



# APRIL 2022

## Newsletter



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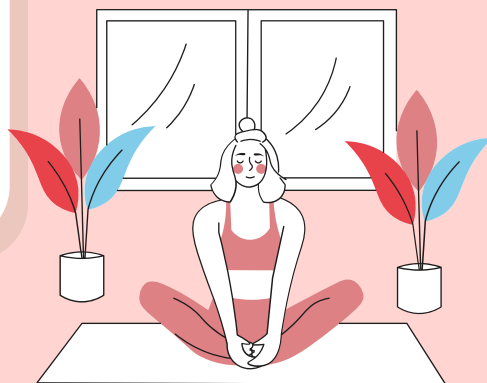
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# WHO WE ARE

## 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 online resources
- Hosts campus-wide & national awareness campaigns
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)



Are you seeking professional growth and want to get involved on campus? Is health and wellness your passion?

# Join Our Team!

**BECOME A WELLNESS  
PEER EDUCATOR FOR  
FALL 2022!**



**Wellness Promotion  
& Education**



**All class levels and majors are eligible to apply! Requires a 1 semester commitment.**

**Deadline to apply:  
July 1st at 8:00AM  
[www.csuci.edu/wpe](http://www.csuci.edu/wpe)**

Questions? Email us at [wpe@csuci.edu](mailto:wpe@csuci.edu)

*The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (805) 437-3331 or [accommodations@csuci.edu](mailto:accommodations@csuci.edu) as soon as possible, but no later than 7 business days prior to the event.*

# EVENTS & SOCIAL MEDIA

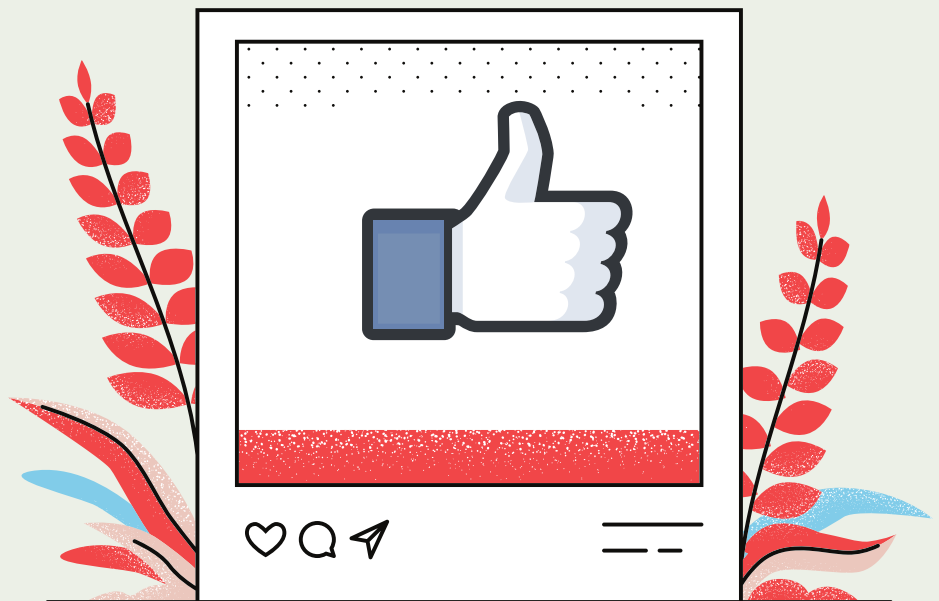
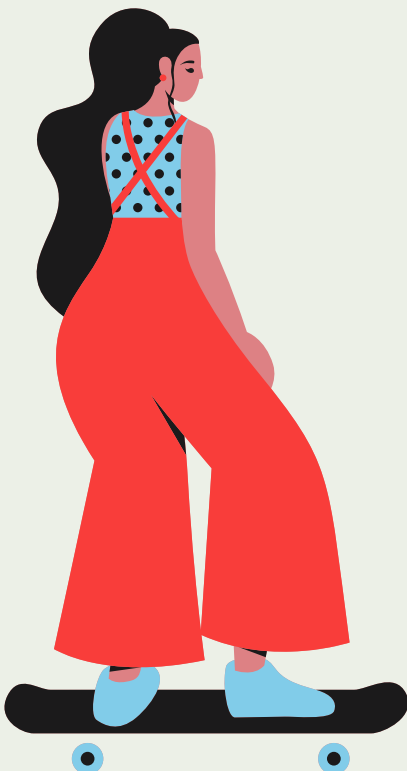
## April



Follow us on Instagram :  
[@CI\\_Wellness](#)



Follow us on **facebook**:  
[@CIWPE](#)



# Upcoming Tabling Events

## On-Campus

### April

#### ANNUAL PEER RECRUITMENT

- Tuesday, April 5th 2:00pm to 3:30pm in Central Mall (by the fountain)
- Wednesday April 6th 1:30pm to 3:00pm in South Quad (by Islands Cafe)

#### NATIONAL MINORITY HEALTH MONTH

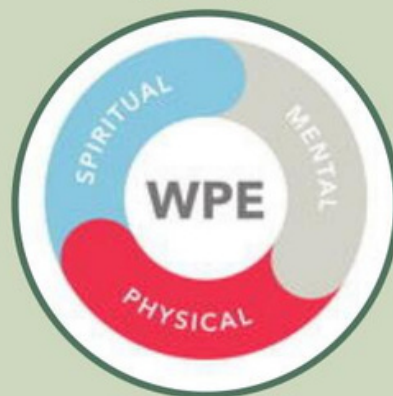
- Tuesday April 19th 3:00pm to 4:30pm in Central Mall (by the fountain)
- Wednesday April 20th 1:30pm to 3:00pm in South Quad (by Islands Cafe)

More details and updates will be on  
our Instagram: @CI\_WELLNESS



# Come and Join Us for a Nature Walk!

Hosted by Wellness Promotion  
and Education (WPE)

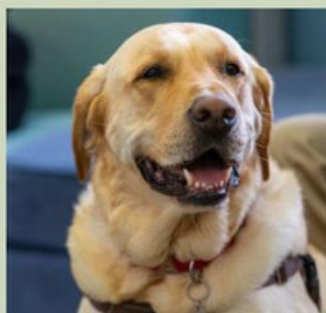


Dolphins! Looking for a way to  
boost your health and connect  
with other students? Come meet  
us for a nature walk on campus!

Be sure to wear athletic attire  
and sunscreen!

Water and granola bars will be  
provided by Basic Needs Program

*eee*  
**SPECIAL GUESTS: Doc & Lonnie!**



## Nature Walk #1

- Wednesday, April 13th,  
2022 AT 10:30 AM
- Location: CSUCI Well,  
Meet In Front of Arroyo  
Hall

## Nature Walk #2

- Tuesday, April 19th,  
2022 AT 10:30 AM
- Location: CSUCI North  
Field, Meet In Front of El  
Dorado Hall



### Partners:



*eee*  
**For More Information Contact:**

**Kacie** ([kacie.galang027@myci.csuci.edu](mailto:kacie.galang027@myci.csuci.edu)) or **Mady** ([madeleine.sales891@myci.csuci.edu](mailto:madeleine.sales891@myci.csuci.edu))

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Spring 2022  
**Adulting:  
Coping with  
What's Next**

**CAPS TRANSITION  
GROUP**

Sign-up at <https://bit.ly/3HuiktU>



**FACILITATED BY: ALEXIS MCKENNA, PH.D., LMFT**

**MONDAYS: 12:00PM - 1:15PM**

**START AND END DATE: MARCH 7, 2022 - APRIL 25, 2022**

**LOCATION: CHECK IN AT BELL TOWER EAST 1867**

**SIGN-UP AT [HTTPS://BIT.LY/3HUIKTU](https://bit.ly/3HuiktU)**



California State  
University

**COUNSELING &  
PSYCHOLOGICAL  
SERVICES**

C H A N N E L  
I S L A N D S



# ATTENTION!

Are you currently experiencing:

**HOMELESSNESS?**

**UNSTABLE HOUSING?**

**UNEXPECTED FINANCIAL CRISIS?**

**FOOD INSECURITY?**

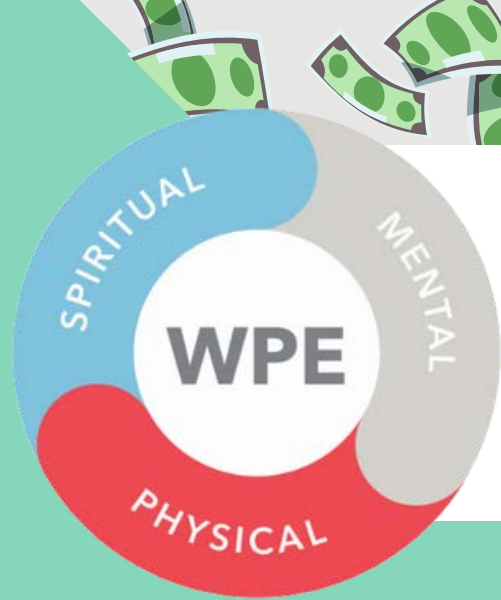
## WE CAN HELP!



For more information or to request assistance  
use this QR code, or visit us at  
<https://www.csuci.edu/basicneeds/>

OR

Visit the Dolphin Pantry in Arroyo Hall 114  
(1st floor)



# FINANCIAL WELLNESS WORKSHOP

April 14th, April 21st, April 27th,  
May 5th & May 11th

Times:

Wednesdays 12:00pm - 1:00pm

Thursdays 3:00pm - 4:00pm



## LEARN ABOUT:



How to utilize credit cards to build credit and avoid debt



The various types of student loans and how interest works



The importance of budgeting and how to create a budget

**CLICK HERE OR SCAN THE  
CODE TO RSVP!**



*Free!*

**WELLNESS WORKBOOK EQUIPPED WITH  
RESOURCES & BUDGETING TEMPLATES**

# April

## **HEALTH AWARENESS TOPICS**

CLICK THE LINK IN THE TITLES FOR MORE INFORMATION

### **NATIONAL MINORITY HEALTH MONTH**

Every April, the HHS Office of Minority Health (OMH) observes National Minority Health Month to highlight the importance of improving the health of racial and ethnic minorities and reducing health disparities. This year's theme focuses on the continued importance of COVID-19 vaccination, including boosters, as one of the strongest tools we have to end the COVID-19 pandemic that has disproportionately affected communities of color.

### **NATIONAL SEXUAL ASSAULT AWARENESS MONTH**

This April, the SAAM 2022 campaign continues building online communities centered on respect, inclusion, and safety — where harassment, assault, and abuse are taken seriously on a vision with a call to action: “Building Safe Online Spaces Together.”

### **STD AWARENESS MONTH**

Each April, The American Sexual Health Association (a.k.a. ASHA) recognizes STD Awareness Month. This STD Awareness Month, ASHA is drawing attention to the importance of STD testing.

### **MEDICAID AWARENESS MONTH**

This April, advocates and activists across the country will highlight Medicaid's vital importance in our communities. Medicaid is especially critical as the nation responds to the coronavirus pandemic, providing key funding for hospitals and helping patients get the care they need.



# NATIONAL

# Public Health

## AWARENESS WEEK APRIL 4-10



"THIS YEAR'S THEME, **PUBLIC HEALTH IS WHERE YOU ARE**, CELEBRATES WHAT WE KNOW IS TRUE: THE PLACES WHERE WE ARE, PHYSICALLY, MENTALLY AND SOCIETALLY, AFFECT OUR HEALTH AND OUR LIVES. " - AMERICAN PUBLIC HEALTH ASSOCIATION

### Daily Themes

Monday: Racism: A Public Health Crisis

Tuesday: Public Health Workforce: Essential to our Future

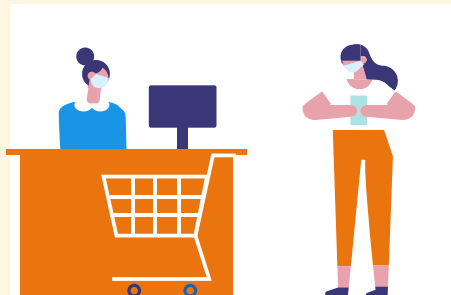
Wednesday: Community: Collaboration and Resilience

Thursday: World Health Day: Health is a Human Right

Friday: Accessibility: Closing the Health Equity Gap

Saturday: Climate Change: Taking Action for Equity

Sunday: Mental Wellness: Redefining the Meaning of Health



[National Public Health Week, click to learn more](#)

# YOU@COLLEGE

## What We Do



**YOU@CI IS YOUR WAYFINDER TO ACCESS TIPS, GUIDANCE AND RESOURCES DESIGNED TO HELP KEEP YOUR ACADEMICS, WELL-BEING AND SOCIAL CONNECTIONS ON TRACK IN THIS CHANGING WORLD.**

**IF YOU ARE EXPERIENCING A SPECTRUM OF EMOTIONS AS A RESULT OF CURRENT EVENTS, KNOW THAT YOUR RESPONSE IS VALID. ADDRESS YOUR FEELINGS AND TAKE CARE OF YOUR WELL-BEING JUST AS YOU WOULD YOUR PHYSICAL HEALTH BY LOGGING IN TO YOU@CI WHICH IS ON YOUR MYCI PAGE**

## Scan me!



# S.M.A.R.T. GOALS!



## What are CI students saying about S.M.A.R.T. Goals?

"I honestly think that everything I could have wanted was put to use. My coach was helpful, had resources, and made me feel great about my goal."

"It helped me narrow down what I want and ways to obtain it."

"I like how the questions helped come up with an organized plan."

"Great experience really helping keeping me on track!"



# S.M.A.R.T. GOALS!



## 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 certified 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?!

Submit an interest form online through our website [www.csuci.edu/wpe](http://www.csuci.edu/wpe) to make your appointment today! You'll meet with a certified wellness peer educator who will help guide you and keep you accountable!

# CAMPUS RESOURCES

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## Academic Advising

Academic Advising Center's mission is to promote student success by empowering undergraduate students to take responsibility for achieving their academic goals. The Advising Center delivers high quality advising services by providing accurate and timely academic resources, materials and information to the campus community.

<https://www.csuci.edu/advising/>

## Basic Needs

The Basic Needs Program exists to provide support to students experiencing a basic necessity insecurity. Our strategy focuses on short-term mediation while we work with students to find long-term solutions.

<https://www.csuci.edu/basicneeds/>

## Career Development

Career Development and Alumni Engagement (CDAE) establishes a Dolphin network by cultivating a distinctive community of students, alumni, and industry to develop meaningful connections fostering lifelong learning and affinity between CSUCI and our graduates.

<https://www.csuci.edu/careerdevelopment/>

## Counseling & Psychological Services

Counseling and Psychological Services (CAPS), a department within the Division of Student Affairs, operates from a community systems approach in providing short-term psychological counseling, outreach/ prevention, and consultative services to the University community. A developmental perspective provides the cornerstone for our work with students, faculty and staff. Services are provided in a safe and supportive environment that celebrates all forms of diversity and polyculturalism.

<https://www.csuci.edu/caps/>

## Disability Accommodation & Support Services

The purpose of CI Disability Accommodations and Support Services (DASS) is to encourage a learning community in and beyond the classroom that promotes academic excellence, success, personal development and self-advocacy skills that will empower and support students with physical, learning or psychological disabilities so that they can participate fully in, and benefit equitably from, the University experience to realize their academic and personal potential.

<https://www.csuci.edu/dass/>

# Clinician's Corner

## IT FEELS PERSONAL

**BY: KRISTINA RODRIGUEZ, PSY.D.**

I have the right to be treated with dignity and respect.

I have the right to be happy.

I have the right to be safe.

I have the right to say no to anything if I feel that I am not ready, if it is unsafe, or if it conflicts with my values.

From: Therapist's Guide to Clinical Intervention, Sharon L. Johnson, Academic Press, 2004

These statements are just a few of the personal rights developed by Sharon Johnson (2004). In recognition of Women's History Month, I am reminded of these personal rights and the struggle, perseverance, and resiliency of others to obtain them. In a world where war, pandemic, inflation, inequality, climate change, and political turmoil have become part of our everyday existence, these personal rights may be lacking for many individuals today. It may be difficult to feel safe, respected, and have the right to say "no" to things that make the self-uncomfortable. For Gen Z folks, (individuals aged 18-23), many stressors may be impacting feeling safe and certain in this world.

According to the American Psychological Association and Harris Poll (2020), a study demonstrated that 58% percent of individuals identified widespread sexual harassment/assault reports in the news as a source of stress, 81% reported being impacted by school closures due to the pandemic, 47% reported difficulty with concentration in school, and 43% of individuals reported an overall increase in their stress level. Aside from the above stressors, changes in occupation, family, social, and health status may also contribute to the degree of safety, happiness, and dignity we may experience.



# Clinician's Corner

## IT FEELS PERSONAL

**BY: KRISTINA RODRIGUEZ, PSY.D.**

It may be hard to mobilize the self to recharge, focus on the positive, and find gratitude in an ever-changing world. These days, we may find that our regular routine of self-care may not be adequate or feel like it is enough to manage all this stress. During these times, it is important to acknowledge that we are all going to experience waves of energy, positivity, productivity, and self-worth and experiences days of sadness, frustration, low energy, and despair. In order to navigate these highs and lows, it is important to surround ourselves with the people, places, things, and experiences that help us enhance our self-care. Below are some reminders of how we can all take care of ourselves.

It's okay to not be okay-With so much uncertainty in the present state of the world, it is okay to not be okay. Sometimes saying "I am not okay" or "I am not fine" in this moment can be a helpful start in acknowledging how we feel and being better able to understand how to cope with whatever feelings may be present.

Let in light- Although this time of the year brings seasonal allergies and adjustment to time, it can be important to make room in your schedule for time spent outdoors. Exposure to natural light has been known to have positive impacts on our well-being. Check out this article to learn more about the science behind light and well-being. [5 Ways the Sun Impacts your Mental and Physical Health.](#)

Set reasonable expectations for yourself-Contextual factors such as employment changes, loss, changes in relationship, socio-economic status, housing, and food security may significantly impact our sense of routine and sense of self. It is important to be reasonable with self-imposed expectations and those that others may impose. Acknowledge that some of the contextual factors may be impacting the expectations you or others may be carrying and practice kindness towards the self as you balance expectations with changes in your life.

# Clinician's Corner

## IT FEELS PERSONAL

**BY: KRISTINA RODRIGUEZ, PSY.D.**

Talk to someone-In these uncertain times, it may be common to experience lack of sleep, racing thoughts, anxiety, and/or depression all of which can impact our ability to effectively problem-solve. Talk to a supportive friend, family member, partner or mental health care provider to address concerns about changes in well-being. We can all benefit from the support of others. These days, it can be difficult to develop and uphold our personal rights. If you or anyone you know would benefit from talking to someone about how to develop and maintain your own personal rights, contact CAPS at CAPS or (805) 437-2088. CAPS provides individual, group, couples, and urgent care counseling.

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This article does not constitute treatment or replace the provision of mental health professional service. The links and articles above are not affiliated with CAPS and for user discretion.

Johnson, S.L. (2004). Therapist's Guide to Clinical Intervention, Academic Press.  
American Psychological Association, Harris Poll. (2020). Stress in America.  
Retrieved from: <https://www.apa.org/news/press/releases/stress/2020/report-october>

