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Contact your OSA

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SASKATOON CAMPUS

[Bev Digout](#) 306-966-8224  
[Chelsea Malowich](#) 306-966-7331  
[Dr. Bindu Nair](#) 306-966-7275

REGINA CAMPUS

[Lisa Persaud](#) 306-766-0620  
[Dr. Nicole Fahlman](#) 306-209-0142  
[Dr. Tiann O'Carroll](#) 306-529-0777  
[Jennie Antal](#) 306-766-0553

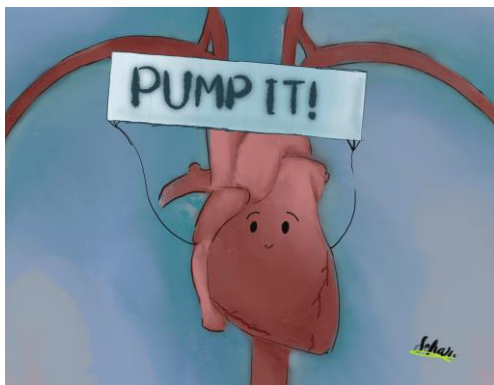
PRINCE ALBERT CAMPUS

[Dr. Dale Ardell](#) 306-763-8888

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**If you have any ideas or would like to contribute to the newsletters – Please contact your OSA office.**

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Submitted by: Sehar Parvez



# In the loop ... with the Office of Student Affairs

OSA understands the implications of not having a suitable social support network and the difficulties of managing without one so we encourage you to reach out to us. Whether your needs are academic, financial or personal we are here for you.

## Support for students affected by COVID-19



The Prime Minister, Justin Trudeau, announced comprehensive support of nearly \$9 billion for post-secondary students and recent graduates. This plan will help provide the financial support they need this summer, help them continue their studies in the fall, and help many get the experience they need to start their careers.

NEWS RELEASE → [Ottawa, Ontario April 22, 2020](#)

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## USaskMed Wellness Promotion

Hello CoM! We hope that all of you are keeping well during this difficult and unprecedented time.

The SMSS Wellness Committee has come up with a new initiative to keep us all connected during this time of social distancing called the *USaskMed Wellness Promotion*.

How it works is we want you to post how you are staying well using the google sheet below. This can include nutrition, physical activity, mental health, or personal anecdotes that you would like to share with others to connect through wellness. Your posts can be in any form whether it's through a link, picture, or simple description of initiatives that you've been up to.

Every post gives you another entry towards awesome weekly prizes valued at \$100 to spend at different local businesses in Saskatoon and Regina so we encourage you to post as often as you can! Every post will also enter you to win a grand prize of \$250 to put towards rent at the end of the academic year!

[Google sheet to submit your wellness ideas](#)

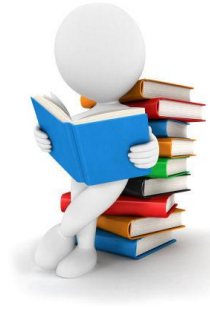
Please feel free to contact me if you have any questions! Stay well everyone!"

Sebastien Turcotte ([EMAIL](#))



## Resources and Readings

**MENTAL HEALTH** – The Saskatchewan Association for Safe Workplaces in Health (SASWH) is pleased to share an [ongoing series of videos](#) by Dr. Bill Howatt, Chief of Research, Workplace Productivity at the Conference Board of Canada. These videos focus on mental health during these challenging times of COVID-19.



Resources and readings may have registration and/or fees attached, which will be the responsibility of the student.

**PHYSICAL WELLNESS** – No matter how well a workstation is designed, problems may arise if attention is not paid to the way the work is done. Working at a computer often involves very few changes in body position. This lack of movement can lead to muscle pain and strain. [What can be done to minimize this strain?](#)

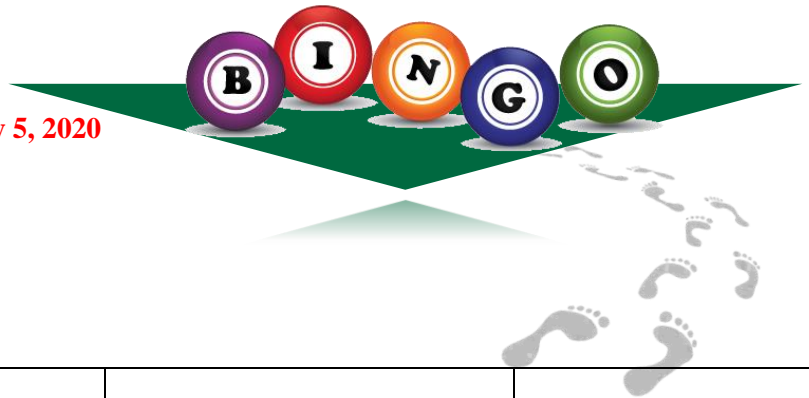
- [Tips for avoiding back pain and injury while working from home](#)

**SPIRITUAL WELLNESS** – Walking meditation has origins in Buddhism and can be used as part of a mindfulness practice. The technique has many possible benefits and may help you to feel more grounded, balanced, and serene. It also helps you to develop a different awareness of your surroundings, body, and thoughts. [The Benefits of Meditation Walks](#)

## OSA Challenge

Because who doesn't like a challenge .....

**Participate in Bingo Walk between April 22 – May 5, 2020**



- Play the game
- [Let me know when you have completed it](#)
- **Be entered to win a prize**

Take a new route to walk around your neighborhood	See a Robin	See new growth in nature (tree/flower)	See an image in the clouds
See a footprint	See a family enjoying time outdoors	See a child riding a bike	See a sports net (hockey/basketball)
Enjoy a smell in the air	See a house with patio furniture	See a heart in a window (or a message of hope)	Hear some music
See something that starts with an "S"	Hear the sound of laughter	See the number 10	See someone exercising