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# TAKE CARE

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A MENTAL HEALTH GUIDE FILLED WITH DIVERSE RESOURCES

BY SU EDUCATION , ARTS, MEDICINE AND KINESIOLOGY FACULTY  
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## Why was this Created?

As students, we face a lot of challenges, stress, and pressure. These difficulties come from all aspects of our lives whether it's our family, our friends, society, or our chosen program of studies. We face pressure to meet all the deadlines, spend time with our family and friends, and achieve high grades in our coursework. Often, we forget to take care of ourselves because we are so busy juggling everything else in our life. We created this guide in hopes that it will help you carve time out of your day to do some much needed self-care. We have journal prompts, crossword puzzles, a page where you can complete a To-Do List, recipes, and breathing exercises. We also know that sometimes it is hard to ask for help and to know where to go for help. This is why we have a section dedicated to Mental Health Support. We sincerely hope that this guide is helpful as we move into our final exam schedules. On behalf of the 78th SLC, let us say how proud we are of you. Attending university is not an easy choice nor is it a smooth road. Attending university in a pandemic and completing your coursework online? That is a major accomplishment. No matter the results of your finals, we hope you know that your GPA does not define who you are or what you will achieve in your life. Remember to take time for yourself and to **pause and reflect.**



# JOURNAL PROMPTS

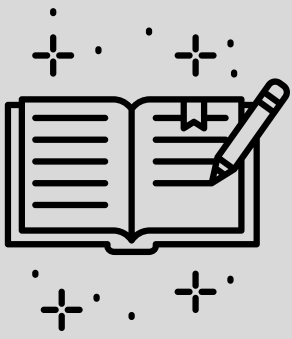
Read the prompts below and respond by filling each space provided with any words and images that come into mind.

Describe a goal you have set for yourself:

What makes you feel most confident:

Identify 5 things that make you smile:

Identify at least one trait or achievement you take pride in:



# JOURNAL PROMPTS

Read the prompts below and respond by filling each space provided with any words and images that come into mind.

The best thing(s) that happened this week:

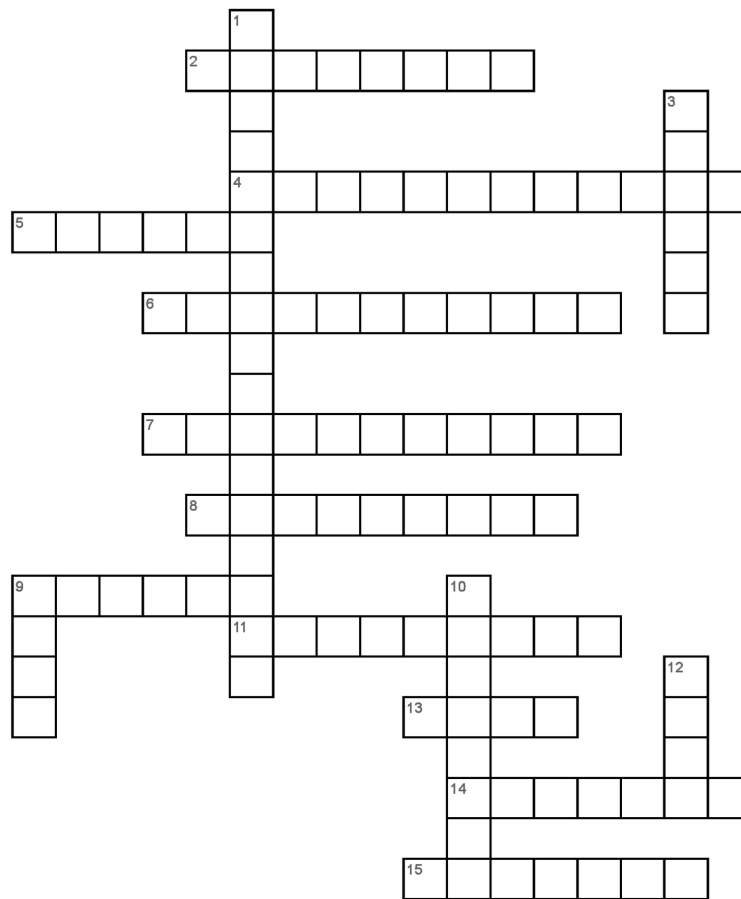
What is one thing you are grateful for:

What do you fear most:

Describe one of your happiest memories:

# CROSSWORD

## PLACES ON CAMPUS



### Across

- 2 Vietnamese subs.
- 4 Students with meal plans may spend a lot of time here!
- 5 A place to live in your first year.
- 6 Best smoothies on campus.
- 7 Swedish meatballs.
- 8 Textbooks galore!
- 9 Thursden anyone?
- 11 Chicken pot pie, yum
- 13 Ping pong!
- 14 007 lives here.
- 15 Many places to eat and hang out.

### Down

- 1 Bite Nite on Thursdays!
- 3 Upper-year students may reside here.
- 9 In search of a Grand Piano, look no further.
- 10 Students in their second year may reside here.
- 12 Plenty of books to read here!

# MINDFULNESS WORD SEARCH

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

Nonjudgemental

Acceptance

Mindfulness

Compassion

Reflection

Wellbeing

Lifestyle

Selfcare

Personal

Feelings

Present

Emotion

Kindness

Balance

Senses

Attitude

Focused

Breathe

Value

Love

# TO-DO LIST

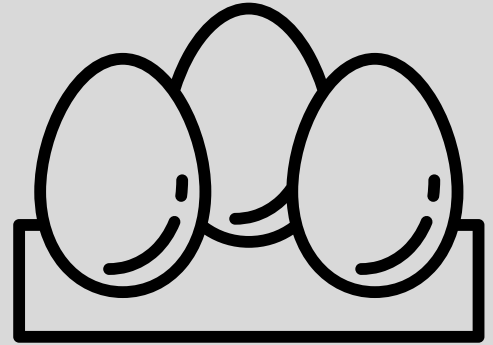
Date:

| Done? | Item Name | Due Date |
|-------|-----------|----------|
|       |           |          |
|       |           |          |
|       |           |          |
|       |           |          |
|       |           |          |
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|       |           |          |
|       |           |          |
|       |           |          |

# RECIPES

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## DEYANA'S EGG AND TOMATO SALAD BREAKFAST



### Ingredients

- 2 eggs
- 1 tomato
- Dried mint or fresh mint leaves
- 2 tablespoons of olive oil
- A pinch of Salt and Pepper

### Instructions

1. Boil eggs, peel and then cut them into small pieces.
2. Chop the tomato into small pieces and mix with eggs.
3. Add mint as desired and mix with olive oil.
4. Season with salt and pepper plus any additional seasonings you would like.
5. Serve this breakfast salad with your choice of bread and enjoy!

# RECIPES

## OVERNIGHT OATS

Overnight oats have been a GAME CHANGER for me this year. They are so easy to make and all you need to do in the morning is take it out of your fridge and enjoy! The best thing about overnight oats is that you can customize it to your taste. I usually put my overnight oats in mason jars and it works really well and lasts all week.

### Ingredients

- 1/2 cup of rolled oats
- 1 cup of any milk you want (I use almond milk)
- 1 tablespoon of any nut butter you want (I use peanut butter)
- 1 tablespoon of your favourite yogurt (I use vanilla coconut or almond yogurt)
- A dash of cinnamon (optional)
- A dash of nutmeg (optional)

### Toppings:

These can be whatever you want! I love to use berries in mine but you can also dice up some apples to stir in. You can also add granola or a drizzle of maple syrup on top!

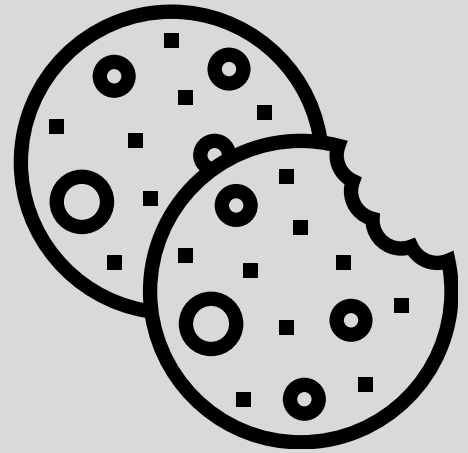
### Instructions

Mix all the ingredients together and enjoy!



# RECIPES

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## BETTY CROCKER CHOCOLATE CHIP COOKIES

### Ingredients

- 2  $\frac{1}{4}$  cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 cup butter, softened
- $\frac{3}{4}$  cup sugar
- $\frac{3}{4}$  cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups chocolate chips

### Instructions

1. Preheat oven to 375.
2. In a small bowl, mix flour, baking soda and salt; set aside.
3. In a large bowl, beat softened butter and sugars with an electric mixer on medium speed, or mix with spoon about 1 minute or until fluffy, scraping the side of bowl occasionally.
4. Beat in egg and vanilla until smooth. Stir in flour mixture just until blended (dough will be stiff). Stir in chocolate chips.
5. Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
6. Bake for 8 to 10 minutes or until light brown (centers will be soft). Cool 2 minutes; remove from cookies sheet to cooling rack. Cool completely, about 30 minute. Store covered in an airtight container.

# BREATHING EXERCISE

Controlling your breath and being mindful of your breathing can help you feel more grounded. Practice these exercises while you're calm and they'll help you when you're stressed!

## RESONANT BREATHING

- BREATHE IN FOR 5 COUNTS
- BREATHE OUT FOR 5 COUNTS
- REPEAT

## 2-4 BREATHING

- BREATHE IN FOR 2 COUNTS
- BREATHE OUT FOR 4 COUNTS
- REPEAT

## BOX BREATHING

- BREATHE IN FOR 3 COUNTS
- HOLD FOR 3 COUNTS
- BREATHE OUT FOR 3 COUNTS
- HOLD FOR 3 COUNTS
- REPEAT

## 4-7-8 BREATHING

- BREATHE OUT THROUGH YOUR MOUTH
- BREATHE IN FOR 4 COUNTS
- HOLD FOR 7 COUNTS
- BREATHE OUT FOR 8 COUNTS
- REPEAT

# MENTAL HEALTH SUPPORT

UNIVERSITY AND SU RESOURCES

## **SU WELLNESS CENTRE**

24/7 MENTAL HEALTH  
SUPPORT  
403-210-9355

## **DISTRESS CENTRE**

24 HOUR HOTLINE  
403-266-4357

## **WOOD'S HOMES COMMUNITY SUPPORT TEAM**

24/7 SUPPORT  
403-299-9699  
1-800-563-6106

## **WOOD'S HOMES COMMUNITY SUPPORT TEAM CHAT**

9 AM - 10 PM  
TEXT 587-315-5000

## **UCalgary Peer Programs**

Sometimes you want to talk to someone with the same  
experience as you

Access it here: <https://www.ucalgary.ca/wellness-services/services/mental-health-services/peer-listening>

## **Q Center**

The Students' Union's Q Centre is a safe, comfortable and inviting  
space for the LGBTQA+ community at the University of Calgary to  
come together.

Access it here: <https://www.su.ucalgary.ca/programs-services/student-services/the-q-centre/>

# MENTAL HEALTH SUPPORT

## NATIONAL AND LOCAL RESOURCES

### **KIDS HELP PHONE**

24 HOUR HOTLINE  
1-800-668-6868

### **DISTRESS CENTRE**

24 HOUR HOTLINE  
403-266-4357

### **BLACK YOUTH HELPLINE**

9-10 PM EST  
416-285-9944

### **TRANS LIFELINE**

24 HOUR HOTLINE  
877-330-6366

### **TREVOR LIFELINE FOR LGBTQ+ YOUTH**

24 HOUR HOTLINE  
1-866-488-7386

### **MENTAL HEALTH HELPLINE**

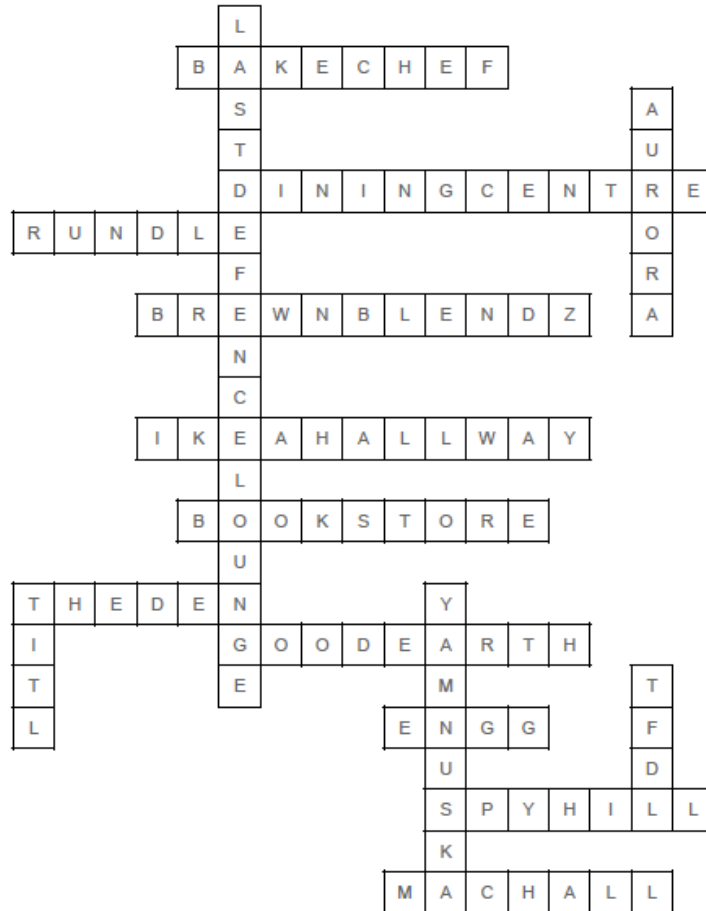
24 HOUR HOTLINE  
1-877-303-2642

**For mental health information, check out these websites:**

- [Cmha.calgary.ab.ca](http://Cmha.calgary.ab.ca)
- [Calgaryconnecteen.com](http://Calgaryconnecteen.com)
- [calgarycounselling.com/counselling/youth](http://calgarycounselling.com/counselling/youth)
- [mindyourmind.ca](http://mindyourmind.ca)
- [teenmentalhealth.org](http://teenmentalhealth.org)

# CROSSWORD

## PLACES ON CAMPUS (ANSWERS)



### Across

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# MINDFULNESS WORDSEARCH

(ANSWERS)



Nonjudgemental

Acceptance

Mindfulness

Compassion

Reflection

Wellbeing

Lifestyle

Selfcare

Personal

Feelings

Present

Emotion

Kindness

Balance

Senses

Attitude

Focused

Breathe

Value

Love

