



WELLNESS PROMOTION & EDUCATION

SUMMER 2020

NEWSLETTER

WHO WE ARE
EVENTS & SOCIAL MEDIA
SENIOR FAREWELL
MONTHLY HEALTH AWARENESS
S.M.A.R.T. GOALS
CLINICIAN'S CORNER
PEER ARTICLE



Who We Are

Purpose

WPE utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental, and spiritual well-being.

What We Do

- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to free online resources
- Hosts campus-wide & national awareness campaigns
- Provides stress relieving services (i.e. Workshops, Presentations, and massage chairs)
- Provides professional development opportunities for students



**FOLLOW US ON SOCIAL MEDIA TO
STAY INFORMED! ALL OF OUR
EVENTS AND ACTIVITIES HAVE
TRANSITIONED TO AN ONLINE
FORMAT. STAY UP TO DATE WITH
COVID-19 AND OTHER WELLNESS
INFORMATION.**

**Follow us on
Instagram**

@CI_WELLNESS



**ADD US ON
FACEBOOK**

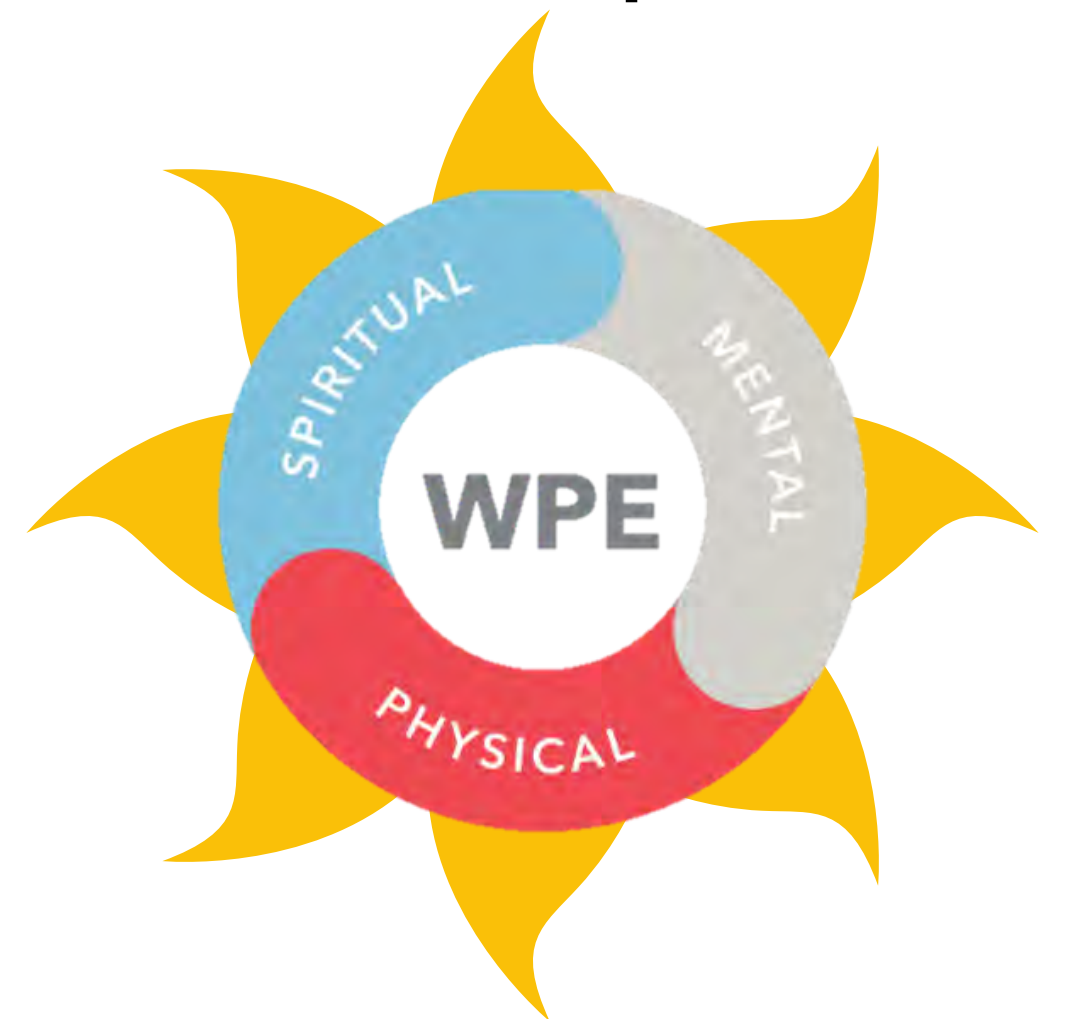
@ WELLNESS PROMOTION
& EDUCATION

WE'RE RECRUITING!



Become a Wellness Peer Educator! Join our team of campus leaders committed to the health and wellness of the CI campus community! We accept all majors and class levels. Some positions are paid!

Application Deadline:
August 1st, 2020!

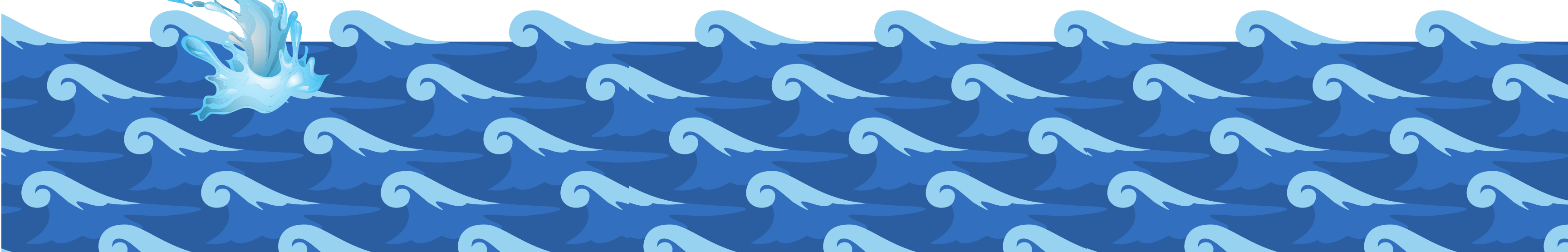
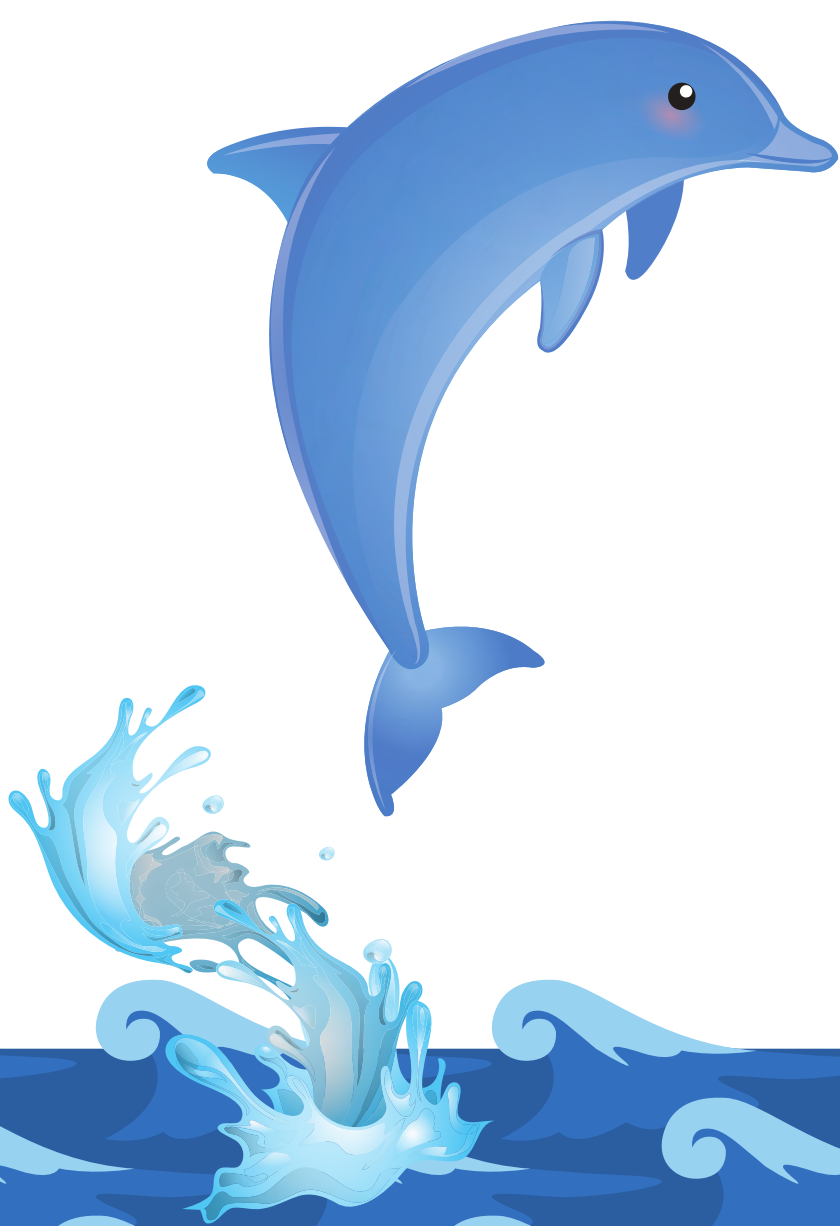


For more information and to apply visit:
www.csuci.edu/wpe/wellness-program.htm



or

search "**W****P****E**" in the search
tab on the CSUCI website



SENIOR FAREWELL!



By Victoria Placencia
Lead Wellness Peer Educator
August 2018-May 2020



Dear Dolphins,

Today is a bitter-sweet day. Today is my last day working for Wellness Promotion and Education. It is the last day of officially working for the CI community. How does a person walk away from something that has given them so many happy memories? I remember the day I came up to a club table at orientation only to find out that this is what I would be investing towards for the rest of my time here at CI.

I read the description on the tiny card they gave me. I found these small words on this card to be the thing that drove me to apply to the Wellness Promotion and Education program.

Fast forward to the first training day for the program. I was in awe of the ideas and open conversation being talked about in that room. It felt like I was a part of something that creates support and positivity on a large scale to make a difference in these lives we come into contact with. It was such a great feeling to be in the same room with positive like-minded people and people with dynamic ideas; ideas that turn into real life. I would sit there and admire the people that I would soon be working with. These conversations did not naturally happen in the small town that I was from, so you could imagine the breath of fresh air that I was experiencing.

I did not expect the chance to become the lead peer of this program. I was sad to see Sarah, the previous lead peer, leave but very excited for her next life adventure in South Korea. It has been such an honor that my supervisors trusted me to fill this position. I have found out so much about myself. When you are expected to be a role model and a supportive pillar for people, there is a self-discovery that happens. In so many ways, I find myself looking up to the peers, as if they were all lead peers too. We lean on each other, we are collaborative in our work, they are so inspiring, and this inspires you to become the biggest supporter for them. It has been amazing working alongside my co-workers, our team, our family. They are innovative, creative, and ready to take challenges head on. I have watched them handle adversity throughout our journey with such confidence and grace even though it may not have felt that way. I am so lucky to be able to share these experiences with them and to watch them individually grow professionally and personally. They each offer so much to the table and I could not be happier to experience my last semester with these individuals.

SENIOR FAREWELL!

It is sad to have to leave, but it is part of life and I leave knowing that this team will go on to offer--not only CSUCI, but the world-- their undeniable care, genuinity, and passion that seeps out of each one. I know that because I have seen their work they do behind the scenes. I have seen the spirit and the energy they give to the program and to the students who have walked into Arroyo Hall. Sometimes the smallest things mean the most difference.

This program has offered me more than I anticipated. It has been very rewarding being part of a positive impact for this institution. I will always keep a special place for CI and WPE in my heart. Thank you for the memories, fun, dedication, jokes, and perseverance. I hope that you continue this dedication and apply it to life's hurdles.

I hope you realize your self-potential, and I hope you chase anything that makes your soul happy.

Thank you also to our supervisors, Honey Krueger, Holly Godden, and Fernando Castaneda. You all have shown immense levels of support and incredible dedication to expand our potential. Thank you for creating a safe and open atmosphere for us to share our ideas and our thoughts.

Sincerely,

Your co-worker, class-mate, peer, and life-long friend,

Victoria Placencia



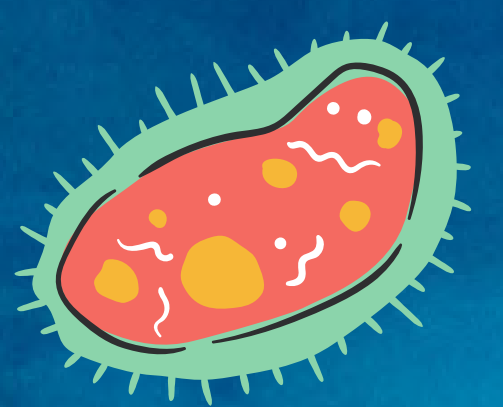
COVID-19 FAQs



COVID-19 UPDATE



As of the publishing date of this newsletter, we are in Stage 2 of reopening. Ventura County's Stay at Home order has been extended to June 14 with some restrictions loosening over the coming weeks. Continue to stay informed by following vcemergency.com/staywellvc



PROTECT YOURSELF & OTHERS

Social Distancing

- Stay at least 6 feet from other people
- Avoid crowded areas and mass gathering
- Do not gather in groups
- Helps slow the spread of the virus
- Continue to wash hands often



6 feet



SOURCE: CDC.GOV

Cloth Face Covers

- Used for public settings or enclosed spaces
- Prevents spread if you're unknowingly infected
- Can be made from household items
- Should be washed, cleaned, or replaced regularly
- Avoid touching your face while wearing a mask



Gloves

- Use when cleaning and disinfecting home
- Use when caring for someone who is sick
- Can be used in the workplace
- Not necessary when running errands and not recommended to use in place of washing hands or social distancing



Cleaning Your Home

- Use soap and water or disinfectant
- Clean frequently touched surfaces
- When doing laundry wash in warmest water setting, dry items, do not shake dirty laundry
- Follow manufacturer's instruction to clean electronics



DAILY LIFE & COPING

Household Checklist

- Stay informed and in touch with COVID-19 updates and have an emergency contact list
- Prepare for possible illness by choosing a room for sick household members
- Take everyday preventative steps
- Watch for symptoms

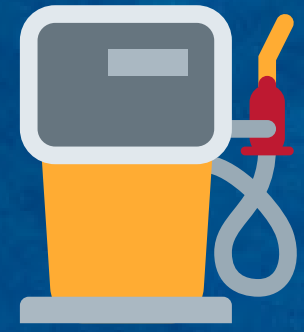


Living in Close Quarters

- Protect the most vulnerable to the virus
- Limit errands to only those that are essential like going to the grocery store, pharmacy, or medical appointments. Select a member of the household who is less at risk for COVID-19 to run the errand
- Vulnerable members should avoid caring for sick children
- Separate a household member from others when sick



Running essential errands



- Only visit stores for essential items and food
- Order online or use curbside pickup
- Protect yourself while shopping by social distancing and using a face mask
- Use hand sanitizer after leaving stores and wash hands with soap and water as soon as you can
- Try to pay online and use contact-less delivery
- Wash hands after accepting deliveries or mail
- Try online banking, if not use drive through ATM and disinfect ATM keyboard
- Disinfect handles and buttons at the Gas Station
- Use telemedicine if available, if not protect yourself and others during your in-person visits
- Limit in-person pharmacy visits and try to use drive-thru windows or curbside services



SOURCE: CDC.GOV

Stress and Coping



- Take breaks from news stories
- Take care of your body by taking deep breaths, stretching, meditating, eating healthy, exercising, sleeping regularly, and avoiding alcohol & drugs
- Prioritize doing activities you enjoy
- Connect with others, especially if feeling lonely
- Visit the Disaster Helpline, call 1-800-985-55990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-7873224



Visiting Parks and Recreational Facilities

Do

vs

Don't

- Visit parks that are close to your home
 - Prepare before you visit by researching
 - Stay at least 6 feet away from others and take steps to prevent COVID-19
 - Play it safe around and in swimming pools
- Visit parks if you are sick or were recently exposed to COVID-19
 - Visit crowded parks
 - Use playgrounds
 - Participate in organized activities or sports



SOURCE: CDC.GOV

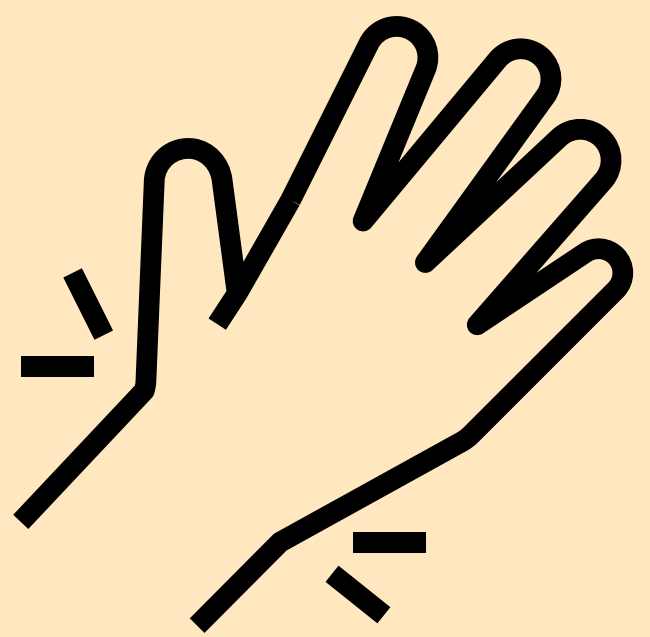
Summer Health Awareness

Alzheimer's and Brain Awareness Month

There are over 50 million people that are living with Alzheimer's and other dementias worldwide. Alzheimer's is the 6th leading cause of death in the United States. Alzheimer's is a degenerative brain disease that causes problems with memory loss and cognitive abilities. For more information, visit:
<https://www.fcneurology.net/june-is-alzheimers-and-brain-awareness-month/>



Juvenile Arthritis Awareness Month



It's a common misconception that only "old people" are affected by arthritis, but nearly 300,000 children in America have been diagnosed with this debilitating disease. For more information, visit: curearthritis.org/juvenile-arthritis-awareness-month/

National Immunization Awareness Month

National Immunization Awareness Month is an annual observance that's held in August to highlight the importance of vaccination for all ages. NIAM is used to raise awareness about why vaccines are important and how they prevent serious (and sometimes deadly) diseases. For more information visit:
cdc.gov/vaccines/events/niam/index.html



SMART Goals!

WE'RE ONLINE NOW!

APPOINTMENTS CAN NOW
BE MADE ON ZOOM!

Did You Know?



Wellness Promotion & Education has a mentoring program that helps you achieve your goals! Want to eat healthier? Want to try a new workout routine? Want to stop procrastinating? WPE can help!

How Does It Work?



Meet **one-on-one** with one of our friendly wellness peer educators to discuss your goal. Using the SMART Goals framework, you'll carve out your goal and set rewards for when you achieve them!

How Do I Get Started?!



Request an appointment by completing the online form found on our website at www.csuci.edu/wpe. You'll be paired with a wellness peer educator who will help coach you towards achieving your goal!

Just Another COVID Dream

I am driving in a car. The make, model, and owner of the car are unknown to me. Abruptly the car veers towards the right and off the road. As I look below me and see the calm, vastness of a lake, my car suddenly develops wings and becomes a flying car. Instantaneously, I realize, it was just another COVID dream. These days, there seems to be numerous dreams and disruptions to my sleep in general. As the COVID-19 pandemic continues to plague humanity, why does it seem that the virus also plagues my dreams and sleep?

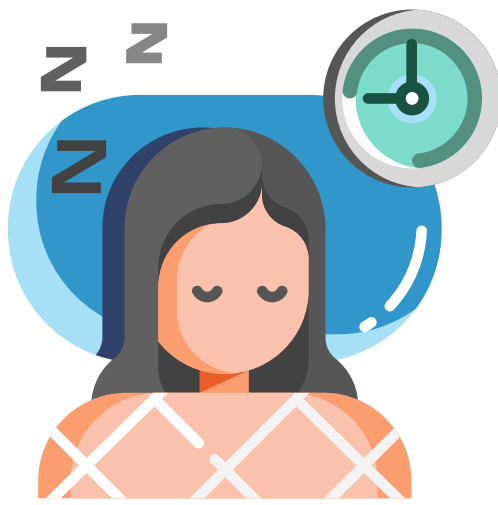
Sleep is essential to body and mind. When we sleep, our breathing becomes more regulated and our brains actively work to balance both making room for incoming data and short- and long-term memories. Dreams are an inherent part of sleep. According to Sigmund Freud (1), the content in our dreams can be partly derived from experience.



Clinician's Corner

5 Ways to Process Negative Dreams.

1. Get grounded-Focus on a section in your room, a wall, a plant, or a comfortable blanket. Focus on a sound, a smell, or touch that provides comfort and orients the self to the present moment.
2. Consider an opposite action for how you feel-If scared; consider watching a funny and brief video.
3. Consider writing down your dream and trying to fall back asleep again. You can always come back to processing the dream at a later time.
4. Set aside a time-Plan some time to problem solve for the dream at a time that works for the self.
5. Be mindful of stress levels and how self-care can reduce stress levels and improve sleep.



I do not know when my next dream involving flying cars, missing a scheduled Zoom meeting, or riding a rollercoaster will be. Although COVID-19 may be part of dream content, I can still create other content that ultimately leads to positive life satisfaction and positive dreams.

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Article By Kristina Rodriguez, Psy.D

CAPS Psychologist

California State University Channel Islands

References

Freud.S.(1955). Memory of Dreams. The Interpretation of Dreams. Basic Books. p. 44.

Do Dreams Affect How Well You Sleep. (n.d.). Retrieved April 2020, from <https://www.sleepfoundation.org/>

Opinion!

The following article(s) are written by CI's wellness peer educators and volunteers. All information and research therein is cited below. Opinions are based solely on the author's perspective and do not necessarily represent the opinions or values of the university or its programs.

Healthy Habits To Keep During Summer Break

By: Andrea Ramirez

As we all head into summer break it is important that we remember the significance of forming (or maintaining) healthy habits. These habits can range in various areas of health such as sleep cycles, sun safety, and mental wellbeing. Overall summer break may be a time to have fun and rest from school, but it can also be a time to maintain habits that benefit your health in the long run.



If you are planning to spend some time outside this summer it is important that you protect your skin from being overexposed to the sun's UltraViolet (UV) rays. There are two types of UV rays, UVA and UVB. UVB rays specifically burn your skin. These rays contribute to skin cancer development through continuous overexposure and sun burns (Uva vs. Uvb Rays, n.d.). It is important that you take precautionary measures to decrease your chances of getting a sunburn. According to the CDC, some precautions you can take are looking for shade when outside, wearing protective clothing when possible and using broad spectrum sunscreen (Sun Safety, 2020). According to the American Cancer Society, broad spectrum sunscreen is a sunscreen that protects against both UVA and UVB rays (Simon, 2020) During the day the sun's UV rays are strongest between 10 am and 4 pm, therefore if you are spending time outside during this window you should take the necessary measures to protect yourself. One measure that you can take is find an area with shade or use an umbrella to protect you from the sun. Another preventative measure is to use protective clothing such as long sleeve shirts and pants or skirts when outside in the sun. Tightly woven fabric provides the best protection. In addition to these prevention measures it is important to wear sunscreen. When wearing sunscreen, the American Cancer Society recommends you wear sunscreen with a sun protection factor (SPF) of 30 or more in order to reduce the risk of skin cancer (Simon, 2020). Although sunscreen protects you from the sun, it must be reapplied at least every 2 hours and more often if you are swimming or sweating. Although it might not seem like a big deal to get a tan during the summer you should first understand what a tan is and the negative consequences that it can cause. According to the FDA, a tan is an increase in melanin, a skin pigment, as a result of a sign of damage to your skin and in fact the production of melanin is your body trying to protect your body from further damage (Center for Devices and Radiological Health, 2019). Suffice to say, a tan is actually a physical representation of your skin being damaged by the sun. To summarize, if you find yourself out in the sun this summer make sure to take the necessary steps to keep your skin safe.

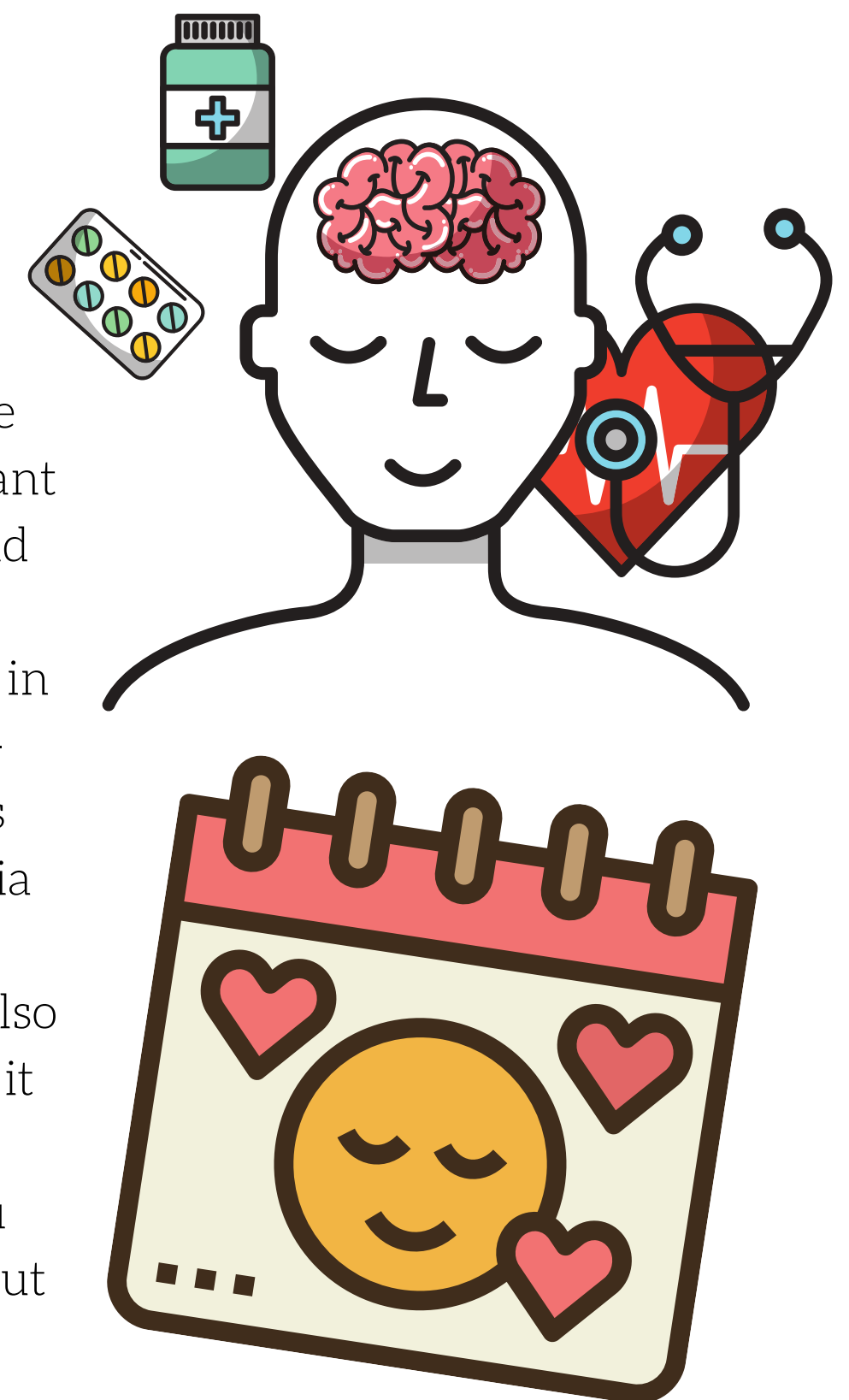


SLEEP

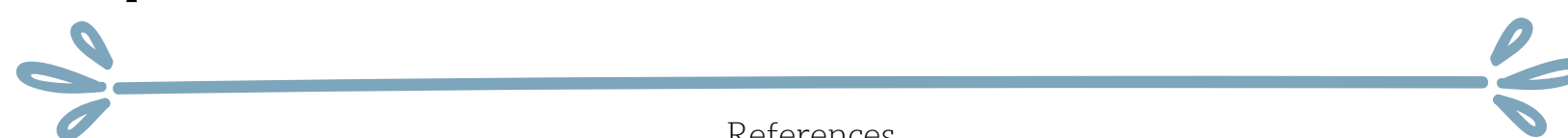
It is no secret that as college students our sleep schedules can vary, based on what's on our plate between school, work, and our personal lives. The summer can provide a great opportunity for you to create a sleep schedule that allows you to get the necessary amount of sleep you need with fewer distractions. For adults, the amount of sleep you need each night ranges from 7-9 hours. Sleep is a key influence in your health and is necessary for all body functions. Put bluntly, we can't survive without it! According to the National Sleep Foundation, lack of sleep, especially from pulling all-nighters, can lead to impairment of concentration and problem-solving, changes in your metabolism, influences in mood and decision-making, and an unbalanced circadian rhythm (Sleep Foundation, 2017). Your circadian rhythm is an internal clock that controls when you feel sleepy and alert. A disruption to your circadian rhythm because of sleep deprivation, change in time frame and sleep schedule can result in you feeling sleepy throughout the day (Sleep Foundation, 2016). So as much as it might seem tempting to pull all nighters to stay up watching shows or movies, or playing video games, these behaviors likely will result in negative consequences for your health.

MENTAL WELL-BEING

During these times of unprecedented uncertainty, we understand that you may be processing a lot and it is encouraged that you take some time for yourself. According to the CDC, outbreaks can cause stress, fear, and anxiety and it is important to find ways to manage any stress in your life for your mental well-being (CDC, 2020). Your mental health is important as it not only affects you, but also those around you. One form of managing your stress would be through practicing self-care. Self-care "is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress" (Active Minds, n.d.). Some forms of self-care include meditating, cleaning, making art, exercising, journaling, or doing other activities that you enjoy. You can also connect with others through video chat, phone calls, social media and text messages. Self-care does not have to be bought or earned. Taking care of your body through exercising and eating well-balanced meals can not only help you reduce stress but also benefit your overall health. Although you should keep yourself informed on current events, it may also be beneficial to take a break from the news in order to maintain balance and avoid overexposure to negative thoughts and feelings. Listen to your body and recognize what you need. If you are experiencing distressing thoughts and would like someone to talk to, reach out to help such as CSUCI's Counseling and Psychological Services (CAPS). They offer telepsychiatry over Zoom and also offer a 24/7 phone hotline.



By taking care of our health through the formation of healthy habits we can prevent the development of preventable conditions and diseases in the future. Taking the time to practice healthy habits during this summer allows you to find what practices work for you with limited distractions. We hope that you take this summer to do so and we look forward to seeing you back in the fall semester. Stay safe dolphins and be well!



References

Active Minds. (n.d.). Self-Care. Retrieved from <https://www.activeminds.org/about-mental-health/self-care/>

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Uva vs. Uvb rays: What's the difference? (n.d.). Healthline. Retrieved from <https://www.healthline.com/health/skin/uva-vs-uvb>

CAMPUS RESOURCES

BASIC NEEDS PROGRAM

The Basic Needs Program exists to provide support to students experiencing a basic necessity insecurity, such as housing, food, or financial insecurity.

The Dolphin Pantry is now open from 1:30 p.m. to 3:30 p.m. or until supplies run out on a weekly basis (Tuesdays) until June 30 next to Arroyo Hall in the A5 lot. Distribution is primarily drive-thru with walk-ups being accommodated at site. Student ID or state ID is required upon arrival. Individuals are encouraged to wear face masks. Content on the Resources section of the website is being updated regularly in response to the COVID-19 pandemic.



CAPS

Counseling & Psychological Services
Now accepting telehealth appointments!

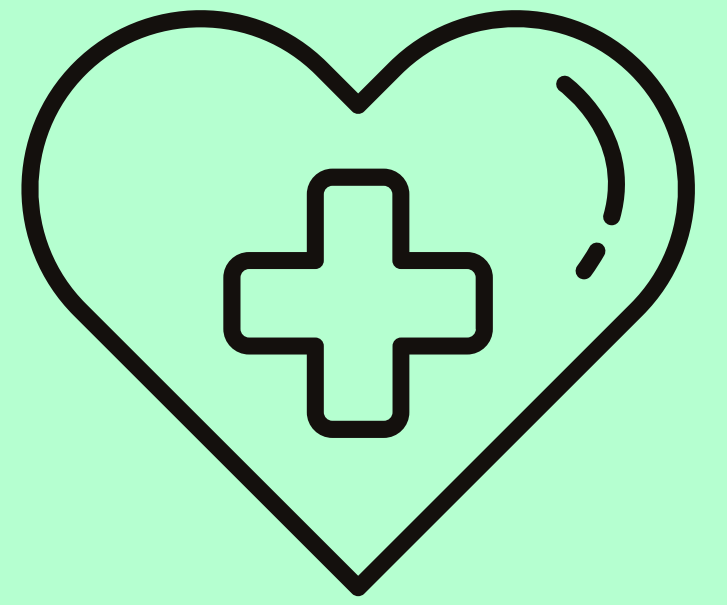
Location: BTE 1867

Phone: (805) 437-2088

Services: Egg Chair, Relaxation Room,
Counseling, Referrals, 24/7 Hotline



Off-Campus Clinics & Urgent Care Facilities



Los Posas Family Medical Clinic

3801 Las Posas Road #214 ~ Camarillo ~ 805-437-0900

Magonlia Family Medical Clinic

2240 E. Gonzales Road #120 ~ Oxnard ~ 805-981-5151

Urgent Care: 805-981-5181

Las Islas Family Medical Group Urgent Care

325 W. Channel Islands Blvd. ~ Oxnard ~ 805-204-9513

Moorpark Family Medical Clinic

612 Spring Road, Building A ~ Moorpark ~ 805-523-5400

Conejo Valley Family Medical Group

125 W. Thousand Oaks Blvd. ~ Thousand Oaks ~ 805-418-9100

Santa Paula Medical Clinic

1334 East Main Street ~ Santa Paula ~ 805-933-1122

Sierra Vista Medical Clinic

1227 E. Los Angeles Avenue ~ Simi Valley ~ 805-582-4000

Urgent Care: 805-582-4050

Filmore Family Medical Group

828 Ventura Street ~ Fillmore ~ 805-524-2000

Urgent Care: 805-524-2000

West Ventura Medical Clinic

133 W. Santa Clara Street ~ Ventura ~ 805-641-5600

Urgent Care: 805-641-5620

*Free or Reduced
Prices to all CSUCI
Students !*