

FIRST LEGO LEAGUE PRO-VINCIAL CHAMPIONSHIPS

UW was the site of the FIRST LEGO League West Provincial Championships which nurtures passion and creativity in young children.

**THE BRAIN: FUNCTION, PHYSIOLOGY, FUTURE**

Learn about TheMuseum's new exhibit: "Brain: The World Inside your Head." P6

CAMPUS QUESTION P5

Find out how your peers have been affected by the two snow days this semester.

OPINION: AMBER ALERT P9

The Amber Alert last week may have disturbed some, but ultimately served an important purpose.

OUA FIGURE SKATING CHAMPIONSHIPS P8

The Warriors faced-off against rival schools for the OUA



COURTESY JOSHUA MBANDI



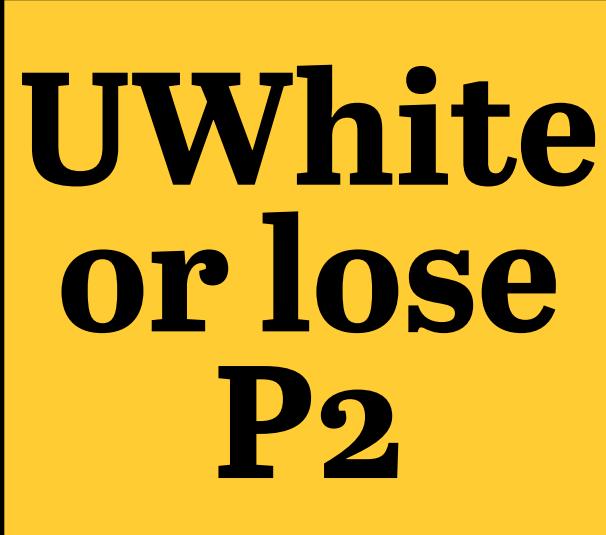
COURTESY AMANDA FITZPATRICK



COURTESY SIMRAN PARMAR



COURTESY MATTHEW GERDE



COURTESY SENECA VELASCO



COURTESY TOMSON TRAN



COURTESY MICHAEL BEAUCHEF



COURTESY FAYZA IBRAHIM

Our Favourite Study Spots

Mubassir Ahmed
Reporter

five. ● The Lever lab has exceptionally good heating and is the only place which is not too cold or too hot during winter.

Food ★★
Engineering Coffee and Donut shop is a five minute walk from the lab; although the Shop closes at 6 p.m., it's still close to the University Plaza.

Availability ★★★
It's usually pretty easy to find a spot here.

QNC has multiple studying spots on upper floors, but there's usually someone playing the piano in the QNC basement, making it a much more soothing place to study.

Food ★★★
While there aren't any places to get food in QNC, both SLC and MC (Coffee and Donut Shop on the third floor) are a short walk from there.

Availability ★★★★
You can almost always find a spot here.

● SLC is one of the most central buildings on campus and there is always something happening on the main floor. You can find everything you need at the convenience store and it's open 24/7. SLC also allows you to book rooms for group studying.

Food ★★★★★
There is a food court, Tim Hortons, and a convenience store on the main floor.

Availability ★★
It's usually easy to find a spot, except during exam season. However, tables with charging ports and power outlets aren't always easy to get.

Hagey Hall is a great place to study with friends and is by far one of the most aesthetic places on campus.

Food ★★★★
There are several cafés nearby (H3 café, Liquid Assets Café, Williams, Environment Studies' Coffee Shop, Tim Hortons), but they all close before the evening.

Availability ★★★★★
There are multiple study spots here and they are always available.

three.

EV1 is almost like studying outside in a patio, complete with a glass ceiling and plant walls.

Food ★★★★
There are several cafés nearby (H3 café, Liquid Assets Café, Williams, Environment Studies' Coffee Shop, Tim Hortons), but they all close before the evening.

Availability ★★★★
Because this place is hard to find, there's almost always study spots available.

One.

AYMA AQIB



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Healthy body, healthy mind

Syed Naqvi
Reporter

Physical wellness is one of the most underrated aspects of life. With the advent of technology and various gadgets, the world has moved increasingly away from physical activity and hence physical wellness cannot be stressed enough.

First and foremost, exercise can increase your energy levels. According to a study, six weeks of regular exercise led to reduced sensations of fatigue for people who had reported fatigue as a constant element in their daily lives.

Exercise has also shown to be good for your muscles and bones. It has been found in various studies that exercise is linked to the release of hormones that are involved in increasing the ability of your muscles to absorb amino acids. This leads to the growth of muscles and reduces their breakdown. Being physically active helps to build bone density, which is extremely crucial for young people. It also helps prevent osteoporosis later in life.

Therefore, with all these benefits and more, it is incumbent upon us as UW



students to participate in as many physical activities as possible. It is quite well known that due to academic and extra curricular commitments, students at UW are not able to



COURTNEY CAIRD



ALEXANDRA HANRATH

locate sufficient time to exercise. However, even by taking out five minutes daily for exercise and gradually increasing, students can benefit in a multitude of ways. It's all about commitment and once the commitment is there, benefits will flow.

Columbia Icefield (CIF) and Physical Activities Complex (PAC) are two main places on campus where students can maintain their physical health.

In CIF, the fitness centre is equipped with 15 treadmills, five spin bikes, Olympic bars, weight plates, and a plethora of other

gym-related equipment. Furthermore, there are five playing fields located in CIF, including the Warrior Field, which is used by football, field hockey, and soccer players. Additionally, there is a fitness studio, three gyms, and a baseball field. In short, CIF is there to cater to all your physical fitness needs.

As far as PAC is concerned, the facility at this moment offers the Warrior High Performance Zone, which is the main fitness centre of equipment to keep students' bodies in peak physical condition. You also have a pool and basketball courts in PAC to further enhance your physical fitness. There will be more fitness space available in PAC once the SLC/PAC expansion is completed.

Whether you are a person who is passionate about physical fitness or you are just a person looking to enter the realm of physical fitness for the first time, UW has you covered.



CHARLOTTE HINGS

ION: The new player in town causing all the buzz

How the new addition to transit will be changing the way you move within cities

Ayma Aqib
Orientation Editor

The ION is an LRT service, or light-rail transit, that connects Kitchener, Waterloo, and one day will be extended to

Cambridge. You will see it around quite a bit, especially if you walk by the DC/E5 area. The ION had its grand opening on Jun. 21.

There are 19 stops between the cities, including stops like Waterloo Public Square, Grand River Hospital, and Victoria Park.

The two stations closest to the UW Main Campus are University of Waterloo station near the Davis Centre, and the Laurier-Waterloo Park station at the Waterloo Park entrance.

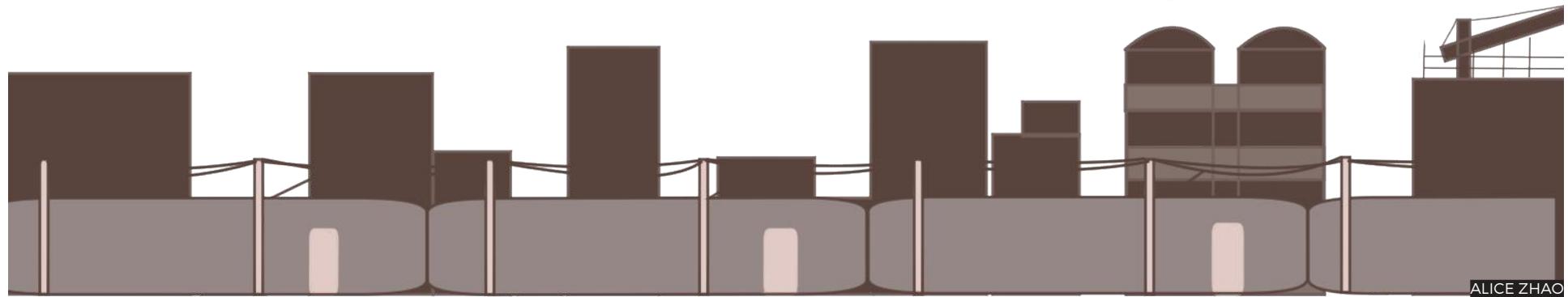
During busier times of the day, you can expect to see a train pass

by every ten minutes, making this means of public transit even more convenient. The fare for the ION is the same as the GRT fare: \$3.25.

However, if you're a full-time student at UW, whether that be on a study or a co-op term, you have full access to the ION with your

U-Pass, so be sure to take advantage of this service.

Another thing to keep in mind is that they do transit checks from time-to-time, so you will need to keep your WatCard on you at all times while you are utilizing this service.



ALICE ZHAO

Student discounts on campus

Getting the bang for your buck

Anoja Parameswaran
Reporter

Tuition might get more expensive every year, but at least you can rely on student discounts to save your ass when you're trying to pay the bills. Here's a list of my personal favourites that have saved me, time and time again.

WatCard's Flex Dollars:

Using your WatCard on UW Food Services gives you a five per cent discount. Sign into your WatCard account at watcard.uwaterloo.ca/OneWebUW/addfunds_watiam.asp

and load up some money. The five per cent you save on coffee everyday might not seem much at first, but it'll add up. This is, however, specifically for flex dollars and not for those who have a meal plan.

Turnkey's Movie Tickets:

Located in the Student Life Centre and the Davis Centre, you can buy discounted movie tickets for Cineplex Cinemas at Conestoga Mall and Princess Cinemas in Uptown Waterloo.

Student Association Coffee Shops:

The student-run coffee shops that go by different names based on the faculty are the cheapest

places to get meals and snacks. Because it's volunteer-run, staff wages are not accounted for in the cost of the meal, so you can get the same quality of food for a cheaper price. Bring your own thermos or mug for coffee and save even more.

GO Bus, FedBus, and Greyhound Services:

Going home doesn't have to empty out your bank account. Sign in using your UW email and get a discount on tickets. Make sure you have your WatCard with you in case of an inspection.

Subscription Entertainment:

Most music apps like Spotify, YouTube Music, Amazon Prime, and Apple Music have student discounts and all you have to do is sign up using your UW email as proof.

Grocery Stores:

Many grocery stores like Sobeys, Shoppers Drug Mart, and Zehrs offer a ten per cent discount on certain days, usu-

ally Tuesday, if you show them your student card.

EngSoc:

If you're an engineering student, you're in luck! Bring your WatCard to the EngSoc office for a special sticker to put on your WatCard to get deals at DōShack, The Break Room, Crossroads Board Game Café, Al Madina, Sweet Dreams Tea-

shop, Marble Slab Creamery, Baba Chicken Grill, and Mongolian Grill.

Always keep a lookout for student discounts. Even stores like Adidas or BulkBarn offers student discounts, you just have to keep your eye out! You never know when you can save a buck or two.



Interested in coins, tokens, banknotes or medals?

Journey into the world of numismatics!

The Waterloo Coin Society gathers on the second Tuesday of every month at the 404 Wing R.C.A.F.A. on 510 Dutton Drive, Waterloo, Ontario N2L 4C6. Doors open at 6:30pm for socializing & trading. Meetings start at 7:30pm. You're invited!



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Visitors and new members are always welcome!

ALICE ZHAO

Saving money makes cents

Life is expensive. Fortunately, there are many ways to save money around campus.

David Yin
Reporter

Budgeting and money management are issues that several university students struggle with.

This may feel even more daunting for incoming students, especially in the wake of OSAP cuts. However, there are several re-

sources both on and off-campus that students could take advantage of, despite the current socio-political climate.

Textbooks are expensive. Some cost upwards of a hundred of dollars despite being used for only one or two terms. Luckily, there are several ways to mitigate this issue. Most importantly, never buy textbooks before classes begin. This is a common mistake some first-year

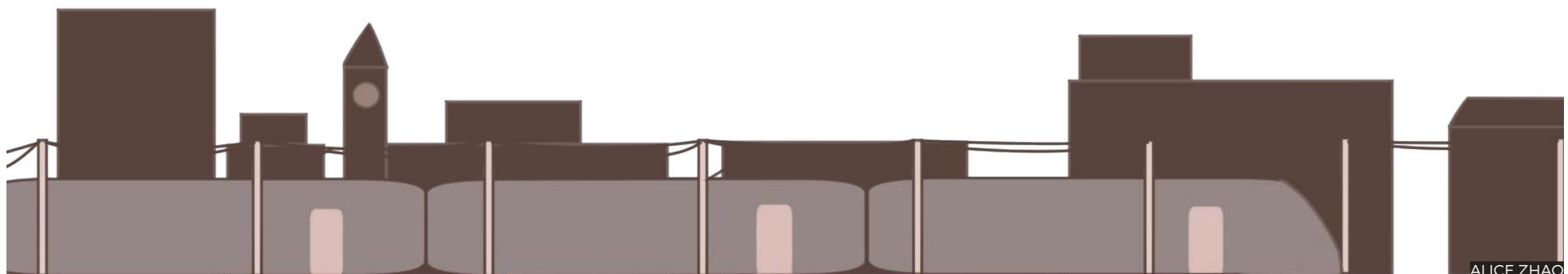
students make; some textbooks are unnecessary for classes. Some university professors realize that not every student has the luxury of buying a brand new textbook that will only have a useful life of four months, so some lecturers will upload their lecture slides (or even the whole textbook) for free.

Additionally, there are several resources on campus for students who need textbooks.

The Feds Used Books store is located at the bottom floor of the Student Life Centre and offers a range of secondhand textbooks at discounted prices. There are several upper-year students who are willing to sell their course materials, sometimes for as low as five dollars. (Yes, they can be that desperate. They have student loans to pay, too.) For those who only need to use a textbook for certain occa-

sions, such as for a research paper or a midterm, the library offers a range of course reserves to lend. Just head to the UW Waterloo Library website, access "Course Reserves" under "Services", and present the call number to a receptionist.

As a disclaimer, it is advised to purchase lab manuals or tutorial manuals in full because they are mandatory for their respective courses, are updated every term,



ALICE ZHAO

and may require students to write on or tear off certain pages.

Students are also often required to use a range of software throughout their studies. Word processors, spreadsheets, and presentation programs are most commonly used for virtually all courses, regardless of faculty. For those who do not have any of the above software on their devices, UW offers unlimited access to Microsoft Office for all students. The only required component is a UW email account, which should be activated by now.

Another great alternative to Microsoft Office is Google Docs, Sheets, and Slides. Their layouts are more streamlined and accessible than Microsoft Office, albeit with slightly less features, and each file can be simultaneously accessed, commented on, and edited by multiple accounts. This can be a great benefit for group projects. Additionally, both Microsoft Office and Google Apps are free to download on mobile for those who work on the go. Remember that both the Dana Porter and DC libraries contain an array of computers to be used in the rare case that a personal device breaks or crashes.

Transportation can be a huge issue, especially for commuters and students who prefer to visit their parents once in a while. Transpor-

tation will not cost extra within the Waterloo, Kitchener, or Cambridge regions as access to the GRT buses and ION rail were prepaid with student fees. A valid student ID card is the only item necessary to ride the GRT's transit services. There are a few services that can be used for those who seek to travel further. UW offers bus stops for the student-run FedBus, GoBus (plus a student discount), or Greyhound buses. Whichever bus service students prefer is up to them, as they all offer different perks and ridership experiences at relatively similar prices. Other students may benefit more from carpooling, as there are several students willing to drive others via rideshare apps and social media.

Finally, there are a ton of restaurants, bars, boutiques, and hair salons within the Waterloo-Kitchener region. However, the price of living here may be much greater than at home. All participating students in orientation should have received a goodie bag during the festivities. Inside are various deals, offers, and coupons from local businesses. These promotions only last for a few months, so use them while they are valid. Do keep in mind to monitor such living expenses, though. The last thing anyone would want is to blow off their credit card early into their first term by using as many ser-

vices as possible just to use all their coupons from orientation.

University life may be a challenging stage of life for most people;

however, several issues can be resolved with a bit of planning, help, and resourcefulness. Be sure to explore the community both on

or off-campus as there may be several more resources to take advantage of outside this article.



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QUANTUM
NANO CENTRE



SCIENCE TEACHING
CENTRE 3RD FLOOR



ENGINEERING 5



EV3 PLANT WALL



APPLIED HEALTH
SCIENCE WALL



EIT 3RD FLOOR



PERIMETER INSTITUTE

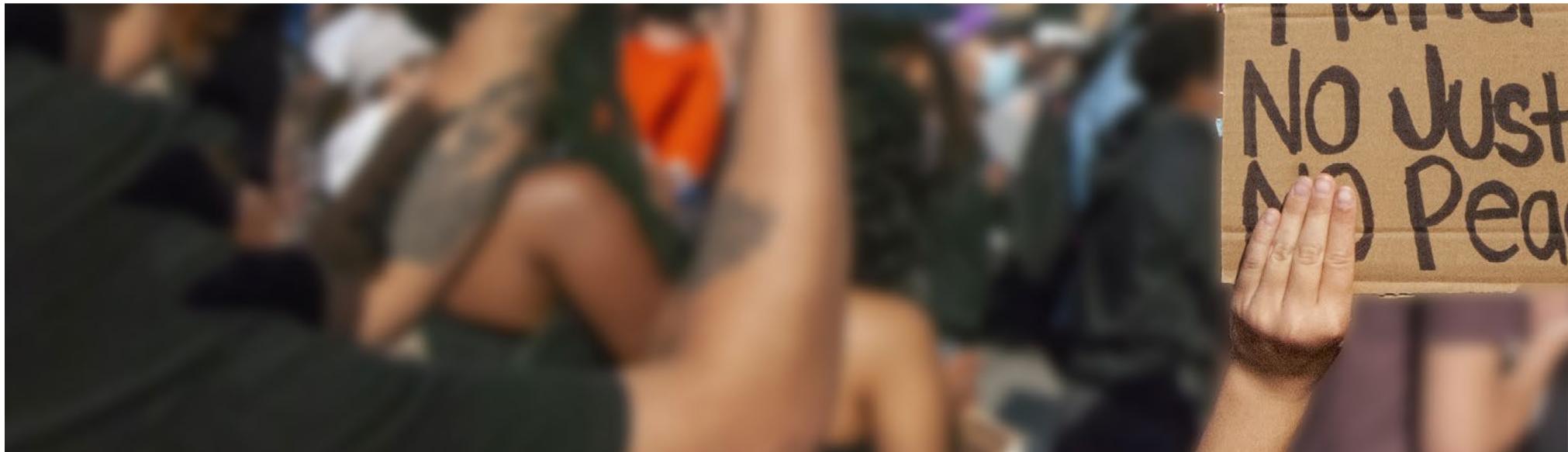


ENGINEERING 7



WATERLOO PARK

Three Black Lives Matter protests



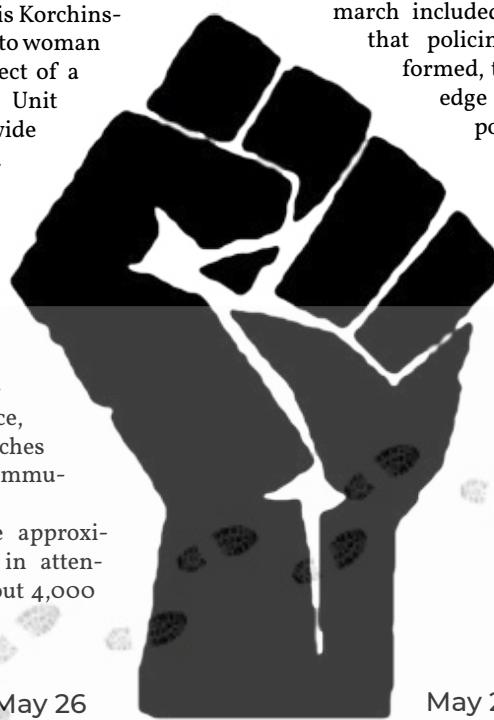
Sunny Fleming
Reporter

On Wednesday June 3, protesters in the tens of thousands gathered at Kitchener's old bus station to show support for Black Lives Matter.

George Floyd, an unarmed Black man who died at the hands of a Minneapolis police officer and Regis Korchinski-Paquet, a Black Toronto woman whose death is the subject of a Special Investigations Unit case sparked a Canada-wide wave of demonstrations.

Organized by activists local to KW, including Selam Debs, Carla Beharry, and Aaron Francis, the march was a peaceful protest that included chanting, signage, moments of silence, and impassioned speeches from members of the community.

Not only were there approximately 20,000 people in attendance in person, but about 4,000



May 25
George Floyd
is murdered

May 26
Minneapolis
protests begin

May 28
Peaceful pro-
tests in Milan

May 29
Chauvin charged
for murder

May 27
Protests spike
across the US

people watched virtually via Facebook Live.

The organizers of the protest released a statement on June 2 that outlined their aims and goals for the protest.

They began with a statement of why they were protesting, which was to respond to the "extrajudicial executions of and police violence against Black people in the United States, Canada, and around the world."

The organizers' principles for the march included their arguments that policing cannot be reformed, that they acknowledge the presence of police brutality towards Black women and trans people, that systemic racism does exist in Canada, and that Black and Indigenous peoples' solidarity is essential for the work they hope to do.

The list of the protest's calls to



action included the defunding of the Waterloo Region Police Services, to reallocate resources to other important community initiatives:

- The removal of the Community Outreach Program (COPs) and School Resource Officer (SRO) from communities and schools.

- And the defunding of campus police, to reallocate resources to Black and Indigenous students.

Organizers say these police programs are part of the school-to-prison pipeline.

The Waterloo Region released a statement saying that they would walk alongside and support the protesters virtually.

In their press release, the region said they "support and acknowledge their right to peacefully protest to raise awareness of the lives lost to violence rooted in systemic racism, and to encourage our community to support efforts to confront anti-Black racism close to home."

Though the statement encouraged the protesters to participate virtually, the region acknowledged that for some people "the pain and trauma of recent events can only be healed through community grieving; and for that, we appreciate and thank event organizers for their diligence in advising those planning to attend in-person on the need to utilize masks, maintain physical distancing, and stay away if experiencing any COVID-19 like symptoms."

The Waterloo Region Police Service (WRPS) Chief of Police, Bryan Larkin released a statement as well to express his support for the protestors and to encourage safety in times of quarantine as well.

June 1
BLM rally held
in Calgary

June 2
Blackout tuesday
hashtag created

over the KW region in four days



"I can assure you that the members of the Waterloo Regional Police Service stand together with you in your anger over the events that have unfolded recently," Larkin wrote.

"[Many of our members] are frustrated that their hard work to build bridges and trust within the community has been set

back by actions that simply can't be understood nor accepted."

Another protest occurred on June 5 in Victoria Park for Black Lives Matter, organized by youth in the Waterloo region.

While the sentiment was the same as the protest on June 3, the June 5 march focused on the Waterloo Region District School

Board (WRDSB) and the changes they hoped to see.

The protest was led by youth and for youth but was also attended by hundreds of people of all ages.

Organizers had an open mic session to give Black youth the ability to share their stories with their community.

"We talked about the issues revolving around the school system, police brutality and much more. And most important we come out for George Floyd and many who

have lost their lives due to racism," protest organizers said.

In Cambridge on June 6, hundreds of protesters marched from Waterloo Regional Police Headquarters to the Cambridge Cenotaph and Queen Square in support of Black Lives Matter.

All of the protests in KW were peaceful and none resulted in arrests.

A second Black Lives Matter protest is scheduled in Cambridge on June 9 at City Hall.



UW Student Brings Mental Health to the Forefront with “Behind My Mind”

Shruti Bagmar
Reporter

A campaign called “Behind My Mind” founded by Mia Chan in 2019 aims to provide a platform for individuals to share their mental health issues and their journey in dealing with them.

Chan, a pharmacy student at UW, was deeply disturbed by the increased suicide rate in 2017 and started discussing mental health with the people around her, soon realizing that even her own mental health had

about your own struggles.

Lauren, a contributor to the campaign, described the state of her own mental health by saying,

“This doesn’t mean every day is perfect or that I don’t have days where I feel like I can’t do it anymore. I now know my worth and that I deserve to be here.” She shared her own journey to help guide others who may be facing the same obstacles.

Chan said anyone can contribute to the campaign, with many students at UW sharing their stories and reliving their lives in a way they’d never done before. The objective

of sharing stories is not only to normalize the prevalence of mental illness, but also to remind the affected that they are not alone.

Every individual’s story is its own unique journey — a pleasurable form of self-discovery following a confrontation with their own issues.

They each describe why they felt the need to change their approach to life, along with the measures and steps they followed to

maintain mental wellness. A support platform like this is beneficial not only to those going through a rough phase in their lives, but also to those who have robust mental health. It helps everyone understand how people suffering from mental illnesses feel and think, and what they should do to help these individuals.

The name “Behind My Mind” is thoughtful and clearly conveys the objective of the campaign.

Every person is faced with challenges but



been down for years.

She took the initiative by confiding in her friends and saw a positive change in her life as a result.

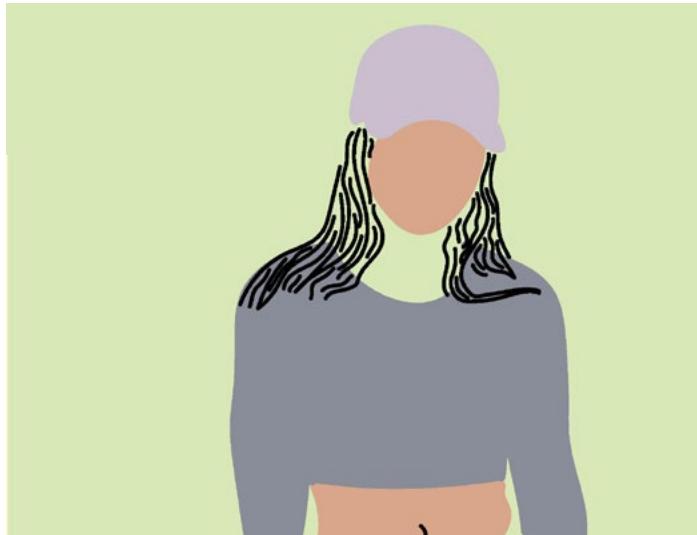
She has been spreading mental health awareness since then and participates in Mental Illness Awareness Week every year.

“Behind my Mind” also contributes to the Canada Mental Health Association in support of all Canadians to continue spreading mental health awareness and resources.

It was in October 2019 that she felt the need to start her own campaign in order to encourage everyone to open up about their mental health.

“Behind My Mind” aims to bring together many individuals who have suffered or still suffer from some form of mental illness, and motivates them to share their experiences and how they cope with their individual issues.

She said believes that every story is worth sharing because there are many people who could relate to you and you could make a difference by just being open



learns to hide their problems by putting on a strong and happy face mask. Chan says that it’s common for someone to be battling something devastating on the inside but appear strong on the outside.

As part of the campaign, participants post a picture of themselves along with their stories — portraying that they are more than their physical appearances and that a book cannot be judged by its cover.

She has expanded her team with the inclusion of other Pharmacy students and is delighted with the support and diversity of ideas they each provide.

However, it is essential to acknowledge that mental health problems do occur and are very common.

According to the World Health Organization, one in four people meet the criteria to be diagnosed

with a mental health disorder. Mental health issues can occur due to a variety of reasons which many might not have even thought about — a difficult year at university, social isolation, family problems, substance abuse, a sense of inferiority, etc.

Chan said she wants others to understand that mental health is just as important as physical health and should not be compromised, and anyone who seeks therapy is not crazy.

Therapy aims to help affected people to solve their problems in effective and

healthy ways, and any negative labeling associated with the practice should be frowned upon. Chan also emphasizes that it is wrong to tell individuals who are suffering to just “get over it,” adding that “it creates an unsupportive environment and pushes them deeper into social isolation, making matters worse. If it were that easy, there wouldn’t be professional therapists, there wouldn’t exist medications that alter the chemicals in your brain, and suicide wouldn’t be the second leading cause of death among youth and young adults.”

The slogan for the campaign — “shining a light on the realities of mental health and illnesses, one mind at a time” — encourages



TAYANYA MIRANDA

everyone to share their journey and to show others that they are not alone. Better mental health means better progression and a better quality of life.

Chan was overwhelmed with the huge response to her campaign and states that “even if we positively influenced just one person, I would be content.”

Chan says that her long-term goal is to reduce the stigma surrounding mental health, especially in marginalized communities, and hopes that one day discussing our mental health becomes as normal as discussing our physical health. More information about the campaign can be found at www.behindmymind.com



arts & life

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THE OSCARS

UW EDITION

NUMBER ONE ALL MALE
A CAPELLA GROUP (2017):

WATERBOYS

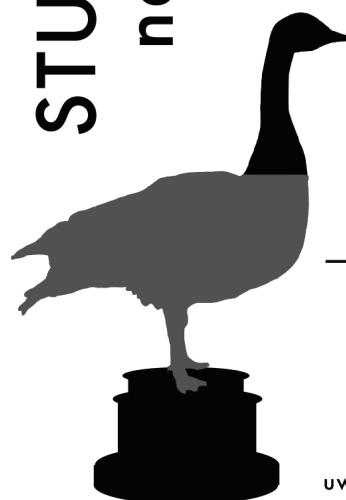
Won the ICCA competition in 2017, making them the number one a cappella group in Canada and the number one all-male a cappella group in North America.

LARGEST CANADIAN
hackathon:

HACK THE NORTH



STUDENT RUN
newspaper:
IMPRINT



NUMBER OF STUDENTS FALL 2018

10,183 REGULAR STUDENTS

22,416 CO-OP STUDENTS

[uwaterloo.ca/institutional-analysis-planning/university-data-and-statistics/
student-data/student-headcounts](http://uwaterloo.ca/institutional-analysis-planning/university-data-and-statistics/student-data/student-headcounts)

MOST LIKED "STUFF UWATERLOO PROFESSORS SAY" IN 2019:

"SOMETIMES I DO SMART THINGS AND I TOTALLY SURPRISE MYSELF."

- Prof. Engelhardt, BIOL 373, 71 likes

**WINNER OF
WATERLOO OF THE SOUTH:**
Massachusetts Institute of Technology

[reddit.com/r/uwaterloo/comments/9gvxhq/mit_of_the_north_confirmed/](https://www.reddit.com/r/uwaterloo/comments/9gvxhq/mit_of_the_north_confirmed/)



Popular course:
CS135, 1925 Reviews, UW Flow

1957
UNIVERSITY
OF WATERLOO
FIRST
ENGINEERING
CLASS OF 74
STUDENTS

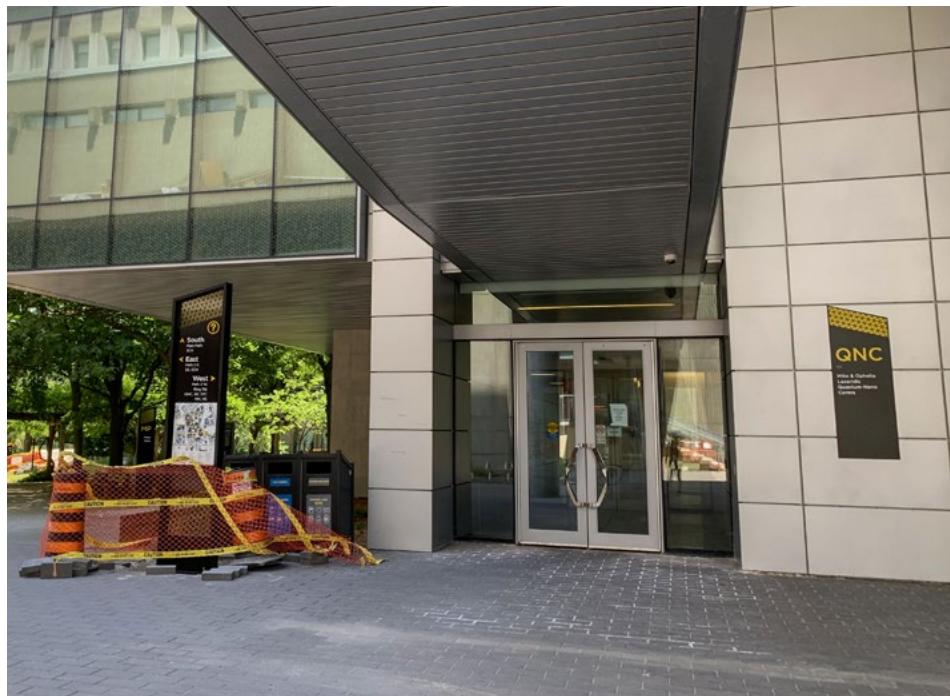
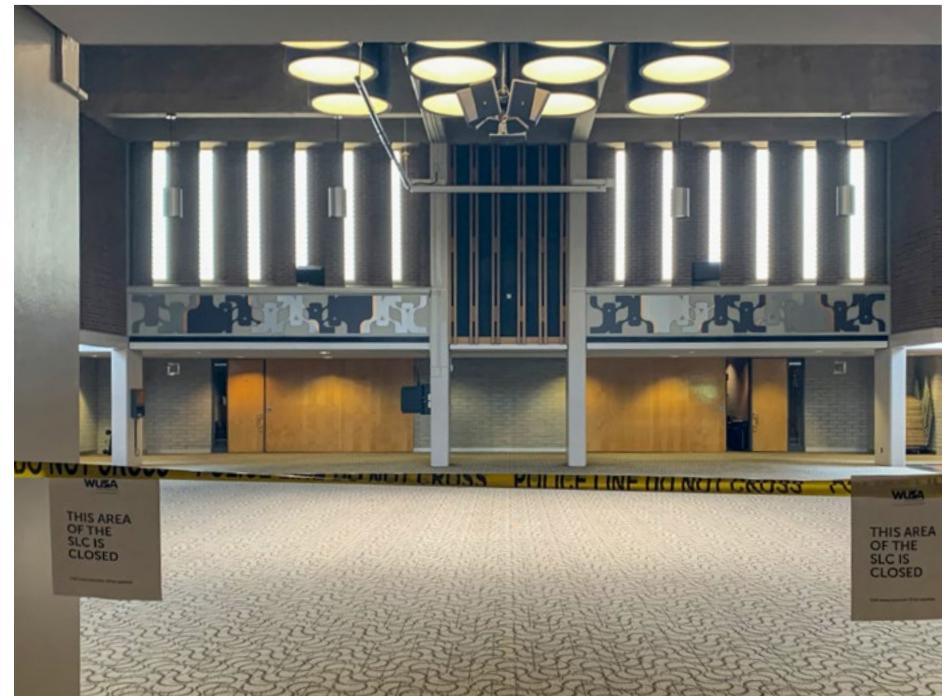
2002
BLACKBERRY
SMARTPHONE
LAUNCHED BY
FIRST
WATERLOO
ALUMNI

2018
PHYSICS
NOBEL PRIZE
AWARDED TO A
WATERLOO
PROFESSOR

GINA HSU

TELETON CAMPUS

SPRING 2020





sports & health



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Changing the Flow in Waterloo

Melissa Gatti
Editorial Assistant

Food and period products – both are essential, and yet many must choose between them.

However, thanks to social enterprise Changing the Flow and their new summer project #PeriodPreparedWR, in partnership with Nutrition for Learning, students in the Waterloo Region don't have to choose.

"Period poverty is real in Canada and around the world. I think people forget that it is a local issue as well," Kate Elliott, co-founder and Director of Operations at Changing the Flow, and proud University of Waterloo alumnus, said.

Changing the Flow, a social enterprise looking to achieve menstrual equity through education, awareness and implementation, is partnering with Nutrition for Learning to distribute free period packs to schools in the Waterloo Region at Nutrition for Learning's Pop Up Snack locations.

"The economic impact of COVID-19 is so large right now. These are essential items, but if you have to choose between period products and food, although they are both essential, food will win," Elliott said.

The free period packs contain

five pads, five tampons, and instructions for those using the products for the first time.

"We're handing out more than 100 packs a week to students in the Waterloo Region community, so there's clearly a need," Kevin Hiebert, co-founder and Director of Business Development at Changing the Flow, said.

The response from the commu-

nity has been tremendous, further proving just how necessary the packs, and work of the organization, are to the community.

"We've had fantastic feedback," Elliott said. "If it's parents picking up the packs, they're always really excited to take them home."

Kate Elliott shares that her experience at the University of Waterloo, in the Public Issues An-

thropology MA program, has impacted and inspired her work towards menstrual equity.

"UW has an amazing entrepreneurial mindset, and it's amazing to be in an environment that encourages making an impact," Elliot said.

"I realized how much support there was from the folks from Velocity, Concept, within my

program, and W³ [A social and support network among women and non-binary members of the UW community]. If you want to do something, the resources are there."

There are many ways to get involved and contribute to this initiative. To donate directly to #PeriodPreparedWR, visit their GoFundMe with 100% of proceeds going directly towards the program.

If you are unable to donate through the site, but would still like to help, whether outside or within the Waterloo region, donating period products to a local food bank can help people who menstruate access essential products.

To follow Changing the Flow and their work throughout the community, check them out on Instagram @changingtheflow, Facebook @changingtheflowcanada, or Twitter @changingtheflow.

Kate and Kevin both agree that the greatest way we can all do our part in striving for menstrual equity in our own communities begins with simply talking about it.

"It's about destigmatising menstruation, and that starts in changing conversations," Hiebert said.

As we are all faced with new struggles amidst these unprecedented times, where to get your next period products should not be one of them.

“Period poverty is real in Canada and around the world. I think people forget that it is a local issue as well.”

KATE ELLIOTT, CO-FOUNDER AND DIRECTOR OF OPERATIONS AT CHANGING THE FLOW, UW ALUMNUS

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email sports@uwimprint.ca



8 dimensions of wellness

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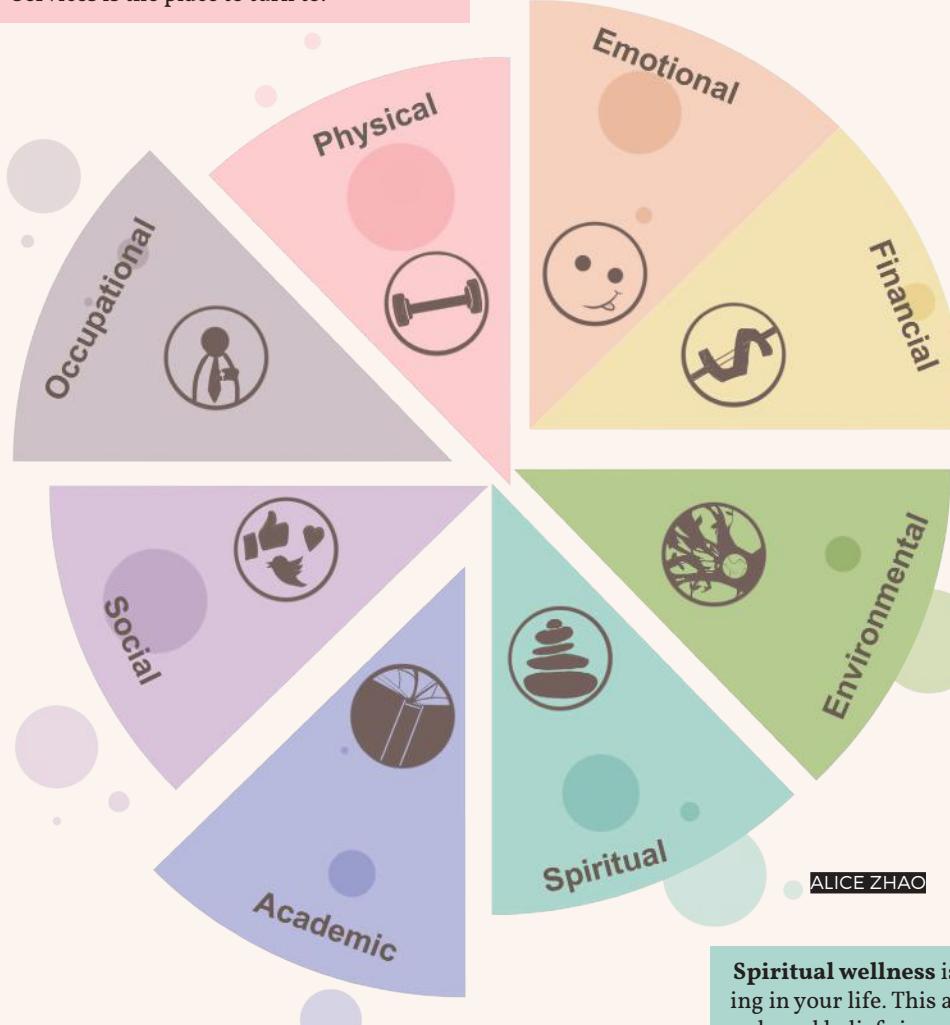
Mental health is a term frequently used to reflect a state of emotional well-being, but what does it mean to reach that state? Various studies have emphasized the importance of holistic wellness, as opposed to simply emotional wellness, in order to achieve a true state of self-satisfaction. Although this model was discovered decades ago, the recent emphasis on mental health has brought it back in the limelight, with multiple institutions around the world adopting this model of wellness today.

The eight dimensions of wellness model emphasizes that in order to be truly satisfied and well, one must aim to balance all eight aspects. There are numerous online quizzes you can take to find which aspects you're excelling in and which ones you might need further development in. For now, here is a quick summary of all eight dimensions, along with some resources catered to UW students.

Physical wellness is achieved by leading an active and healthy lifestyle and avoiding excessive consumption of harmful substances like alcohol, drugs, and tobacco. Whether you're working out at the gym or walking around the park, endorphins released during exercise reduce pain and stress. If you're having trouble with your physical wellness, Health Services is the place to turn to.

Emotional wellness entails coping effectively with adversity in life. This includes managing and responding to different stressors appropriately. A state of emotional wellness also includes building a positive mindset, and being aware and accepting of how you feel. If you feel emotionally overwhelmed or just want someone to talk to, try the UW Counselling Services on the second floor of Needles Hall North.

Occupational wellness requires finding a sense of satisfaction and fulfillment in your career. Don't let this overwhelm you — you don't need to have a ten-year career plan for this. Occupational wellness can be anything from exploring possible career paths in elective courses, taking volunteer positions, or working part-time. The work-study program or co-op on campus is one way to help your occupational wellness and is for students on OSAP who are taking a full-time course load.



Social wellness means creating satisfying and meaningful relationships with others to develop a sense of belonging. As you start this new chapter of your life, you will meet many new people. Student life can be busy but incorporating time to see friends, even if it's through a study date, will make your time a lot more enjoyable. Joining teams and clubs is also a great way to feel included within a community. Feel free to also come down to *Imprint*'s office in Room 0137 of the Student Life Centre to meet like-minded people making UW's official newspaper.

Academic wellness is crucial for students and one of the most important aspects of wellness you can practice. This can be anything from attending all your classes, not procrastinating on your assignments, or keeping up with your studies. Immense discipline is required, but pays off in the long-run. The Registrar's Office has academic advisors, should you need help with your academic wellness.

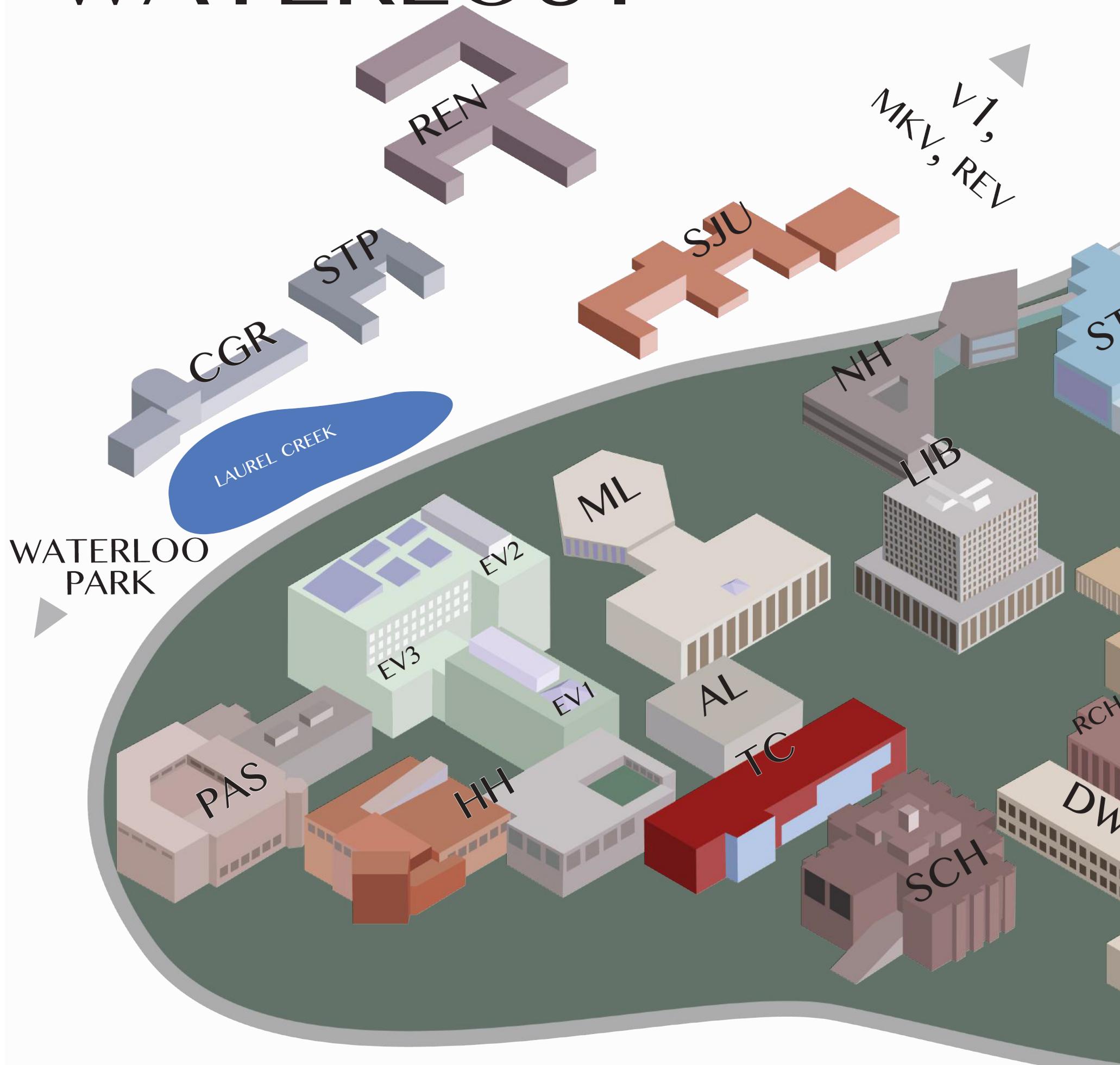
Although finances are sometimes beyond our control, **financial wellness** is understanding and managing your financial situation. Work toward short-term and long-term financial plans by creating a budget and smart spending. Student Financial Services in East Campus 5 can help you with this.

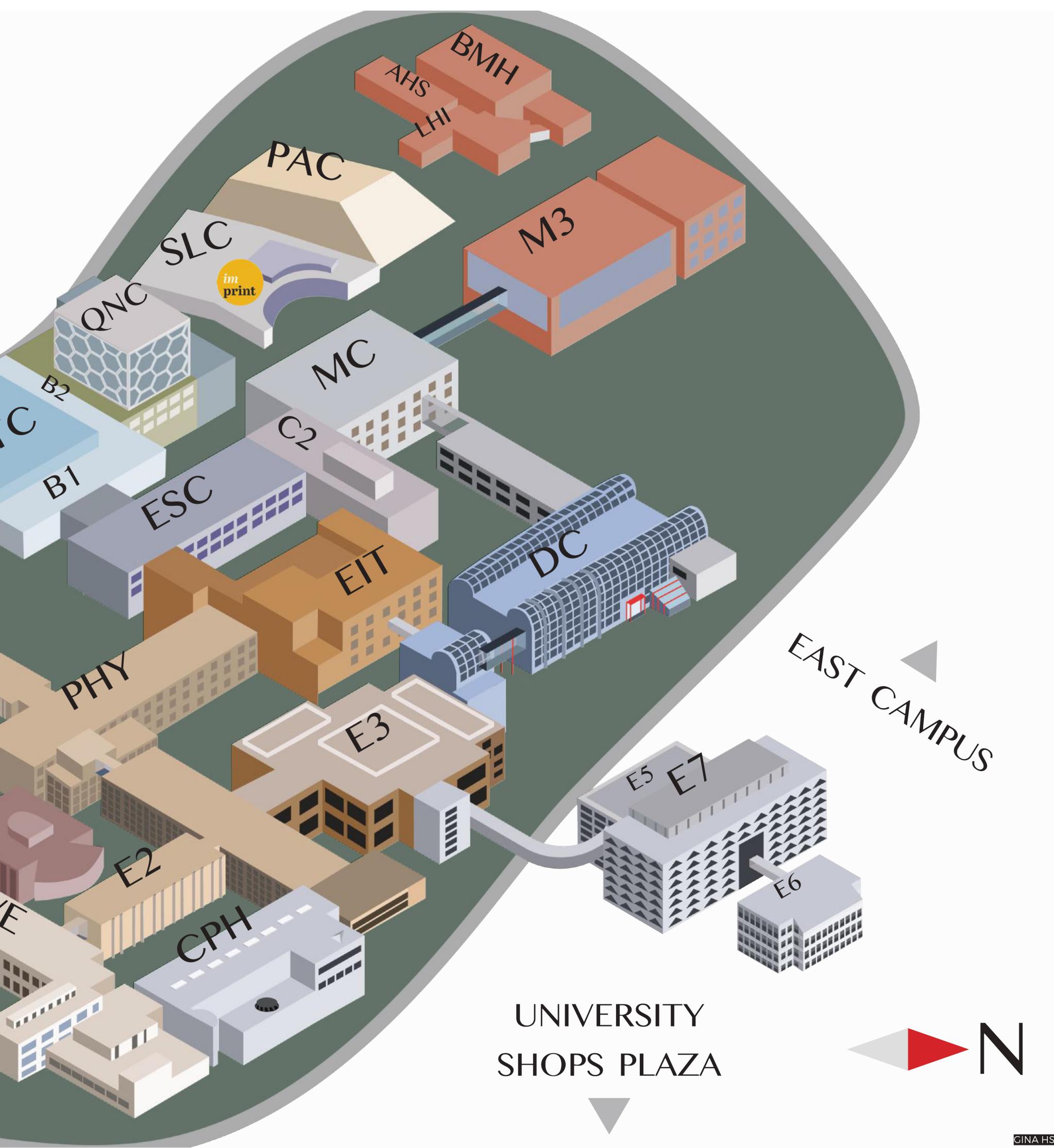
Environmental wellness is understanding that our actions affect our surroundings and striving to reduce the negative implications. Our surroundings directly affect us, so be sure to act accordingly. Reduce your carbon footprint and respect your surroundings.

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Spiritual wellness is expanding purpose and seeking meaning in your life. This also means reflecting your personal morals and beliefs in your actions. Spiritual wellness promotes a sense of inner well-being and peace through daily life. If you're looking to enhance your spiritual wellness, there are numerous student clubs for spiritual, religious, and charitable causes that you can find on campus.

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