



## APRIL 2021: ISSUE #8 STAYING CONNECTED

### IMPORTANT RRUSA DATES

#### Next Council Meeting:

**May 6, 2021**

Zoom Meeting - 7 pm - 9:00 pm

Last Council Meeting: March 4, 2021

Minutes can be found [here](#)

### RRU COFFEE HOUSE AND FRIENDS FOR LIFE EVENT

Make the best out of your weekend with RRU Coffee House and Friends for Life as we play a virtual game of Tongue Twister on **Friday, April 30, 2021, from 8:30 PM- 9:30 PM (PDT)** via Blackboard Collaborate.

### STUDENT WELLNESS: VIRTUAL WORKSHOP SERIES

Building Resilience & Managing Stress

**Tuesday, May 4, 12-1 pm (PDT)**

This workshop will offer:

- An introduction to our Counselling Services' foundation for resilience;
- A discussion on Covid-19's impact on our mental health;
- Strategies for building resilience;
- Tips for managing stress.

### SEND US YOUR WORK!

Have something you think everyone would love to see or read?

We would love to hear from you - send us your:

- Funny memes
- RRU Stories and/or Experiences
- Creative Artwork or Photography

Email us at:

[RRUSA-VPCommunications@royalroads.ca](mailto:RRUSA-VPCommunications@royalroads.ca)



### SPRING INTO ACTION

By now most have found their school groove and are managing their assignments and exams with ease, and for those students whose programs began late last month - welcome! With that said, in between your busy schedules, it's important to take some time to mingle and connect with others (even though it's done virtually). Last week RRUSA held a virtual fun info night where we introduced ourselves and engaged with other students (let us know if you want to see another info night!) If you missed out on the info night session, we have outlined some of the information that was shared linked [here](#). Being a RRUSA member gives you a number of different benefits depending on your program's delivery method. Visit our site for more [details](#).

Stay connected and follow [@RRUSAED](#) on Instagram (Stay tuned for a Mother's Day giveaway soon!)



### Staying Connected

This newsletter's theme is all about connections and staying in touch with your social circles.

A healthy lifestyle is more than just exercising and eating well, having a social life is also a huge part about your well-being. Make time for virtual hangouts with family and friends.

Read this great article: [Why Staying Connected to Friends and Family Is So Important to Your Well-Being](#)

"Royal Roads University acknowledges that the campus is located on the traditional lands of the Xwsepsum (Esquimalt) and Lkwungen (Songhees) ancestors and families who have lived here since time immemorial.

This land has been part of the fabric of the life of Indigenous communities long before Hatley Castle was built, and it will be long into the future. It is with gratitude that we now learn and work here, where the past, present and future of Indigenous and non-Indigenous students, faculty and staff come together."



@rrusaed



Royal Roads University  
Student Association



[www.rrusa.ca](http://www.rrusa.ca)