

NEWSLETTER

Learn about mental health with us and raise awareness, reduce stigma, and promote understanding.



Lets catch up

We hope you had a restful and refreshing reading week! As we dive into midterms and gear up for finals, remember to prioritize your mental health and take breaks when needed.

So, what's on our agenda today?

- Eating Disorder Awareness: We'll discuss ways to recognize and help manage eating disorders, whether for yourself or someone else.
- Upcoming Events: We'll provide an update on upcoming events and initiatives you can look forward to.
- De-stressing Tips: We'll share some practical tips and techniques to help you manage stress during this busy academic season.
- Mental Health Resources: The last page will be dedicated to important resources you can turn to for support, whether it's for you or a friend.

Eating disorder Awareness

HOW TO SUPPORT SOMEONE YOURSELF OR SOMEONE YOU KNOW

This year, National Eating Disorders Awareness Week (NEDAW) is observed from February 24th to March 2nd. This annual event is dedicated to raising awareness about eating disorders, reducing stigma, and encouraging support for those affected. ¹

Eating disorders are severe mental illnesses that significantly disrupt an individual's eating habits, leading to unhealthy weight gain, weight loss, or harmful eating patterns. These conditions are not only serious but can also be life-threatening, as individuals with eating disorders are at a higher risk of medical complications. ² According to the National Institute of Mental Health, the lifetime prevalence of eating disorders is approximately 2.7%. ³



When a loved one is undergoing treatment for an eating disorder such as anorexia, bulimia, or binge eating, offering support is crucial. Consider the following ways to show your care and encouragement. ⁴

- Be there for them and offer your unwavering encouragement
- Let them know how much you care and value them
- Supportive during challenging times and moments of discouragement
- Avoid pressuring them to eat or not eat unless specified in their treatment plan.
- Pay attention to their emotions and listen without judgment
- Do not be controlled by their behavior.

In the end, it's important to remember that you cannot be the only source of support. Those affected need a broader network to help them on their journey. By raising awareness and deepening our understanding of eating disorders, we can all contribute to supporting individuals in their recovery and help create a more compassionate and supportive community. We've provided some resources below for you or anyone you know who may be affected by an eating disorder.

How to De-Stress During Midterms

With reading week behind us, many of us may feel overwhelmed by assignments, midterms, and the challenge of balancing everything while staying sane. Here are some tips to help you de-stress and recharge:

- **Plan Your Time Wisely:** Organize your tasks by breaking them into smaller steps and create a schedule to stay on track.
- **Take Regular Breaks:** Step away from studying for short intervals to refresh your mind—try stretching, a quick walk, or simple relaxation exercises.
- **Stay Active:** Physical activity, even light exercise, can help reduce stress and improve your focus.
- **Prioritize Sleep:** Adequate rest is essential for clear thinking and effective studying, so aim for 7-8 hours of sleep each night.
- **Practice Mindfulness:** Incorporate deep breathing or mindfulness techniques to stay calm and manage stress effectively.

Remember, midterms can be challenging, but taking small steps to manage stress can make a big difference. Prioritize your well-being, take things one step at a time, and don't hesitate to seek support if needed. You've got this!

Upcoming Events & Initiatives

We've recently had a couple of successful events, such as Polaroids for Positivity and the Valentine's Offer. Thank you to everyone who participated and made them memorable! We're excited to share that more events are coming up.

General Meeting

We're excited to invite you to our February General Meeting, which will be a fun crafting event! We'll be making bracelets, bookmarks, and charms while also covering our usual meeting updates. This event is open to general members only.

Date: Friday, February 28th

Time: 1:30 PM - 3:30 PM

Location: TBD (we'll email you the confirmed location soon!)

Please RSVP [here](#)

by Thursday, February 27th, at 5:00 PM.

Looking forward to seeing you there!



Smack the stigma event



We're thrilled to announce that our annual Smack the Stigma event is happening soon! This event is dedicated to raising awareness about mental health and breaking down the stigma surrounding it.

Date: First or second week of March (exact date coming soon!)

Time: TBD

Location: TBD (we'll share details as soon as they're confirmed!)

Stay tuned for more information—we can't wait to see you there!

Resources

Remember, it's okay to ask for professional help if things get too hard. You're not alone, and support is always available. These supports are available 24/7

*Suicide Crisis
Helpline: 9-8-8*

Provincial Crisis Resources:

*Klinik Crisis Line
204-786-8686
1-877-435-7170 (toll free)*

*First Nations & Inuit Hope for
Wellness Help Line:
1-855-242-3310 (toll free)*

Resources about eating disorders?

*National Eating Disorder Information
Centre (NEDIC)*

*1-866-663-4220 or 416-340-4156 in
Toronto*

*Category: National information resource
centre and help line Canadian Mental
Health Association (CMHA)*

*Category: Raising awareness and
providing resources on a national level*

***To stay up to date on our events and meetings, join our
Telegram GC and follow us on our Instagram.***



References:

1. National Eating Disorders Awareness Week: Office on Women's Health. OASH | Office on Women's Health. (n.d.). <https://womenshealth.gov/nedaw#:~:text=The%20annual%20observance%20of%20National,24%20to%20March%20%2C%202025.>
2. U.S. Department of Health and Human Services. (n.d.-a). Eating disorders. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/eating-disorders>
3. U.S. Department of Health and Human Services. (n.d.-a). Eating disorders. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/eating-disorders>
4. Search results. Search Results | HealthLink BC. (n.d.). <https://www.healthlinkbc.ca/search?kw=supporting%2Bsomeone%2Bwho%2Bhas%2Beating%2Bdisorder>