

SOCIAL AND CULTURAL WELLNESS

SOCIAL AND CULTURAL WELLNESS is about healthy relationship development and maintenance, being understanding, and supporting diversity of communities.

WHAT'S HAPPENING HERE:

STUDENTS WHO FEEL VERY LONELY:



2% NEVER

19% NOT IN THE PAST 12 MONTHS

25% IN THE LAST TWO WEEKS

12% IN THE LAST 30 DAYS

24% IN THE LAST 12 MONTHS

5%

of students say they have experienced discrimination in the last 12 months.

11%

of students found that relationship difficulties affected their academic performance in the last 12 months.

12%

of students have had roommate difficulties in the last 12 months.

SPOTLIGHT ON SOCIAL AND CULTURAL HEALTH

- ▶ By having healthy relationships with others you will have people to help you when life gets difficult, as well as people to share your happiness with. This is often referred to as a support system.
- ▶ While you may feel like you are okay on your own, lacking a support system can have long term effects on your mental health - loneliness has been known to lead to anxiety and depression.
- ▶ Hearing from people with different values and practices can give you new perspectives and add dimension to your life. Understanding and appreciating cultural diversity will help you connect with a wider variety of students during your university experience.

SOCIAL AND CULTURAL RESOURCES

ON CAMPUS:

- UMSU Student clubs: umsu.ca/get-involved/student-clubs
- Student Counselling Centre
- Indigenous Student Centre
- International Centre
- Career Services - Volunteer board
- Healthy U: umanitoba.ca/student/health-wellness/healthyu

OFF CAMPUS:

- Volunteer Manitoba: volunteermanitoba.ca/volunteer_opportunities.php

TAKE ACTION

- ▶ Be willing to meet new people and make new friends. Sign up for courses and activities that genuinely interest you, and consider joining a student group!
- ▶ Invest in things that matter to you. To meet new people and build new skills, consider volunteering on or off campus.
- ▶ Free relationship and communication groups and workshops are available through the Student Counselling Centre, as well as relationship counselling.
- ▶ Challenge your discomfort about other ethnicities, cultures, sexualities, genders, religions, etc. You may be pleasantly surprised at how many nice people there are in the world.
- ▶ Be aware of your own culture, and how that may affect your interactions with others. Connect with other cultural or social groups which can help you in being more culturally aware.

*Data compiled from spring 2016 NCHA survey.

Sources and references are available at: umanitoba.ca/student/health-wellness/ncha-sources.html



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