

FEB 2023 Vol. 02

# Real Talk

***STUDENT WELLNESS  
NEWSLETTER***





# MEET THE VOLUNTEERS

Your mental health  
volunteers make the  
campus a better place.

## HI, I'M TARANPREET KAUR

I am a fourth-semester student in the Computer Systems Technician program, Mississauga.

As a volunteer in our campus's Mental Health and Wellness program, I get an opportunity to develop my thinking and vision. I believe that helping others is a great learning opportunity for me.

Some day I hope to become a teacher so that I can share my knowledge and to learn from others in a multi-cultural context.

When I'm not studying or working, I enjoy getting a thrill out of outdoor activities like skydiving, ziplining, scuba diving, and snow tubing.

I love to try new things and learn from others. I am grateful for this opportunity and look forward to learning from all of you.

## HI, I'M SHRIYA SAINI



I am enrolled in the 2nd Semester in the Data Analytics for Business program in St. Clair Ace Acumen Mississauga Campus.

My post-graduation plans include me starting out as a data analyst and working my way up to become a senior analyst, analytics manager, director of analytics, or even chief data officer. Becoming a data analyst can open up a variety of exciting job options in management, consulting, data science, and speciality. So, my first objective is to start creating a wider data career and get a job as a data analyst.

As of right now, I am working as a Student Liaison at our college, which has provided me with an incredible opportunity to showcase my skills. . Also, as a hobby, I write content based on different domains. I enjoy writing, and use text as a way to communicate what's in my mind.

# The Power of Speaking Your Heart Out: Mental Health Matters

Written by Shriya Saini, Student Volunteer

We often forget that it's important to speak our mind and express our feelings, especially when it comes to mental health. While it can be difficult to reach out and talk about difficult emotions, speaking your heart out is an essential part of looking after our mental wellbeing. Speaking your heart can be one of the most difficult things to do in life. It takes courage and vulnerability to open up and express your thoughts, feelings, and beliefs.

Life is an emotional roller coaster, and we never know what the future will hold for us. We all have been in a place where we have felt alone, stressed, depressed, angry, low on energy, low in self-confidence, coping with grief or may even have thoughts of self-harm.

I'm one of your fellow saints, and I've been in a situation where I thought I was at a dead end coping with the loss of my friend. It was difficult for me and I really didn't know how to cope with the things happening around me. But I must say, with the help of your friend, a counselor, or any other positive source of support can help you win this battle of letting go.

Speaking your heart out is a powerful way to express your true emotions and feelings. It can be liberating and can bring clarity to your innermost thoughts and feelings. When we speak our heart out, we are taking ownership of our emotions and allowing ourselves to be vulnerable with others.

Here are my tips on speaking your heart out:

1. Find a safe person who won't laugh, criticize, or otherwise make you feel bad for sharing what's on your mind.
2. Safe people can include good friends you can trust, family, or a professional.
3. Once you find a safe person, don't let fear of judgment get in the way of speaking your heart out. Talking to others can be healing and can improve your mental and physical health.
4. By speaking our heart out, and being vulnerable, we can better connect with others, improve our relationships, and have a greater understanding of ourselves.
5. You can seek the help of a professional. When you speak your heart out, you open up to new possibilities. We have many resources for our campus. Our college has free counselling through Student VIP insurance, we have initiated the program known as WeConnect to support us.
6. You can also speak your heart out in other ways. Find a hobby! Do what you love. I love to dance and sing and trust me it helps a lot.

You may feel scared and uncertain about what others might think or the consequences of speaking up for yourself.

Yet, speaking your heart is a powerful act that can help you create meaningful relationships, open new opportunities, and live a more authentic life. It can also help you overcome fear, build self-confidence, and have a more positive outlook on life.





GROWTH WILL NEVER BE  
SOMETHING I APOLOGISE  
FOR, AND I'M JUST SORRY  
WE COULDN'T GROW  
TOGETHER AS WE  
PROMISED.

Brinder

# FROM ONE HEART TO ANOTHER

Meet Brinder, an Ace  
student and artist.

One day people will see your worth,  
They will come back,  
Things will start working,  
And you won't see it's working,  
You will be too busy on working with yourself.

-Brinder



EACH POEM OF ME WAS A EFFORT TO SEARCH  
THE ONE WHO UNDERSTOOD.  
AMONG THOSE WHO JUST READ AND MANY  
OF THOSE WHO JUST DOUBTED.

Maanya, Mental Health Coordinator

# Shaping Reality with your Mind

Our mind is an incredibly powerful tool that allows us to perceive the world around us, learn from past experiences, and find solutions to new challenges. It also allows us to feel sad, angry, disgusted, surprised, and happy from one moment to the next. Our brain processes thoughts, emotions, body states, to help us make decisions and act the way we do. All of this affects how happy or satisfied we feel in life.

Many different factors affect how we think, including our genetics, how our parents raised us, and what we learned from things that have happened to us in the past.

For example, if every friendship you've ever had has ended in betrayal, you may never want to be friends with anyone again. This experience may be so powerful it can affect your "internal working model". Your internal working model includes:

- **model of self** - how do I see myself?
- **model of others** - how do I see others?
- **model of the world** - how do I see the world?

Each of us thinks a little differently. Two people can experience the same event but have different thoughts around it.

## Model of Self:

Person 1: "No one wants to be my friend, so there must be something wrong with me. "

Person 2: "I like to be straightforward and honest in my relationships with others. I deserve to have friends that treat me the same way."



## Model of Others:

Person 1: "You can't trust other people. They just want something from you, and when you can't give it to them they leave you behind."

Person 2: "You can't trust everyone, but there are people that you can trust."



## Model of the World:

Person A: "The world is an unsafe place."

Person B: "The world can feel unsafe at times, but there are times and places where I can feel safe."



There's a good reason for why we think the way we do, but our thoughts are not always accurate, even though it feels as if they are. Working to build self-awareness, and learning how to change unhelpful ways of thinking into more helpful ways can help us live healthier, happier lives.

# How to Shift Perspectives



1. **Take Personal Responsibility:** You have a lot more power than you think! Look at how you've acted in past situations, consciously or subconsciously. Becoming aware of how you react, understanding why you acted that way and what needs to change, and taking responsibility for your actions can help you improve and take control of the situation.
2. **Be Kind to Yourself and Others:** It's not easy to shift perspectives. Don't be rude to yourself or others. Be kind and gentle as you learn.
3. **Be Willing to See Things Differently:** Willingness to accept change opens you up to new learning experiences and opportunities.
4. **Activate your Pause Button When Triggered:** When you notice that you are triggered by another person, event, or situation, take a moment to pause, breathe, and bring yourself back to the present. It's okay to say that you need some time to process things and address the situation at a later time.
5. **Enlist Support:** we are so used to seeing something from the way we've always seen things that it can be easy to miss our blindspots. Share your perspective with someone you trust to learn what they think. This is another way we can open ourselves to new perspectives.
6. **Look for Patterns:** We all have patterns. Patterns in which we react to the same situation in the same way over and over again. What is it that you do over and over? What can you do differently next time?

# Want to

# Make a Difference

# on Campus?

1. Want to share your work with other students? Send me an email at [maanya.khanna@canadaacumen.ca](mailto:maanya.khanna@canadaacumen.ca)
2. Join the volunteer team! Scan the QR code below and complete the mental health volunteer form to apply:



## ***Talk to a counsellor:***

Meet Maanya, your  
mental health  
coordinator on  
campus.

**Email:**

maanya.khanna@outlook.com

**Website:**

<https://canadaacumen.ca/mental-health-services/>

**Office Hours:**

Monday: 10:00am - 6:00pm

Tuesday: 9:00am - 5:00pm

Wednesday: 10:00am - 6:00pm

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Thursday: 9:00am - 5:00pm

Friday: 9:00am - 5:00pm

