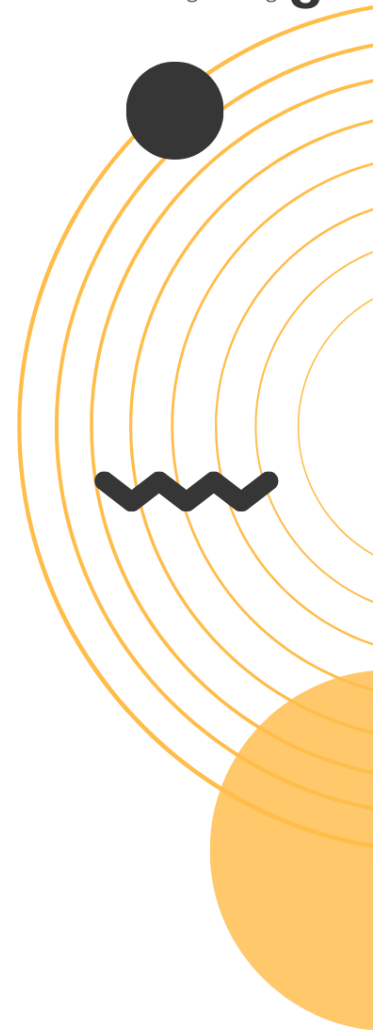
Sunday to Friday 4pm-9:30pm

QUEEN'S HUMAN RIGHT'S OFFICE

Information, advise and support for issues
related to sexual and gender identities for
Queen's students, staff and faculty

Phone: (613)-533-6886

Email: hrights@post.queensu.ca



RESOURCES PROVIDED FROM SEXUAL HEALTH RESOURCE CENTRE (SHRC)

Sexual assault is any form of unwanted sexual activity including fondling, touching, and/or penetration that is forced upon another person without that person's consent. All genders can be sexually assaulted, even within marriage or dating situations.

Consent involves the voluntary agreement of two adults to engage in sexual activity. A person under the influence of medication, alcohol, or drugs cannot give consent.

Sexual Assault Domestic Violence (SA/DV) Program

If you were assaulted in the last 12 days, go to the Kingston General Hospital, Hotel Dieu Hospital, or Lennox & Addington Country General Hospital and request the SA/DV nurse on call.

The SA/DV unit has a specialized nurse on call 24/7. The nurse will provide a physical assessment, treatment of injuries, testing/treatment of STIs, pregnancy, and HIV. There is also the option of gathering forensic evidence with a sexual assault evidence kit, and survivors have the option of freezing the kit to allow more time for a decision. Survivors are also provided with follow-up care. Please note that emergency contraception and HIV anti-retrovirals can only be provided within the first 72 hours following a sexual assault. Though there is a 12 day time frame for individuals 16 years of age or older, there is no time frame for children 16 years and younger.

Sexual Assault Centre Kingston

Provides counselling, resources, legal and medical accompaniments, etc.

There is no time frame associated with this service.

24-hour crisis line: (613) 544-6424 and 1-877-544-6424

Office line: (613) 545-0762

What is the sexual assault evidence kit?

The sexual assault evidence kit is done to collect evidence when an individual has been sexually assaulted. An individual can have a kit done at Kingston General Hospital (KGH) in the SA/DV unit. The procedure is lengthy, and requires a sweep of the individual's body to look for any evidence of sexual assault that may be used to prosecute the assailant (though it is not required that the survivor press charges after having the kit done). Such things as hair, semen/vaginal fluids, or signs of bruising can all be used as evidence in a court of law. The procedure is invasive, and may be quite unpleasant for an individual who has just been sexually assaulted. However, any individual who may want to press charges against his or her assailant in the future should have a kit done.

The Sexual Health Resource Centre provides a support service where one of our volunteers will accompany an individual to KGH and wait with them until the procedure is over. The sooner an individual goes to get a sexual assault evidence kit done, the more effective the kit will be.

Further support services and information is available at the Sexual Assault Centre Kingston (SACK), which can be reached at (613) 544-6424.

Leave Encouraging Notes for Con-Eddies!

FEEL FREE TO LEAVE THEM ANONYMOUS, JUST ANY ENCOURAGING WORDS FOR YOUR FELLOW CON-EDDIES WHO MAY NEED IT



Leave Encouraging Notes for Con-Eddies!

FEEL FREE TO LEAVE THEM ANONYMOUS, JUST ANY ENCOURAGING WORDS FOR YOUR FELLOW CON-EDDIES WHO MAY NEED IT



Wellness Quotes

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**“Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity”
– World Health Organization**

**“The key to a healthy life is having a healthy mind”
– Richard Davidson**

**“What drains your spirit drains your body. What fuels your spirit fuels your body”
– Caroline Myss**

**“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being”
– Greg Anderson**

**“Your body hears everything your mind says”
– Naomi Judd**

**“Healthy is an outfit that looks different on everybody
- Anonymous**

**“The soul always knows what to do to heal itself. The challenge is to silence the mind”
– Caroline Myss**

send me any quotes you find that you want to be included!

wellness@cesa.queensu.ca