

Ridgebacks Stress Buster Kit



Move Your Body!

Our bodies are meant to move. We feel our best when we move.

In just a few minutes, physical activity can boost metabolism, decrease stress and increase self-confidence.

You may choose to;

- ▶ Rock out to your fave song!
- ▶ Stretch while studying.
- ▶ Get your heart muscle pumping by walking, marching or jogging (even on the spot)!
- ▶ Master jumping rope.
- ▶ Take your dog for a stroll.
- ▶ Build a snowman.
- ▶ Deep clean your room.
- ▶ Try hula hooping!
- ▶ Play musical chairs!
- ▶ Try a workout video!
- ▶ Build a fort.
- ▶ Make an indoor obstacle course.
- ▶ Learn a dance routine.
- ▶ Play Twister!

Moving helps us study better, concentrate better and sleep better.

Why not move right now!?

Wellness and Learning resources are here for you

Wellness Resources

Visit campusrecreationcentre.com for virtual wellness resources and classes!

Access your wellness portal at mystudentplan.ca/ontario-tech/en/mywellness

Study Together

Stay accountable and on track by studying together with other students for exams in a quiet virtual space!

December 8 from 1 to 3 p.m.

December 14 from noon to 2 p.m.

Visit studentlifeportal.ontariotechu.ca to join.

Learning Communities

Math Study Hall, Chemistry Study Hall and Physics Study Hall all have exam hours.

Visit ontariotechu.ca/studentlearning for details

Course specific exam preparation workshops available

Visit studentlifeportal.ontariotechu.ca to register.

STRIDE Study Skills Workshops

Attend any STRIDE workshop between November 16 and December 18 to be entered to win a \$25 Indigo gift card.

Workshops include:

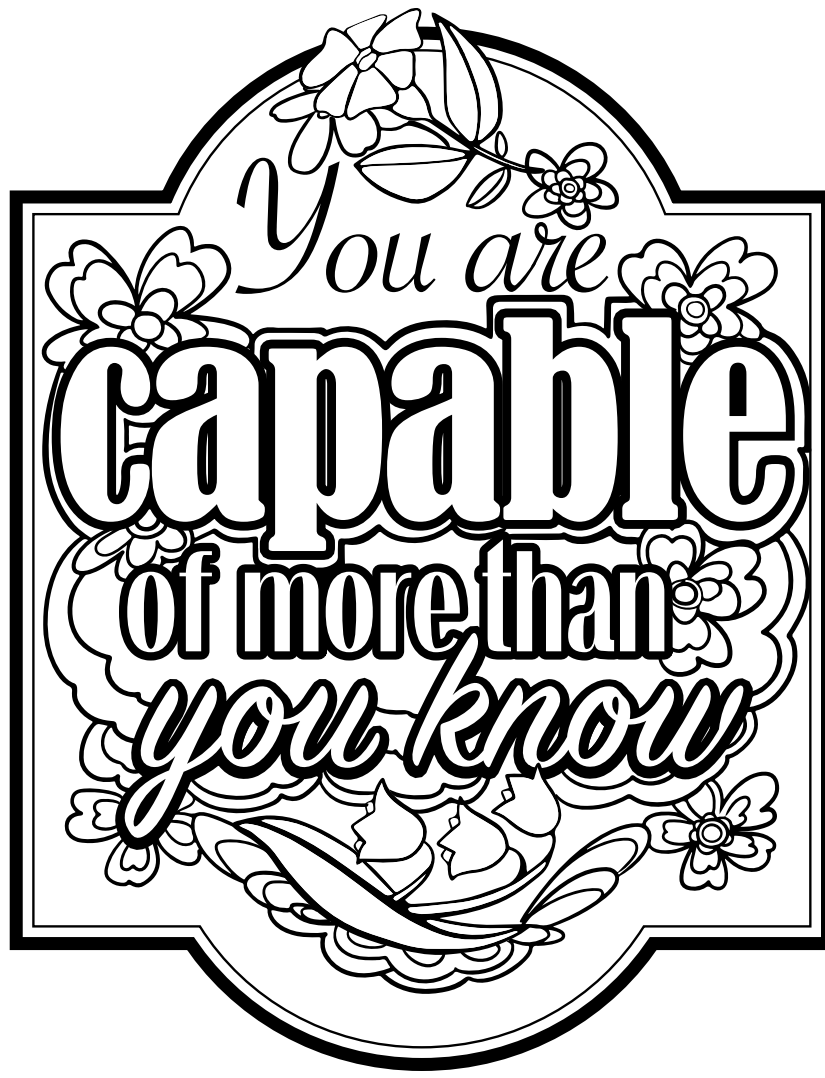
Expect Success: Exam Study Planning

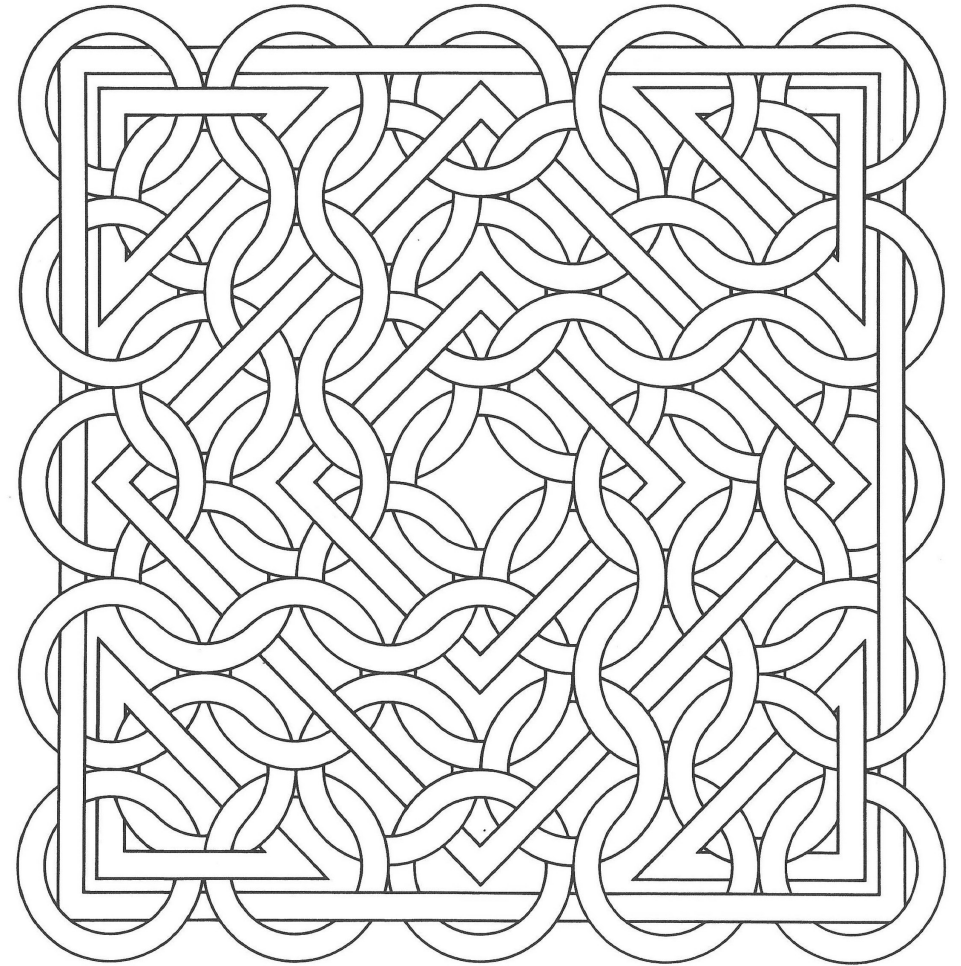
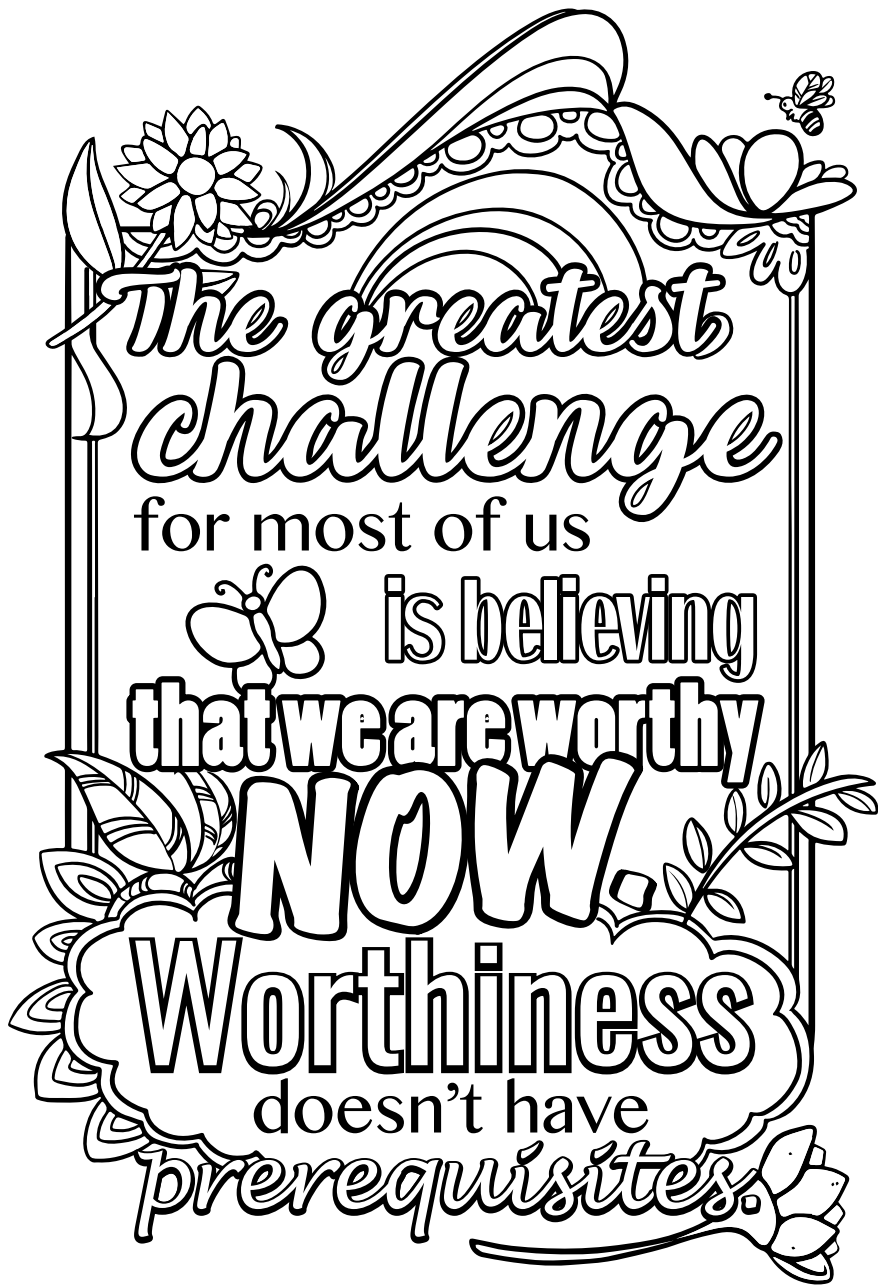
Mastering Multiple Choice Exams

Tame your Test Anxiety

How to catch up on your textbook readings

Register to attend at studentlifeportal.ontariotechu.ca

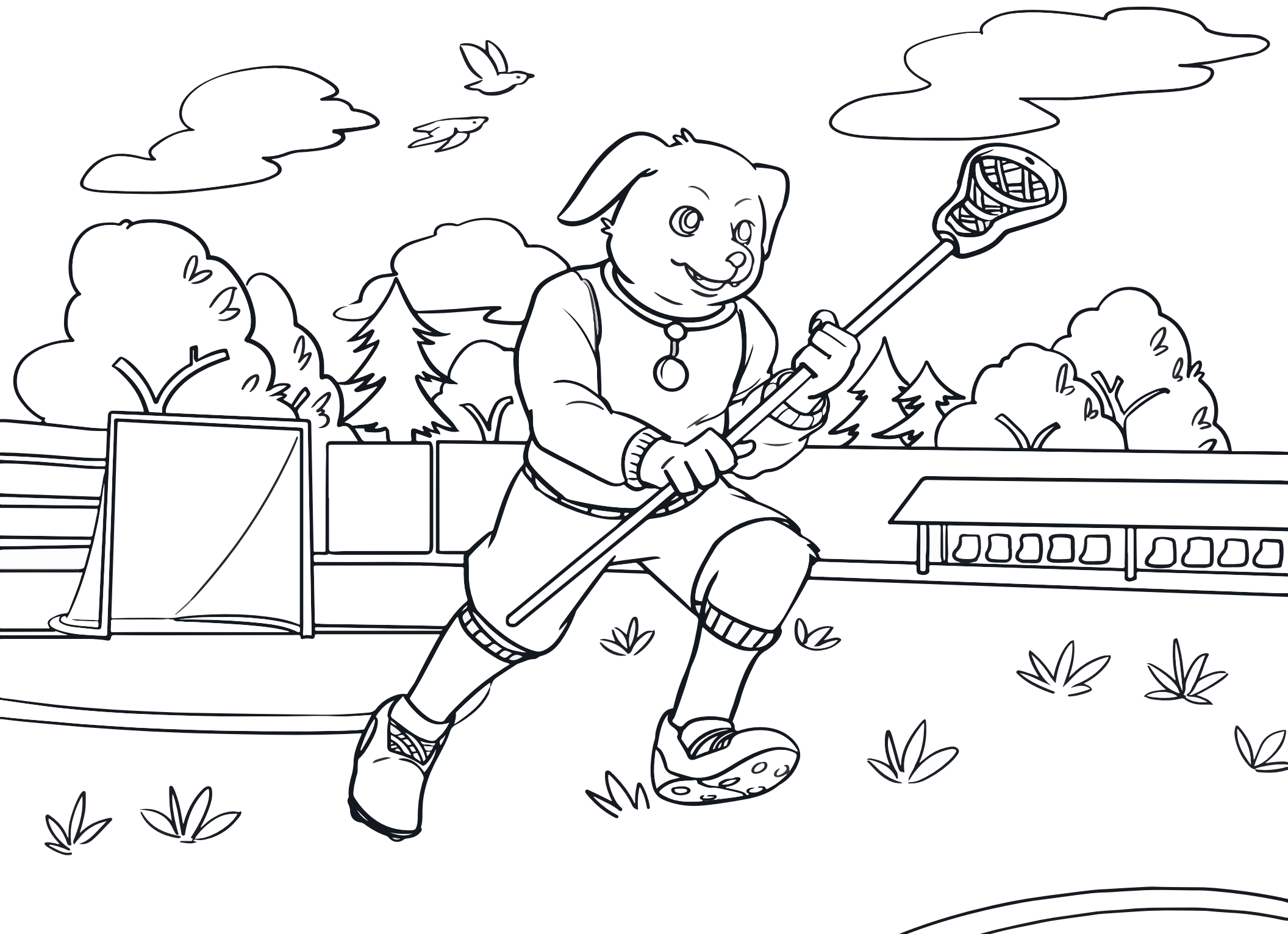




Brown, B. (2010). The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are. Minnesota: Hazelden Publishing.









Ontario Tech Ridgebacks Word Search

Sports and Faculties

- | | |
|-------------|------------|
| Badminton | Ontario |
| Basketball | Ridgeback |
| Business | Rowing |
| Curling | Science |
| Education | Soccer |
| Engineering | Systems |
| Humanities | Tech |
| Information | Technology |
| Lacrosse | University |

Y	M	K	P	T	H	U	M	A	N	I	T	I	E	S
S	R	B	U	S	I	N	E	S	S	X	S	G	G	V
O	B	D	B	S	X	K	V	G	A	P	G	N	W	M
C	H	A	I	N	F	O	R	M	A	T	I	O	N	U
C	U	J	S	C	S	F	J	E	A	R	H	W	R	O
E	O	N	Z	K	B	Y	S	E	E	C	Y	S	B	N
R	C	T	I	P	E	S	S	E	E	G	I	C	A	T
I	H	U	F	V	O	T	N	T	O	O	G	I	D	A
D	S	C	R	R	E	I	B	L	E	N	V	E	M	R
G	G	A	C	L	G	R	O	A	I	M	V	N	I	I
E	H	A	C	N	I	N	S	W	L	A	S	C	N	O
B	L	N	E	W	H	N	O	I	X	L	B	E	T	C
A	Y	J	F	C	E	R	G	E	T	T	U	C	O	P
C	C	R	E	M	R	T	I	O	X	Y	W	I	N	L
K	M	T	O	E	D	U	C	A	T	I	O	N	X	P

Gratitude Exercise

Practicing gratitude consistently is a proven way of improving the overall happiness in your life, as well as the quality of your relationships, health, mood and satisfaction.

Here are some questions to get your started:

1. What aspects of your personality do you believe are unique and are grateful for?
2. What is something you get to enjoy everyday that you think might be taken for granted?
3. What is a hard lesson that you were grateful to learn in the past that has made you a better person?
4. What is something that a person has done for you that has made you feel grateful?
5. How have you used your unique talents recently and what did you enjoy about it?
6. What made you smile or laugh today?



Ontario Tech Ridgebacks Word Search

Self-care

Sleep

Meditation

Nutrition

Treats

Coffee

Friends

Family

Reading

Puzzles

Bath

Chocolate

Gaming

Instagram

Sewing

B	A	T	H	J	R	H	T	R	E	A	T	S	V	D
Y	G	P	F	S	I	R	U	W	E	T	S	C	L	G
W	K	H	A	E	T	R	X	O	S	W	E	H	F	Z
I	L	B	Z	W	R	E	A	I	G	Q	M	O	F	C
D	I	L	T	I	N	A	K	P	A	N	E	C	S	H
Q	I	S	I	N	Z	D	X	L	S	U	D	O	K	C
C	N	L	V	G	X	I	H	F	J	T	I	L	P	U
O	S	E	I	B	G	N	R	N	J	R	T	A	U	E
F	T	E	X	R	A	G	Y	F	N	I	A	T	Z	P
F	A	P	R	H	M	G	R	J	B	T	T	E	Z	G
E	G	M	H	C	I	R	N	N	Z	I	I	X	L	J
E	R	V	I	Q	N	X	U	P	K	O	O	Z	E	L
V	A	A	T	L	G	R	G	F	B	N	N	V	S	W
G	M	F	F	Z	Y	J	A	Z	R	U	T	X	T	J
G	Z	Y	L	I	G	F	R	I	E	N	D	S	Z	A

Sudoku Puzzle



3				5		6		2
6	8	2			3			
	1				8			4
	4		3					
5		1				4		9
					6		3	
4			5				2	
			9			8	5	1
1		8		3				6

		9	1		8	5	3	
		8		3		4		
		1						2
		7	6		5			1
	4			7			6	
2			8		1	3		
9						8		
		3		2		1		
	1	2	3		9	7		

Puzzle 1
Solution

1	5	8	2	3	7	9	6	4
7	2	3	9	6	4	8	5	1
4	6	9	5	8	1	7	2	3
2	9	7	4	1	6	5	3	8
5	3	1	8	7	2	4	6	9
8	4	6	3	9	5	2	1	7
9	1	5	6	2	8	3	7	4
6	8	2	7	4	3	1	9	5
3	7	4	1	5	9	6	8	2

Puzzle 1 (Medium, difficulty rating 0.50)

Puzzle 2
Solution

6	1	2	3	8	9	7	5	4
8	5	3	4	2	7	1	9	6
9	7	4	5	1	6	8	2	3
2	9	6	8	4	1	3	7	5
1	4	5	2	7	3	9	6	8
3	8	7	6	9	5	2	4	1
7	3	1	9	5	4	6	8	2
5	6	8	7	3	2	4	1	9
4	2	9	1	6	8	5	3	7

Puzzle 2 (Medium, difficulty rating 0.48)



Ontario Tech Ridgebacks Word Search

Sports and Faculties

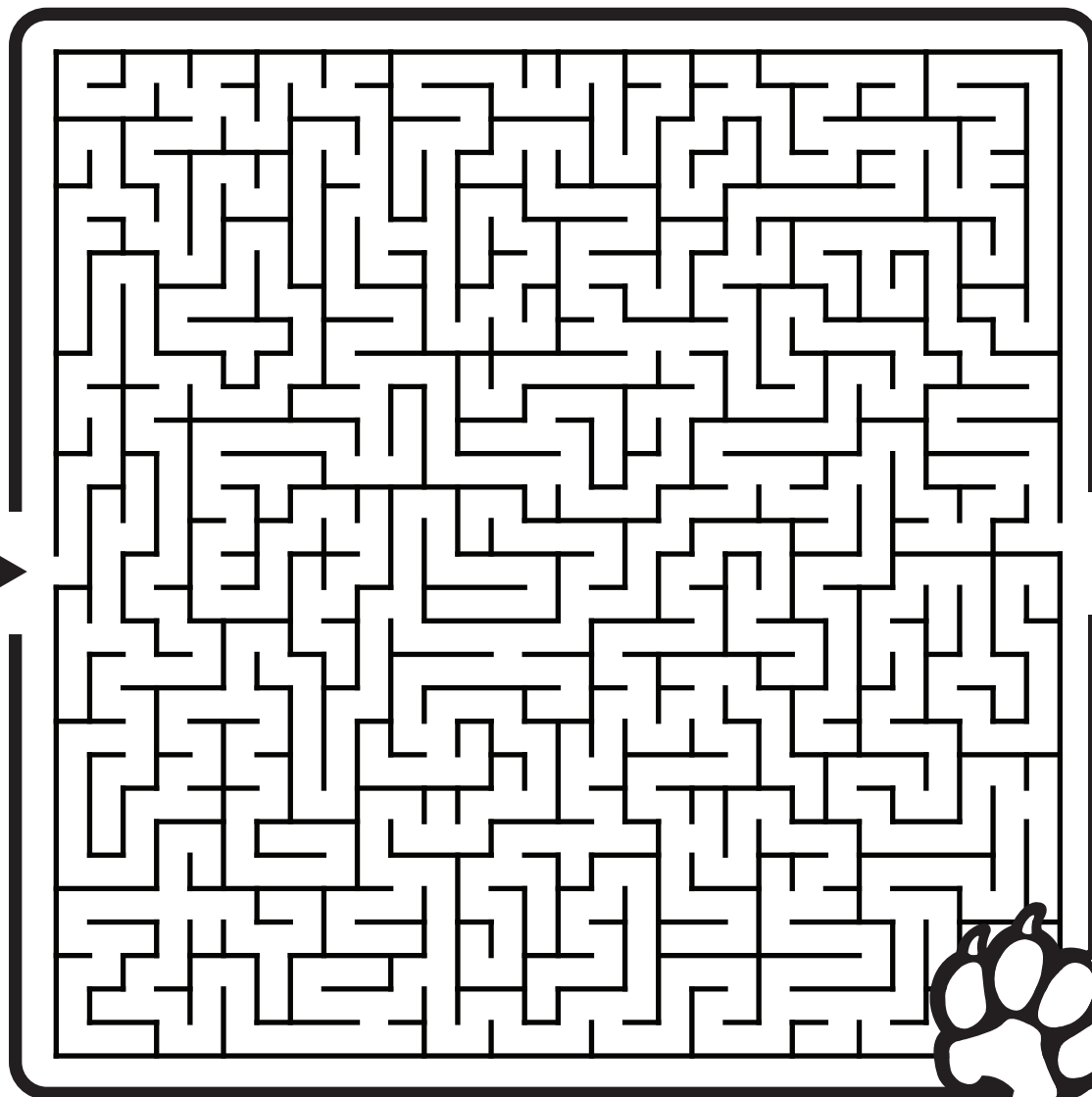
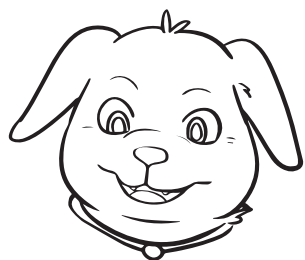
Cricket
Dance
Energy
Faculty
Golf
Health
Hockey
Lab
Laptop
Learning

Library
Lecture
Nuclear
Ontario
Online
Ridgeback
Science
Study
Sports
Tech

H	W	T	N	X	C	Y	O	N	L	I	N	E	K	M
O	Q	L	X	J	G	N	B	A	F	K	C	U	L	X
C	L	O	E	R	I	A	U	Y	E	N	G	T	A	H
K	Q	A	E	C	H	T	T	W	E	U	O	H	P	C
E	S	N	B	C	T	L	F	I	O	C	L	E	T	R
Y	E	X	E	M	U	U	C	I	C	L	F	A	O	L
Y	G	T	J	C	Y	S	R	K	U	E	P	L	P	S
T	S	B	A	D	U	A	N	E	I	A	J	T	Q	P
Q	D	F	U	X	T	W	O	I	Y	R	D	H	V	O
X	M	T	W	N	E	Z	T	E	D	A	N	C	E	R
T	S	E	O	S	P	L	I	B	R	A	R	Y	K	T
V	J	C	R	I	C	K	E	T	V	U	R	M	Y	S
T	O	P	P	D	L	E	A	R	N	I	N	G	N	H
Q	B	O	M	Q	O	K	Q	F	B	H	S	U	X	S
C	R	I	D	G	E	B	A	C	K	P	S	M	L	S

Maze

Help Hunter
get to the
book store



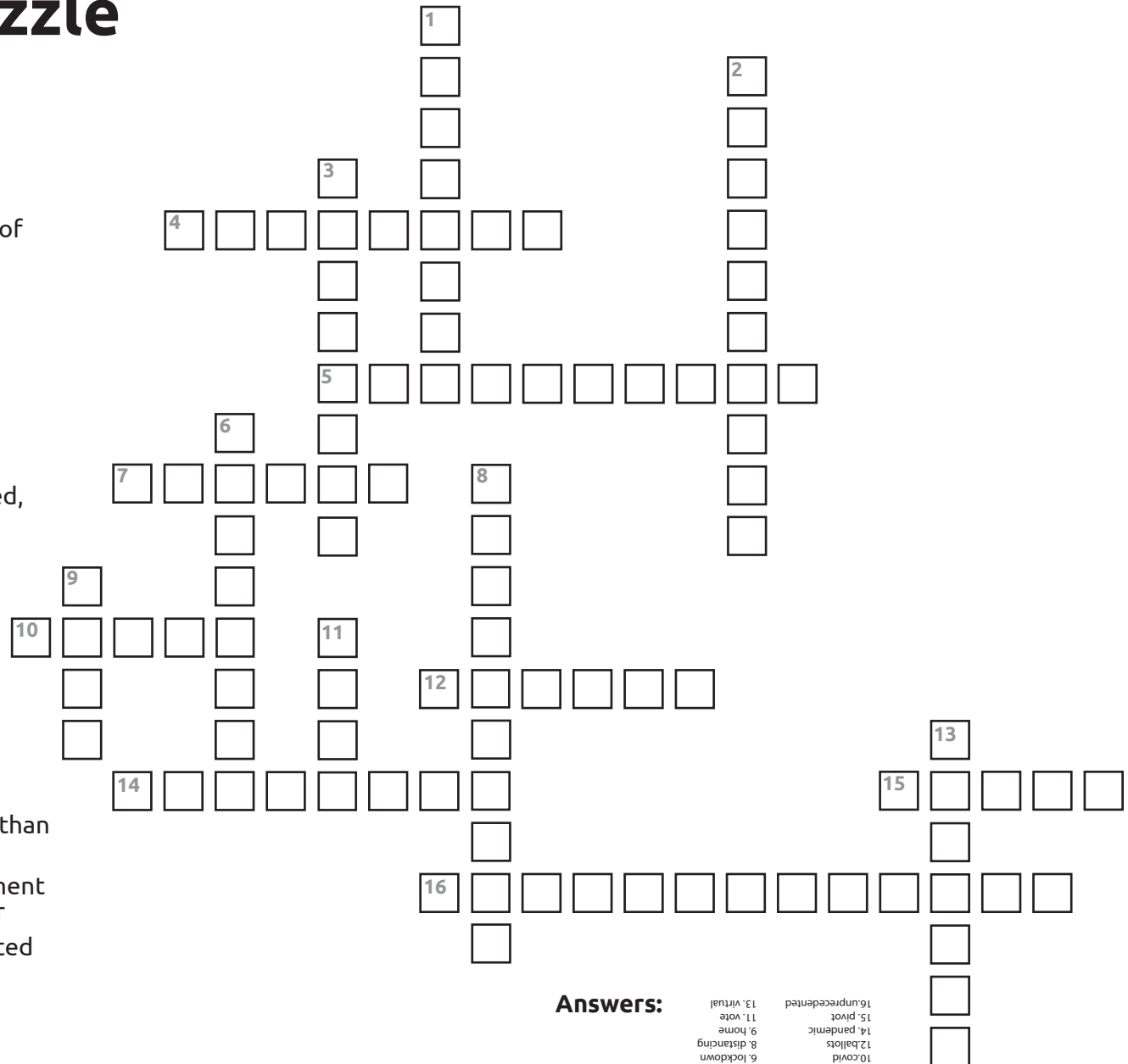
Crossword Puzzle 2020 Edition

Across

4. Flames in woods/forest
5. Unfair difference between groups of people in society
7. Affecting the whole world
10. This year's flu
12. Piece of paper used for voting
14. Disease that spreads over a whole country and world
15. To rotate, turn, or spin
16. Something that has never happened, been done or been known before

Down

1. Able to change to suit new conditions or situations
2. A person with disease is kept away from others to prevent spread
3. In relation to the real world rather than imaginary
6. Official order to control the movement of people or vehicles due to danger
8. To become less involved or connected with somebody/something
9. Place of living and residence
11. A formal choice in an election
13. Exists on a computer or internet



Answers:

- Across
 4. bushfires
 5. inequality
 7. global
 10. covid
 12. ballots
 14. pandemic
 15. pivot
 16. unprecedented
- Down
 1. flexible
 2. quarantine
 3. physical
 6. lockdown
 8. distancing
 9. home
 11. vote
 13. virtual

Basic tips for de-stressing:

- ▶ Aim for your “window of wellness” where you are not feeling too revved up or too sleepy
- ▶ Try “square breathing” to regulate your nervous system: inhale for four seconds, hold your breath for four seconds, exhale for four seconds, hold for four seconds, and continue!

Online resources

Insight Timer: [insighttimer.com](https://www.insighttimer.com)

Calm: [calm.com](https://www.calm.com)

Mental Health Helplines:

Good2Talk – for post-secondary students in Ontario

Phone: 1.866.925.5454
Text: GOOD2TALKON to 686868 24/7

Crisis Services Canada

Phone: 1.833.456.4566
Text: 45645
Call: 24/7
Text: 4 p.m. to midnight

Youthline – peer support for 2SLGBTQ+ youth

Text: 647.694.4275 4 to 9:30 p.m.

Naseeha Youth Helpline

Phone: 1.866.627.3342
Text: 1.866.627.3342
Monday to Friday
Noon to 9 p.m.

Wellness and learning resources are here for you

Campus mental health resources for exam time:

Self-help resources through Ontario Tech Mental Health Website:

studentlife.ontariotechu.ca/services/health-and-wellness/mental-health-services/resources-and-self-help/

Student Mindfulness Group Thursdays at 11am through exam period:

studentlife.ontariotechu.ca/services/health-and-wellness/mental-health-services/groups-and-initiatives/support-groups.php

Student Mental Health Services – referrals and counselling:

studentlife.ontariotechu.ca/services/health-and-wellness/mental-health-services/therapy-and-specialized-supports/