

Drake Medox College

www.drakemedoxcollege.ca T: 604-629-0196

National Wellness Month – Self-Care, Managing Stress, Healthy Routines

Let's face it the past year and half has been nothing but stressful and anxiety ridden dealing with a Pandemic and learning to live with COVID-19. As Healthcare Workers you have and will continue to be on the front lines. **August is National Wellness Month** and selfcare, managing stress and implementing healthy routines is more important than ever!

1. Physical Self Care

Taking care of our bodies is a large part of self-care, but it does not have to include a vigorous exercise routine. It should be something you enjoy and not feel like an obligation. Physical self-care may include drink 8 glasses of water, try a new yoga routine, make a healthy smoothie, soak in a bubble bath, have a power nap, get 8 hours of sleep, get a massage, deep condition your hair.

2. Emotional Self Care

Emotional self-care is about becoming more in check with your emotions, becoming more mindful of your triggers and thinking patterns and finding ways to work through them, rather than keeping them inside. Emotional self-care may include: practice using positive affirmations, create and listen to a feel-good playlist, journaling, painting, cooking, meditation, reading, window shop.

3. Spiritual Self Care

Spiritual self-care doesn't necessarily relate to religion, but it can for some people. It can also be how you are nourishing your soul and striving for inner peace or seeking to find purpose and meaning in life. This may include: spending time in nature, hiking, meditation, donate to a charity you believe in, volunteer at a non-profit organization, visit a sacred space.

4. Intellectual Self Care

This type of self-care includes doing something you enjoy that nourishes and challenges your mind and expands your knowledge. This may include: watch a Ted talk, listen to a podcast, learn a new language, try a mind puzzle, take an online course, set goals for the week ahead.

5. Social Self Care

Humans, by nature are social beings but this could look different depending on how extroverted or introverted you are, and your level of comfort in different social settings. This is about how we connect with others and may include: start saying yes to invitations and keep them, call someone you love, have a 2-hour social media detox, avoid toxic relationships, grab a coffee with a friend, strike up a conversation with someone at a coffee shop.

6. Sensory Self Care

This is about nourishing your senses including sight, touch, smell, sound. This is about being in the present and helping to lower your stress levels. Sensory self-care may include: change your bedsheets, bake a pie, declutter an area of your home, gardening, listen to your favorite music, light some candles, walk barefoot on the beach or grass, catch a sunrise or sunset.



British Columbia Day Monday August 2, 2021

British Columbia Day celebrates the history, heritage and culture of BC.



Celebrate the richness of BC at one or more of these festivals:

- Powell Street Festival
- Vancouver Pride Parade & Fest
- Brigade Days at Fort Langley
- Abbotsford Agrifair
- Tsawwassen Sun Festival

Both doses of COVID-19 Vaccine required for practicum placement



Most Practicum Placements are now requiring all students to provide evidence of having received both doses of COVID-19 Vaccine **prior to** commencing their practice education placement.

If you are currently waiting for your practicum to be scheduled, please ensure that you have submitted your Vaccine documentation to Zoraida at zcarrasco@na.drakeintl.com.

She will not be able to schedule you for a practice placement without it.

“Why do I have to take the ESL/HCA Program?”

A Journal Reflection



My original goal for studying at Drake Medox College was to earn a Diploma in the Health Care Assistant Program where my future is bright. In today's world due to the pandemic, pursuing a career in healthcare can be rewarding. This industry has grown rapidly and will continue to do so in the coming years. Unlike other fields that are losing workers, the healthcare field needs workers now.

Being an immigrant, English was not my first language, and I sometimes had a hard time communicating with people as I was not used to speaking English all the time. I thought that HCA was an extremely easy job, but I came to realize that having a good command of English is especially important to provide good quality of care.

During my first day of class in ESL Program I had lots of questions in my mind like ***why do I have to study ESL?*** But my reaction changed over time. It was a revelation for me that communication is the foundation of all human relationships. It helps people to express their ideas and feelings, and at the same time helps us to understand the emotions and thoughts of our clients. Having a good command of English is necessary to have more opportunities in life and a better chance of finding a good job.

The most challenging experience I encountered as an ESL-HCA student was having an anxiety attack trying to meet the deadlines every week. There were times I had exceptionally low self-esteem thinking negatively. Through watching videos on YouTube, reading books and support from my friends I was able to gain confidence. As advice for those who are struggling: ***never get discouraged when things go beyond your expectation. Always remember that the greatest glory in life is not winning but rising every time we fall.*** You must believe in yourself, even when things seem impossible and focus on ways that you can develop your skills and keep soldiering forward. Lastly, find support because doing things alone can be difficult, but having a strong support system can make things easier.

Reflecting over the last several months gives me a clear understanding that life-long education continues to broaden my knowledge, and this knowledge then opens my mind to new perspectives, ideas, beliefs, and culture when building rapport and intercultural competence. I have learned to become the best version of myself. ***Life presents various challenges, and I will not let fear stop me from learning. I will take a stand and be brave.***

Charity Bontilao – HCA student

STUDENT SUPPORTS AVAILABLE

Did you know the following student support services are available at no extra charge?

- Test Taking Strategies Workshop
- Student Loan Assistance
- Online Platform Support
- Understanding Your Program Calendar
- Interview Workshops
- One to One Course Tutorials
- Lab Skills Reviews/Lab Practice

If you are struggling with any aspect of your program, please reach out to either of the following Student Support staff who will find you the help you need:

Surrey Campus –

bsimmonds@na.drakeintl.com

Vancouver Campus –

kescanan@na.drakeintl.com

