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OC *Bien Well*

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Inside

Welcome to OC Bien Well!, a monthly newsletter out of the Open Campus Academy of Sport (OCAS). This newsletter is a part of the Open Campus (OC) Wellness Programme for staff and students. The objective of this newsletter is to share information on the interconnected dimensions of wellness and highlight other OC wellness initiatives in the hope that we can be better educated on the full circle of living well and be our best selves.

SOCIAL WELLNESS

It's All Good Dads...Nurturing Through Fatherhood

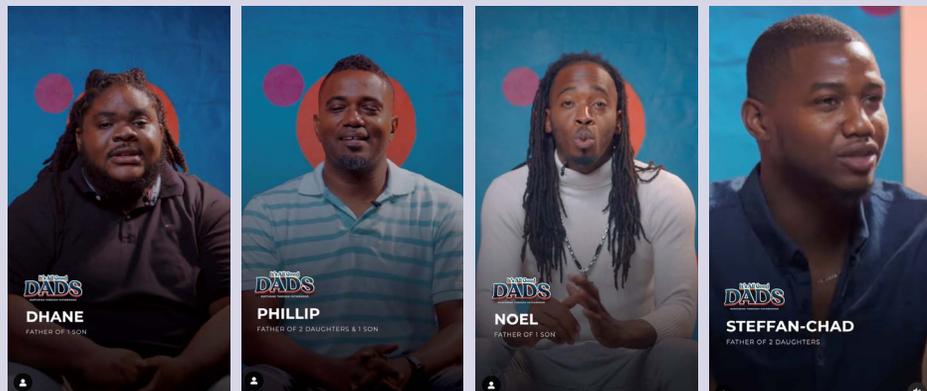
Belated Father's Day greetings to the fathers of the OC community. Unfortunately, Father's Day doesn't get the same kind of energy as Mother's Day. Perhaps this is so because there are undertones (or shouts) that societally fathers are absent and do not provide for their children. Great fathers seem to be a rarity. However, different points of society appear to be trying to change this narrative and show that there are men who take their role as father seriously and want to positively impact their kids' lives.

On Twitter, @Lijitmate posed the question ["What are some ways yuh father show seh him love you?"](#) (What are some ways your father showed that he loves you?). The response was overwhelming and heart warming with numerous persons sharing stories of their father's love and positive impact.



BKR Collective, a community created to "drive conversations around our men and boys on mental health, education and family values," teamed up with Nestle's infant nutrition to bring a series called "It's All Good Dads." It shares the perspectives of fathers from different walks of life. The following videos are a few of those from the series where fathers are interviewed about their reactions the moment they found out they were becoming a dad, the journey of fatherhood and the lessons learnt along the way. They share their thoughts on supporting their partners and children in the ins and outs of parenthood in more ways than simply providing financially.

- Social Wellness 1
- Career Wellness 2
- Physical Wellness 3
- Creative Wellness 4



Click to read the tweets and watch the videos. Share them and your own stories to add your voice to the conversation and be a part of the change. Offer wise words to current and prospective fathers. Highlight and "big up" the fathers that are present and involved in their children's lives.

Dayna Smith,

Sports Activity Development Officer, OCAS

CAREER WELLNESS

The First Impression - A Powerful Tool for Professional Movement

A first impression entails how a person looks, acts, sounds, responds. How these things are perceived has to do with the frame of reference of the observer/receiver. We generally hear that first impressions are of the highest level of importance. Inversely, some people think that a first impression is overrated. It may be true that other encounters will happen, however, the two sides can agree that there will never be another first. With that in mind, we should try to make a good first impression since there will not be another such opportunity.

Whether you're a student, employed, self employed, looking to make a career transition or stepping out into entrepreneurship, impressions count. How you conduct and present yourself in person, over the phone, in writing, virtually and in actual practice all set the stage for the rest of your career. A first impression is an opportunity to put your best foot forward and set the tone for future interactions. Who you are in actual practice consistently in front and behind closed doors can trump a good first impression but that's a discussion for another day.

Dr. Terri-Karelle Reid, veterinarian and former Miss Jamaica World turned online brand strategist, event & TV host, TEDx Speaker, community builder, author and podcaster weighs in on the topic. Click to listen to why she believes we should [make the right impression today! Don't leave it for tomorrow.](#)

"My sister is about to have a baby and my brother showed up to the hospital in a suit because first impressions matter."



Source: <https://bit.ly/39U2FcZ>



Source: <https://www.mcsystems.com>

Dayna Smith,

Sports Activity Development Officer, OCAS

PHYSICAL WELLNESS

Benefits of Jumping Rope

What does a boxer and a child have in common? Skipping! Yes, this childhood pastime is used by boxers when preparing to go in the ring. Jumping rope provides benefits that can help you at all ages and stages. See the infographic below to find out the benefits.

IN-SHAPE
THE BENEFITS OF JUMPING ROPE

GETTING STARTED
Jumping rope is a great way to develop speed and balance. Start with your feet together. Without getting more than an inch off the ground, jump on the balls of your feet. Land nice and soft and use a mat if you need extra joint support. Spin the rope from the wrists, keep your arms relaxed.

CROSS TRAIN FOR THAT OBSTACLE RACE:
Jumping rope is a great way to train for an obstacle style race because it improves agility thanks to your brain's laser focus on your feet. Not only will you be lighter on your feet, but you'll become more conscious and coordinated.

TORCH CALORIES WITH KILLER CARDIO:
A study found that jumping rope for 10 minutes was as efficient as a 30-minute jog. If 10 minutes is too much, start small and slowly build up as your fitness increases. Remember slow progress is still progress!

LOWER IMPACT THAN RUNNING:
Jumping rope is a great way to add variety to your cardio routine and even though there is stress on the joints, if it is done properly, it can be lower impact than running because it distributes the weight evenly between both feet when you land. Plus, the calorie burn from 10 minutes skipping rope is equivalent to running an 8-minute-mile!

IMPROVE MOTOR SKILLS
Adding jump rope to regular soccer training enhanced overall motor coordination and balance in preadolescent soccer players. So, jumping rope also improves children's motor skills.

INCREASE ANKLE STRENGTH:
Landing lightly on the balls of your feet, rather than flat footed, builds strength in the muscles that support the ankles. Actively working the muscles in the feet and around the joints can help prevent injury to these areas in some cases.

BUILD BONE DENSITY
Dynamic impact makes, and keeps, bones strong. Hopping or jumping rope 100 times a day is a great way to put positive stress on the bone to build them up.

HELPS WITH HOMEWORK
According to the Jump Rope Institute, jumping helps develop the left and right hemispheres of the brain to improve spatial awareness and reading skills. It also increases memory and mental alertness. Jumping on balls of the feet requires the body and mind to make neural muscular adjustments to imbalances created from continuous jumping.

Source: <https://tinyurl.com/4fv3jm67>

10-minute plan for beginners
CALORIE BURN 100

- Skip for 30 seconds = Rest for 30 seconds
- Skip for 30 seconds = Rest for 30 seconds
- Skip for 30 seconds = Rest for 30 seconds
- Skip for 30 seconds = Rest for 30 seconds
- Skip for 30 seconds = Rest for 30 seconds
- Skip for 30 seconds = Rest for 30 seconds
- Skip for 30 seconds = Rest for 30 seconds
- Skip for 60 seconds = Rest for 60 seconds
- Skip for 60 seconds = Rest for 60 seconds
- Skip for 60 seconds = Rest for 60 seconds

Source: <https://bit.ly/3HQoxC5>

If you're getting bored with your exercise routine, tap into your childhood days and skip the time away. If you want to add some challenge to your workout plan, imagine you're prepping to get in the ring and get skipping. If you're new to exercise or coming back from a long hiatus, grab a rope, and try out this quick routine for beginners.

Dayna Smith,

Sports Activity Development Officer, OCAS

CREATIVE WELLNESS

Christian Campbell

Trinidadian-Bahamian, poet, essayist, and cultural critic

First Caribbean poet to win the longstanding Aldeburgh Prize for Best First Collection

Born in Nassau, Bahamas on June 22, 1979



*Her eyes wear the seriousness of the sun.
She answers to her name and also to Precious.
Her name might be Precious.
She does not fear her smallness.
She likes her Bajan ways.*

--Christian Campbell

An Excerpt from "Vertigo" from
Running the Dusk (Peepal Tree, 2010),
© Christian Campbell 2010,
used by permission of the author
and the publisher.

To listen to the full poem narrated by Campbell himself, [click here](#).



Sources: <https://bit.ly/3A2ODjn>, <https://bit.ly/3OjMuEd>, <https://bit.ly/3ncktTr> and <https://bit.ly/3bsdqDs>