



ROYAL ROADS  
UNIVERSITY STUDENT ASSOCIATION

## MAY 2021: ISSUE #9 MENTAL HEALTH AWARENESS MONTH

### IMPORTANT RRUSA DATES

**Next Council Meeting:**

**June 3, 2021**

Zoom Meeting - 7 pm - 9:00 pm

Last Council Meeting: May 6, 2021

Minutes can be found [here](#)

### SELF-CARE IN A HEAVILY DIGITAL WORLD

**Wednesday, June 2, 12-1 pm (PDT)**

via Blackboard Collaborate. Join in on this workshop and learn how screen time impacts our mental and physical health and other tips on how to take care of ourselves while meeting our work/school obligations, how to provide self-care and self-compassion during stressful times.

### MINDFULNESS FOR STUDENT LIFE

**Wednesday, June 16, 4-5 pm (PDT)**

via Blackboard Collaborate

This workshop will offer an overview of how mindfulness can enhance our wellbeing. Learn mindfulness strategies and exercises – including some information on how to develop a healthy mindfulness practice.

### SEND US YOUR WORK!

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

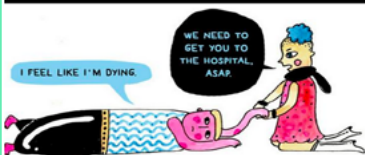
We would love to hear from you - send us your:

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

Email us at:

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

#### PHYSICAL ILLNESS:



#### MENTAL ILLNESS:



### DON'T MIND ME

Although we now find ourselves at the end of this month we won't go without saying that May was an important month as it was **Mental Health Awareness Month**. Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two thirds of people never seek treatment for their mental illness. We encourage everyone to help **#breakthestigma** associated with mental health by creating safe spaces with friends and family where open and transparent conversations can be made. As a reminder, Royal Roads offers a wide range of **support services** available to students. As well, the Government of British Columbia also offers confidential services for post-secondary students through their **Here2Talk program**.

### IN OTHER NEWS

We held two contests in May, the first one was a Mother's Day giveaway featuring some good prizes (spa gift card and Skip the Dishes). The other one was for our Royalty For a Day contest with a prize for a Skip the Dishes gift card. Please let us know if you want to see more giveaways and what kind of prizes! For more information, stay connected and follow **@RRUSAED** on Instagram or visit the **RRUSA site**.



### CHECKING IN ON YOUR MENTAL HEALTH

Spring has sprung and hope is in the air, but not everyone is feeling peachy. It's been a tough winter and your inner world might still be thawing out. That's ok! Read: "**7 steps to calm your inner world with words**" and learn how putting negative feelings into words helps you understand and regulate negative emotional experiences, especially as we all continue to navigate COVID, personal and world issues.

"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 me 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."



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Royal Roads University  
Student Association



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