



# 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.

## Contact your OSA

### 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

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

## Updates

### ALL STUDENTS:

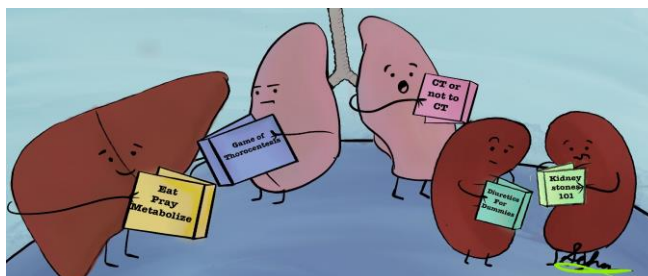
- Have you seen the [financial resource](#) updates from the CFMS?

### YEAR 2:

- Transition to Clerkship will be rescheduled to beginning of Year 3

### YEAR 3:

- Please check your emails for optional Wellness check-ins
- Seven FREE [NBME Self-Assessments](#) are now available



Submitted by: Sehar Parvez  
(Year 2 – Saskatoon Campus)

## Resources and Readings

**MENTAL HEALTH** – Canadian Mental Health Association – [Saskatoon Branch](#) is continuing to provide support, counselling, system and community navigation and referral for ALL who need it during the COVID-19 pandemic. 306-384-9333 / email [info@cmhasaskatoon.ca](mailto:info@cmhasaskatoon.ca) or Facebook Messenger.

Canadian Mental Health Association – [Regina Branch](#) is checking voicemails/emails intermittently throughout the day between 9-4. 306-525-9543

The [Mental Health Commission of Canada](#) (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.

**NUTRITION** – On [UnlockFood.ca](#) you'll find information on nutrition, food and healthy eating as well as recipes, videos and interactive healthy eating tools

**SUGGESTED READING** – [How to respond effectively to the Corona crisis](#) by Dr. Rush Harris, Author of the Happiness trap

Submitted by: Shane Lye (Year 3 – Regina Campus)



### STEPS FOR MANAGING COVID-19 ANXIETY

- WRITE OUT YOUR WORRIES & THEN BRAINSTORM THINGS THAT MIGHT HELP FOR EACH ONE
- FOCUS THE MAJORITY OF YOUR ENERGY ON CONCERNS THAT ARE WITHIN YOUR CONTROL
- CREATE SOME ROUTINES & STRUCTURE FOR YOUR DAY, ESPECIALLY IF YOU ARE IN ISOLATION
- MAINTAIN SOCIAL CONNECTION & SUPPORT ONLINE
- IF YOU ARE IN THERAPY - SEE IF YOUR COUNSELLOR OFFERS PHONE/SKYPE SESSIONS (DON'T PUT YOUR MENTAL HEALTH ON THE 'BACK BURNER')
- CREATE 'TO-DO' LISTS, LISTS OF THINGS TO DO WHEN BORED etc & STAY BUSY
- MOVE & RELAX YOUR BODY - DEEP BREATHING, YOGA, MUSCLE RELAXATION, MEDITATION, MANTRAS, GRATITUDE & MINDFULNESS

@journey\_to\_wellness\_