



Thinking About Personal Wellbeing

Intro

Managing a healthy and balanced lifestyle as a student can be tough. This video will cover a few of our personal tips on cultivating wellness. While we cannot cover every aspect of well-being, we will touch on physical activity, scheduling routines, connecting with others, and self-compassion.

Physical Activity

One thing that I've started to incorporate into my life is physical activity.

It started during the pandemic when I was stuck at home and classes were online. I loved going out for walks around my neighborhood. It was a time for me to be away from all screens, take a moment to breathe, and be present.

Now that I spend most days on campus, it is still important that I get some physical activity. I learned that UBC Recreation offers a variety of fitness classes. At the start of each term in September and January, there's a week of free classes. I usually check out the classes that align with my schedule and interest, so I can see what they are like before registering for a membership. I enjoy the range of activities to choose from, such as Zumba or spin, which is my personal favorite. I'm still a beginner on my fitness journey, but I love working out. The sound of my feet hitting the pavement and the rush of adrenaline is exhilarating.

Scheduling Routines

Establishing routines in my life has had a significant impact on my well-being. Routines are customizable and a perfect tool to help build healthy habits. To establish my routines, I like to track my progress and make it fun.

For example, I do a quick stretch after waking up to start the day and then mark it off my to-do list. The stretch doesn't have to be long; a few minutes every day builds consistency. I love going on hikes on sunny weekends to celebrate the nice weather and connect with nature. After an exam, I always take a hot bath or watch an episode of *The Office* to de-stress and practice self-care. Our toolkit for time management is a great resource for exploring how to establish routines.

When facing academic pressure, I found that focusing on getting enough sleep is crucial. A relaxing routine before bed helps me unwind from the day and get a good night's rest. I like to make a cup of tea and listen to some soothing music before bed, putting me in a calm and peaceful state of mind.

Connecting With Others

Building a support network of good peers is important, but it can be daunting. I recently started a new school program, and I remember feeling nervous when I attended my first class. I wondered how my classmates already had their group of friends. It was lonely at first, and I wanted to have my own group of friends with whom I could study and have fun. I slowly started to put myself out there, and before I knew it, we formed a tight-knit group.

For students who live on campus, there are many social events hosted by residences for soon-to-be first years. I would recommend attending Jumpstart before the semester starts. It is a huge week-long event, and I met many of my friends through it. I had such a great time that I came back as an orientation leader the next year.

Self-Compassion

I find showing myself compassion when navigating daily stress to be so important. I often focus on small mistakes. It's okay to give ourselves a break and acknowledge that we can't always be at 100%. By being compassionate towards ourselves, we can cultivate well-being.

Here are some phrases I use to reframe situations:

Instead of “When I don't perform well on my exam, I hyper-focus on that and feel dumb,” try this: “I did the best that I could at the moment, and I can make mistakes sometimes.”

Instead of “I'm afraid to embarrass myself by doing something silly,” try “It is better to try than not; lots of people are afraid of failing. My fear is normal.”

Instead of “I'm not going to do well on this assignment,” try “I'm going through a hard time, and I deserve to give myself the care I need.”

Outro

Staying well and maintaining a balanced lifestyle sure is a challenge. Learning some strategies to take care of myself has been paying off. I find joy in the smallest daily activities, like taking a walk, to gradually build my wellness. That's all; thank you all for watching!