

NEW BEGINNINGS & LIFE CHANGES

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IN THIS EDITION

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Navigating loneliness in a new environment

Loneliness, defined as the emotional state arising when a person feels disconnected from others or lacks meaningful social interactions, is a common challenge for many students. The journey of pursuing higher education in a foreign country is exhilarating yet accompanied by moments of isolation. To help ease this transition, here are three valuable tips to combat loneliness and foster a sense of belonging.

TIP 1: ACTIVELY ENGAGE IN CAMPUS LIFE

Canadian universities offer a plethora of clubs, associations, and student organizations that cater to various interests and backgrounds. Joining these groups can provide an instant sense of community. Attend orientation sessions, workshops, and campus events to meet fellow students who are also navigating this new chapter. Building connections within your academic institution is a significant step toward creating a support network.



TIP 2: SEEK OUT CULTURAL EXCHANGE OPPORTUNITIES

Immerse yourself in Canadian culture by participating in local events, festivals, and activities. Engaging with the local community can help you forge connections beyond the campus boundaries. Volunteering is another excellent way to integrate into the local culture while contributing to your personal growth. These experiences not only reduce loneliness but also enrich your understanding of your new environment.



TIP 3: PRIORITIZE SELF-CARE AND WELL-BEING

Prioritize self-care to boost your resilience. Regular exercise, a balanced diet, and sufficient sleep are fundamental to maintaining good health. Additionally, engage in activities that bring you joy and relaxation, such as pursuing hobbies or exploring the natural beauty of Canada. When you care for yourself, you are better equipped to combat loneliness and navigate the challenges of your new environment.





MEET JESSICA

the newest team member at PMP



THERAPIST IN TRAINING
*Currently a practicum student
working on her registration with
the College of Registered
Psychotherapists of Ontario (CRPO)*



JESSICA CAN HELP WITH

*Stress management
Anxiety Management and coping skills
Relationship issues
Life transition
Building up stress resilience
Anger management
Depression and mood
Grief*

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Building Resilience

A Roadmap for Conquering Academic Challenges

Pursuing an MBA is an intellectually rigorous journey that demands resilience in the face of academic challenges. Resilience is the ability to bounce back from setbacks, adapt to new situations, and thrive under pressure. In the academic world, resilience is not only a valuable skill but a vital one. Here are some strategies to help you build resilience for the academic challenges ahead.



Embrace a Growth Mindset

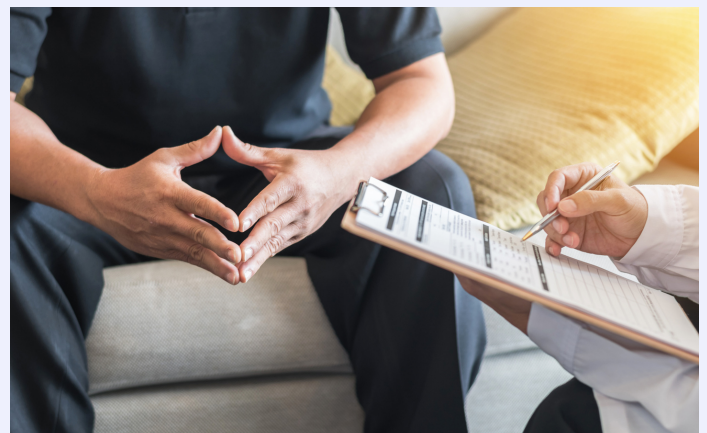
A growth mindset is the belief that abilities and intelligence can be developed with effort and learning.

Cultivating a growth mindset can significantly boost your resilience.

Instead of viewing challenges as insurmountable obstacles, see them as opportunities for growth. Embrace mistakes as learning experiences and recognize that setbacks are stepping stones toward success.

Set Realistic Goals and Prioritize Tasks

Effective goal-setting is crucial for resilience. Break down your academic goals into manageable, realistic tasks. Prioritize your workload, focusing on the most critical and time-sensitive assignments first. This approach prevents overwhelm and ensures you're making steady progress toward your objectives.



Mental Health Resources in Canada

Ontario Shores Centre for Mental Health Sciences: Located in Whitby, Ontario Shores is a mental health hospital that provides specialized services for individuals with complex mental health needs. They offer a range of outpatient and inpatient programs. You can reach them at (905) 430-4055.

CAMH (Centre for Addiction and Mental Health): CAMH is one of the largest mental health and addiction research hospitals in Canada. They provide clinical care, research, education, and advocacy services. CAMH offers a helpline at 1-800-463-2338 for crisis support and information.

ConnexOntario: ConnexOntario is a government-funded service that offers information and referrals to mental health and addiction services in Ontario. They have a 24/7 helpline, available at 1-866-531-2600, where individuals can access support and information.

Telehealth Ontario: Telehealth Ontario is a free, confidential helpline available 24/7 at 1-866-797-0000. While not exclusively for mental health, they can provide general health information and connect callers to appropriate services.

Mood Disorders Association of Ontario: This nonprofit organization offers support, education, and resources for individuals with mood disorders such as depression and bipolar disorder. They have local chapters and online resources. They can be reached at (416) 486-8046

Distress and Crisis Helplines: There are various helplines available for immediate crisis support, including
the Crisis Text Line Text HOME to 686868
Good2Talk 1-866-925-5454
COAST 1-844-972-8338
Distress Centre Halton (905) 877-1211