



SOCIAL & SPIRITUAL SUPPORT

ONLINE OFF- CAMPUS RESOURCES

Social Support

Are you having trouble adjusting to university life? Having a good social support network helps cope with stress. If you take distance courses, it can be isolating because you won't meet classmates face to face.

Thanks to the internet we have many more opportunities for meeting people we have common interests with. We've gathered some suggestions for how to make friends and create a social network in-person and online.

IN-PERSON SUGGESTIONS

- sign up for a gym and join fitness classes
- join your neighbourhood council
- volunteer for a local organization
- look up local groups that correspond with your hobbies and interests
- join cultural or religious groups

ONLINE RESOURCES

7cups.com

- support groups for mental health, physical health
- also threads dedicated to discussing common interests (tv shows, video games, etc)

Reddit.com*

- Reddit can be a great resource for meeting people with common interests
- reddit.com/subreddits to search for topics that you're interested in and contribute to the discussion
- many "subreddits" have discord servers which is an online live chat for the community.

General subreddits for making friends

- reddit.com/r/internetfriends
- reddit.com/r/makenewfriends
- reddit.com/r/makediscordfriends
- reddit.com/r/backtocollege

Spirituality

Spirituality has been linked to improved mental health as well as even promoting physical healing. Having strong relationships increases resiliency, which can be formed in a spiritual setting. Spirituality can look differently to different people; like individual daily mindfulness practice; weekly or daily attendance at places of worship; or seeking help from a psycho-spiritual therapist. If you're looking for in-person options in terms of spirituality practice, feel free to use these resources, or search for places of worship that correspond with your beliefs.

IN-PERSON RESOURCES

- spiritualcare.ca/professional_practice_home/psycho-spiritual-therapist-list/
 - psycho-spiritual therapists across Canada.
- psychologytoday.com/ca
 - select "support groups" and enter your location

INDIGENOUS SPIRITUALITY

- contact your local Elder for information on community programming available to you.

ONLINE RESOURCES

Online & Free Mindfulness-Based Stress Reduction (MBSR) Program

- palousemindfulness.com/

Reddit.com*

- use reddit.com/subreddits to search for faith-specific subreddits
- reddit.com/r/spirituality
- reddit.com/r/mindfulness

***Note:** reddit.com is an online forum accessible to anyone who uses the internet. Use with discretion and be cautious if sharing personal information.