

THE
APPLE
NEWSLETTER

January Issue





Unique Resolutions for a Remarkable 2024

by Victoria Ceolin

Hey Mustangs, I hope you're all enjoying your 2024 so far!


We all know New Year's resolutions typically revolve around exercising, sticking to a sleep schedule, and improving time management skills. However, today we'll consider some of the more simple yet impactful resolutions, which are often overlooked.

1 **Expressing Gratitude**

To spread joy and appreciation among your loved ones, send heartfelt handwritten "thank you" cards! This thoughtful gesture may hold more significance for the recipient than you realize! It can strengthen your relationships and improve your mental health by increasing contentment and fostering awareness of the present moment.

2 **Discovering New Music**

This year, broaden your musical taste by exploring a pre-made playlist on your favourite music platform! This not only allows for cultural awareness but can also be an excellent conversation starter! So, don't hesitate to hit "shuffle" - you may just find your new favourite artist or song :)





3 **Prioritizing Reflection**

Maintain a journal to reflect on your day and track your personal growth. Journaling not only serves as a tool for mindfulness but also aids in goal setting and provides a safe space to express emotions and reduce stress.

4 **Spreading Positivity**

Performing even the simplest of gestures, such as thanking a bus driver, can create a ripple effect of positivity. You can also make kindness a daily practice by sprinkling compliments around like confetti! Doing so could lead to unexpected connections and friendships. Above all, remember to share kindness and positivity with yourself through self-compassion and self-care!

5 **Embracing Playfulness**

Reconnect with your inner child! To many, this may look like playing more board games, spending more time outdoors, enjoying nostalgic childhood snacks, or even revisiting a favourite childhood movie or TV show! Including activities like these in your schedule, even if it's just once in a while, can be extremely rejuvenating and freeing!

That's all for now! I hope these resolutions inspire you to check a few new resolutions off of your 2024 bucket list.



Keeping the Spark Alive

5 Essential Tips to Stay Motivated this Semester

 by Emma Anwar

Hello, Mustangs! As we embark on a new semester, it will indeed be a test of endurance and motivation! Maintaining the initial spark of enthusiasm is key to successfully navigating your academic journey. To aid you in this endeavour, here are five essential tips to keep you motivated and help you thrive at Western.

Embrace a Balanced Routine

Maintaining motivation while juggling academics and social life can be challenging but having a balanced routine can help! Start by dedicating specific time slots for studying, attending lectures, and completing assignments. Don't forget to include activities that promote physical and mental well-being, like exercise and meditation, to energize you. Lastly, add regular social interactions and time for reflection to assess your routine and make necessary adjustments. Consequently, by following a balanced routine, you can not only stay on top of your academic commitments but also take care of your overall well-being.



Set SMART Goals

Define your semester with clear and achievable goals. Whether it is excelling in a particular course or engaging in campus activities, ensure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound. This approach helps you define clear and realistic objectives, making it easier to track your progress. Whether it's achieving a certain grade or actively participating in a club, it is important to ensure your goals align with your long-term wishes and include a timeline to maintain focus and urgency.



smart

Connect with Fellow Mustangs

Building a supportive network is key to a fulfilling university experience. Join study groups for collaborative learning, participate in campus activities to learn new skills, and seek mentorship from seniors or alumni. These connections not only provide moral support and encourage collaboration but also create a sense of community that is vital for staying motivated.



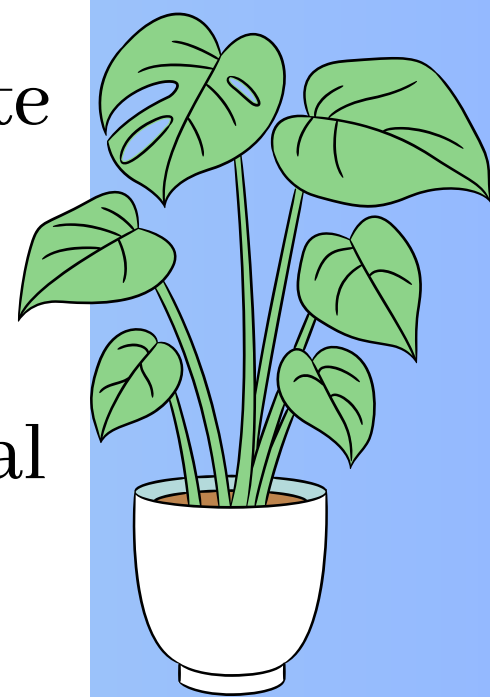
Celebrate Small Victories

Acknowledge and celebrate your achievements, no matter the size! Recognizing the effort you put into tasks, rewarding yourself for meeting study goals, and sharing your success with friends and family are all important. By celebrating small victories keeps your psyche high and maintains a sense of progress.



Regularly Reflect and Adapt

Regular self-assessment is vital for sustained motivation. Evaluate your academic and personal growth, seek feedback, and be open to changing your strategies if needed. Challenges can be opportunities for learning and growth. This adaptability is crucial in navigating the dynamic environment of university life.



Remember, maintaining your motivation is all about setting clear goals, sustaining balance, connecting with peers, celebrating achievements, and being adaptable. Each step you take is one lead toward your goals! Stay focused, embrace the journey and let your Mustang spirit guide you to success!

Exciting Opportunities at Western

by Maggie Li

Happy New Year Mustangs! The start of the second semester brings new classes, memories, and exciting opportunities on campus to keep an eye out for. As we settle into this final semester of the year it may be difficult to keep up with the endless amount of events and workshops throughout Western; which is why we've compiled a short list of various leadership opportunities, workshops, and activities to seek out and enjoy outside of your academic life.

2024 Soph Applications Open

Looking for an amazing leadership opportunity and a chance to get involved in Western's student community in welcoming first year students? Then come apply to be a faculty or residence soph for the upcoming school year! Applications close January 29 @ 11:59pm.

Application link:

https://uwo.eu.qualtrics.com/jfe/form/SV_4Jh1V90OWSKOQaa

Free Professional Headshots

Your perfect LinkedIn headshot will only take around three minutes with a few clicks of a button at UCC. This process is entirely free and efficiently provides you with three professional photos directly sent to your email all at one booth! To find additional information, head over to the link below.

Location: UCC 210

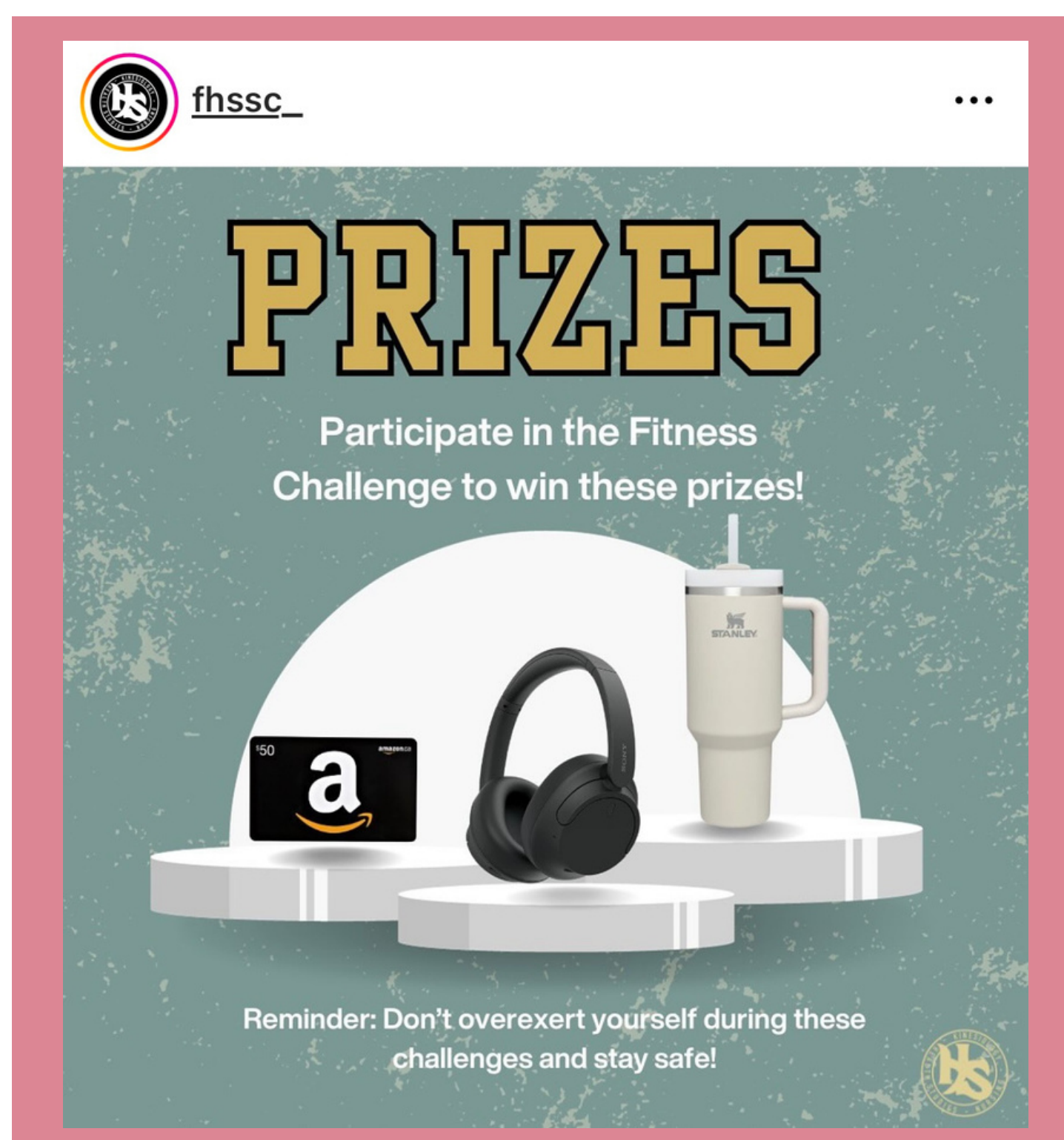
Business Hours: Mon.-Fri., 8:30am- 4:30pm

<https://career.uwo.ca/prepare/headshots.html>



FHSSC Fitness Challenge

In January, you can participate in the fitness challenge on FHSSC's Instagram by submitting proof through DMs that you've completed each challenge. Every challenge that you complete will earn you points and at the end of the event, the top three winners will receive exciting prizes. Prize-winners can win either a Stanley waterbottle, Sony headphones, or an Amazon giftcard. Check out the FHSSC Instagram for more information @fhssc_

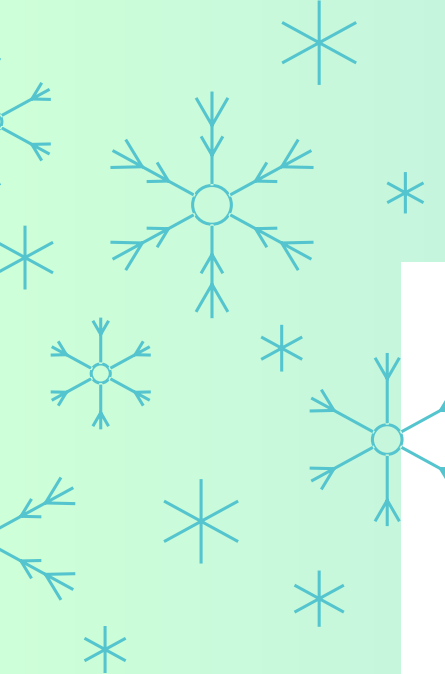


Hirewesternu Career Fair

On January 31 & February 1 from 10am.- 3pm come out to the Mustang Lounge at UCC to connect with potential employers and learn about part-time and full time job opportunities to expand your career journey!



Western
StudentExperience



Dive Deep into Winter Wellness

Mental Health Matters: Comprehensive Strategies and Support for Western University Students



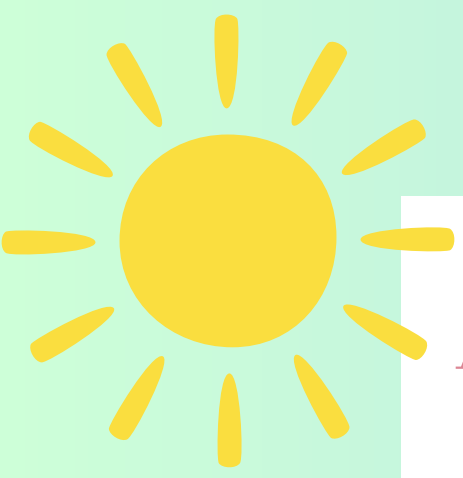
by Aidan Huynh

As the winter term unfolds, many students face unique mental health challenges. The combination of academic stress, limited sunlight, and colder weather can significantly impact your mental well-being. This feature aims to provide an in-depth look at managing mental health during these months, along with robust resources available at Western.



Understanding and Addressing Seasonal Affective Disorder (SAD)

- **Detailed Symptoms:** Apart from general depression symptoms, SAD can include oversleeping, weight gain, craving for carbohydrates, and social withdrawal.
- **Biological Underpinnings:** Understand that SAD may be linked to a disruption in our circadian rhythms due to reduced sunlight, affecting our sleep-wake patterns and hormonal balance.
- **Professional Diagnosis and Treatment:** If you suspect you have SAD, our campus health professionals can provide a comprehensive assessment and discuss treatment options, including light therapy, medication, and psychotherapy.



Advanced Strategies for Combating Winter Blues

- **Enhanced Sunlight Exposure Techniques:** Apart from spending time outdoors, rearrange your study space to maximize exposure to natural light. Consider waking up earlier to make the most of the daylight hours.
- **Light Therapy in Detail:** Learn how to effectively use light boxes, including the recommended duration and intensity, and the best times of day for usage.
- **Exercise Regimen for Mental Health:** Engage in regular, structured physical activity. Our campus offers guided indoor activities like aerobics, spin classes, and even winter sports clubs.



Comprehensive Mental Wellness Resources and Support

- **In-Depth Counselling Services:** Our counsellors specialize in a range of therapies, including Cognitive Behavioural Therapy (CBT) which is particularly effective for SAD.
- **Online Mental Health Platforms:** We provide subscriptions to digital platforms offering cognitive behavioural exercises, mood tracking, and virtual therapy sessions.
- **Mental Health Workshops and Seminars:** Regularly scheduled events covering topics like stress management, mindfulness meditation, and resilience building.



Holistic Healthy Habits for Mental Wellness

- **Nutritional Psychiatry:** Explore how specific nutrients affect brain health. Foods rich in omega-3 fatty acids, vitamin D, and B vitamins can be beneficial.
- **Environment and Mood:** Tips on how to use aromatherapy, soft textiles, and ambient music to create a soothing personal space.
- **Social Engagement Strategies:** We organize 'Winter Buddy' programs, pairing students to encourage regular social contact and check-ins.

Advanced Tips and Considerations

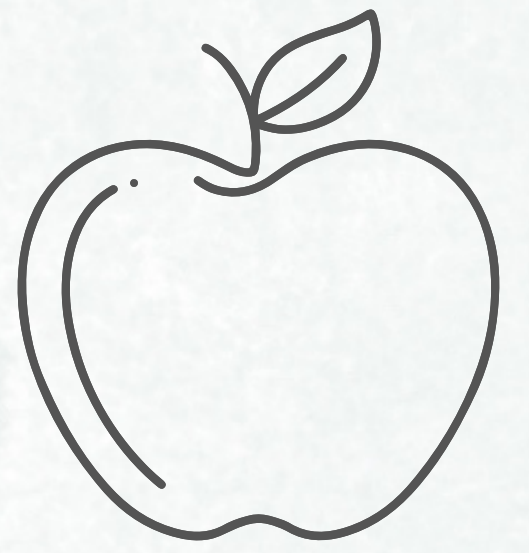
- **Routine Development:** Importance of establishing a regular sleep routine to aid in circadian rhythm regulation.
- **Mindfulness and Reflection Practices:** Engaging in guided mindfulness sessions and journaling exercises to process and manage winter-related mood changes.



Everyone's student' experience with winter is unique. Our goal at HSSA is to provide an environment where you can access resources and be immersed within the Health Science Community to thrive academically while maintaining your mental and emotional health. Look for different supports and services that students can use and reach out for help.



Thanks for Reading!



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