

New Beat

New College

January 2019 Edition

Happy New Year!

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Just As Ripples Spread Out...

...when a single pebble is dropped into water, the actions of individuals can have far-reaching effects. –Dalai Lama

At the base of societal advancement, lay advocacy, empathy and a strong desire to make the world a better place. What once started as a grass roots effort in creating awareness around mental health, Active Minds is now one of the largest non-profit organizations, housed in more than 600 university campuses across North America, including York University. The goal of Active Minds remains clear and consistent across all of its platforms – to destigmatize mental illness by starting the conversation.

There is no denial in acknowledging the impacts of mental illness in our society. Almost every one of us knows someone, or even ourselves, who has struggled mentally at some point in their lives. The problem is that most people suffer in silence, afraid to seek help while their quality of life deteriorates. Likewise, others might show external signs that may be misattributed, or missed altogether by their loved ones. Unfortunately, it is sometimes too late to act on the signs that we miss, deeming them so obvious when we fall victim to hindsight bias. But what are the signs and why do we miss them? Why are people afraid to seek help? Our organization's founder, Alice Malmon, recognized this issue when she lost her brother to suicide. Alice, amongst many others who advocate for mental health awareness, understand that at the core of the issue, lies a lack of awareness about the spectra of mental illnesses and the resources available to help those who are struggling.

At Active Minds, we aim to change the attitude around mental health by promoting conversations with fellow peers. We believe the key to destigmatizing mental illness lies in active listening, compassion and empathy; we exhibit nothing less in our advocacy. Our efforts at York University range from regular tabling to organizing monthly events, such as the all-time-favourite Pet Therapy event, Paint Nights, Movie Nights, fun social media campaigns and more. We were also the first organization on campus to participate in the Human Library Project, which reaffirmed the importance of never judging any book by its cover. Additionally, our annual Symposium Night, which will be held in February 2019, welcomes guest speakers from all walks of life to inspire others by talking about their experiences navigating mental illness. Whether you see us tabling in Vari Hall or come out to our next monthly event, rest assured that you will be welcomed, accepted and offered many helpful resources on the topic of mental health. For more details regarding our events and if you wish to volunteer with us, please visit www.amyork.ca

Elena Pastukhova

Faculty of science, Continuing Education

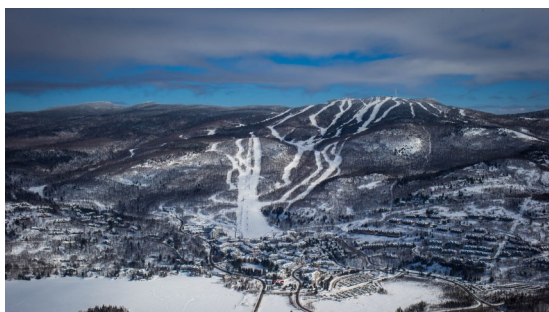
Event Coordinator, Active Minds



Mont-Tremblant Ski Trip Hosted By York Alpine

One of the many benefits of living in Canada is its natural beauty. There is no better way to enjoy the natural landscapes of this country than by engaging in a wonderful winter sport such as skiing or snowboarding.

The **York Alpine** club gives students an opportunity to experience this activity with a trip to Mont-Tremblant from February 18 to February 21, 2019 (winter reading week). Mont-Tremblant is one of the best places to ski/snowboard. From powdery snow to an excellent variety of trails it is one of the most exciting locations to visit.



Above: Mont-Tremblant

Signing up for this event will include coach bus transportation, lodgings, lift tickets, and rentals (optional). The accommodations are plenty featuring free Wi-Fi, a kitchen, kitchen ware, tea/coffee maker, cable television, toiletries and so much more. The chalet is extremely comfortable and will provide a great resting spot in-between being on the slopes.



Above: Images of the Chalet

The total cost of the trip is \$640 (without rental equipment) and \$750 (with rental equipment) taxes included. There is a limited number of space and the final payment is due January 21. To learn more about the event or to sign up visit bit.do/eCUAv.

For those who are just learning about this club, **York Alpine** is a student-based organization with the purpose of uniting fellow skiers and snowboarders in a fun and engaging way. The club's goal is to organize and subsidize many ski trips throughout the winter term, in order to promote a healthy active lifestyle. The club encourages students to make new friends and get outdoors, while providing an outlet to relieve stress. The club was founded two years ago and is a ratified York Athletics club.

If you are unable to make this event for any reason do not worry. **York Alpine** has five other trips coming up this year, to Horseshoe Valley, Blue Mountain, Mount St. Louis, Beaver Valley, and Snow Valley. Stay tuned for more information. Visit the Facebook page at www.facebook.com/yorkalpine.

Brittany Solomon

3rd Year Biomedical Science

York Alpine President and Founding Member



Above: Some past events hosted by York Alpine

Tips To Start Off The New Semester With A Head Start

The fall semester is over and for some of you it may have been especially overwhelming. Here are some tips that will help you reduce stress and optimize your student experience in the winter semester.

Exercise- Exercise not only makes you look and feel great but it is also important for your mental health and achieving better grades. Create a routine that will help you stick to your exercise goals. For example set three days of the week where you go to the gym no matter what. Stick to your schedule and reap the rewards.

Eat and drink healthy- Remember that what you consume is a direct factor of how you feel. As students it is usually unrealistic to assume you will be able to eat healthy all the time, however, try to eat less processed food and remember to drink lots of water.

Sleep- Sleep is possibly the most important factor of student success that is never fully achieved. To achieve maximum brain function you need to sleep at least 8 hours per day. Any less and your studying is becoming less effective. Not to mention you will also look and feel better which will improve every other aspect of your life. Set a regular sleep schedule and you will wake up ready to take on the day!

Financial Wellness- Organize your finances by setting a regular time every week to look at expenditure and income. If you work part time remember to try and save a percentage of your pay cheque (10%-20%). Talk to your bank about financing and remember to utilize options such as a Tax Free Savings Account (TFSA).

Planning- Remember to plan your days according to what is most important. Trying to balance school, work and social activities without planning makes everything more strenuous. Time management is the key to success in university and is one of the easiest things to do. Try creating a plan every Sunday night outlining your major events for the following week.

Set goals- To excel as a student it is essential to set goals. Analyze the past semester and look at your mistakes and your successes. Understand what you should do differently and what needs to be changed. Set active goals so that you are consistently involved in making yourself a better person. Remember to take everything in steps. It is unrealistic to try and change big things in short periods of time. Take it slow and you will reach your goals.

Collaborate- Collaborating with people academically or non-academically is very important to being successful. Academically you will learn a lot more by discussing with your peers and engaging in debates than simply reading a textbook. Non-academically you will strengthen your social skills and increase your overall happiness. Both of these are crucial to having a successful school year.

Enjoy- Remember that university might be stressful but it is also one of the most exciting times in your life. You are surrounded with amazing people and have the opportunity to try so many different things. Make the most of this experience by starting healthy habits now that will last a lifetime.

Writer: Shrey Rao, New Beat Editor

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Do you want to talk about something cool?

Do you want to have your voice heard?

We are looking for content for our next "New Beat" edition! Send in stories, articles, or events. Send in pictures, ideas, or creative works! If you want an opinion voiced or an issue discussed, send it in! We are open to anything about the New College community!

If you want to be published in our College wide paper, email your submissions to ncnews@yorku.ca

Everyone is welcome!