

# REAL TALK

## STUDENT WELLNESS NEWSLETTER

DECEMBER 2022 - ISSUE 1



### PARTICIPATE TO WIN!

Acumen and SRC is giving away a wellness gift basket to a student that attends our social event next week! We invite you to join us in playing "The Culture Game", a fun light-hearted game that gets you to think about diversity, culture, and your day-to-day interactions.

**Sign-up here: [click me](#)**  
or scan the QR code



### THE BEST GIFT YOU CAN GIVE THIS HOLIDAY SEASON, IS YOU...

Dear Ace Acumen students,

My favorite part of my day is meeting all of you. I have been so impressed by you and how you've been coping in the face of your challenges. Traveling to a new country and living with people who speak a different language and practice different social customs, all while studying and working, to build a better future for yourself and your family, is not a small feat. It requires a big commitment and a serious amount of dedication on your part.

It is quite normal to feel stressed and overwhelmed at times, so in my stress management workshop, back in October, I asked you how you manage that stress.

Most of the students that attended, mentioned feeling a deep sense of gratitude towards their family and the support they've been given to be here in Canada. It's so valuable to know that someone cares for you and wants to support you, in spite of your personal strengths and weaknesses.

*Often, having the right kind of support can make you feel ready to take on anything, even if it means moving to a new place all on your own.*

But I also get the sense that many of you are afraid of being completely honest with your family about how stressful it can be for you because you don't want them to worry on your behalf. Many of you have also mentioned that it's hard to trust people outside of your family, due to past experiences of betrayal.

So, the right kind of social support can make us feel like superheroes, but the absence of it can also strip away that confidence. Of course, who you are inside hasn't really changed, but it becomes a whole lot easier to manage stress and increase your confidence when you have the right people cheering you on.

*Just like others have the power to uplift you, you can make a difference in someone else's life. I'd like to argue that the best gift you can give to someone, is your support.*

I guess the big question is, is what does positive social support even look like?

This giving season, I'm asking you to reflect on your relationships with your classmates and friends, and the kind of support you provide for others. Just like you, your classmates on campus are also facing challenges associated with being an international student. They also feel lonely.

*What can you do to provide the support and care that your friends are in need of? What kind of support would you like in return?*

**Have something thoughtful that you'd like to share with me or your peers? Send me an email at [maanya.khanna@canadaacumen.ca](mailto:maanya.khanna@canadaacumen.ca). I'd love to hear from you!**

Sincerely,

*Maanya Khanna*

(She/Her/Hers)

*Hi Jim Maanya,*

I'm your campus mental health coordinator. If you need someone to talk to in a safe, private, and nonjudgmental space, please reach out. I'm a great listener and I'm here for you. I offer individual counselling, mental health workshops and events and can connect resources on your campus and in your community

Learn More:

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

Email Me:

[maanya.khanna@canadaacumen.ca](mailto:maanya.khanna@canadaacumen.ca)



Stress Management Workshop - Oct. 5th- Oct. 7th



Mental Health Booth - Oct. 19th-21st

Looking for a safe, anonymous way to receive social support and make new friends? Learn more by scanning the QR code or [click here](#).

