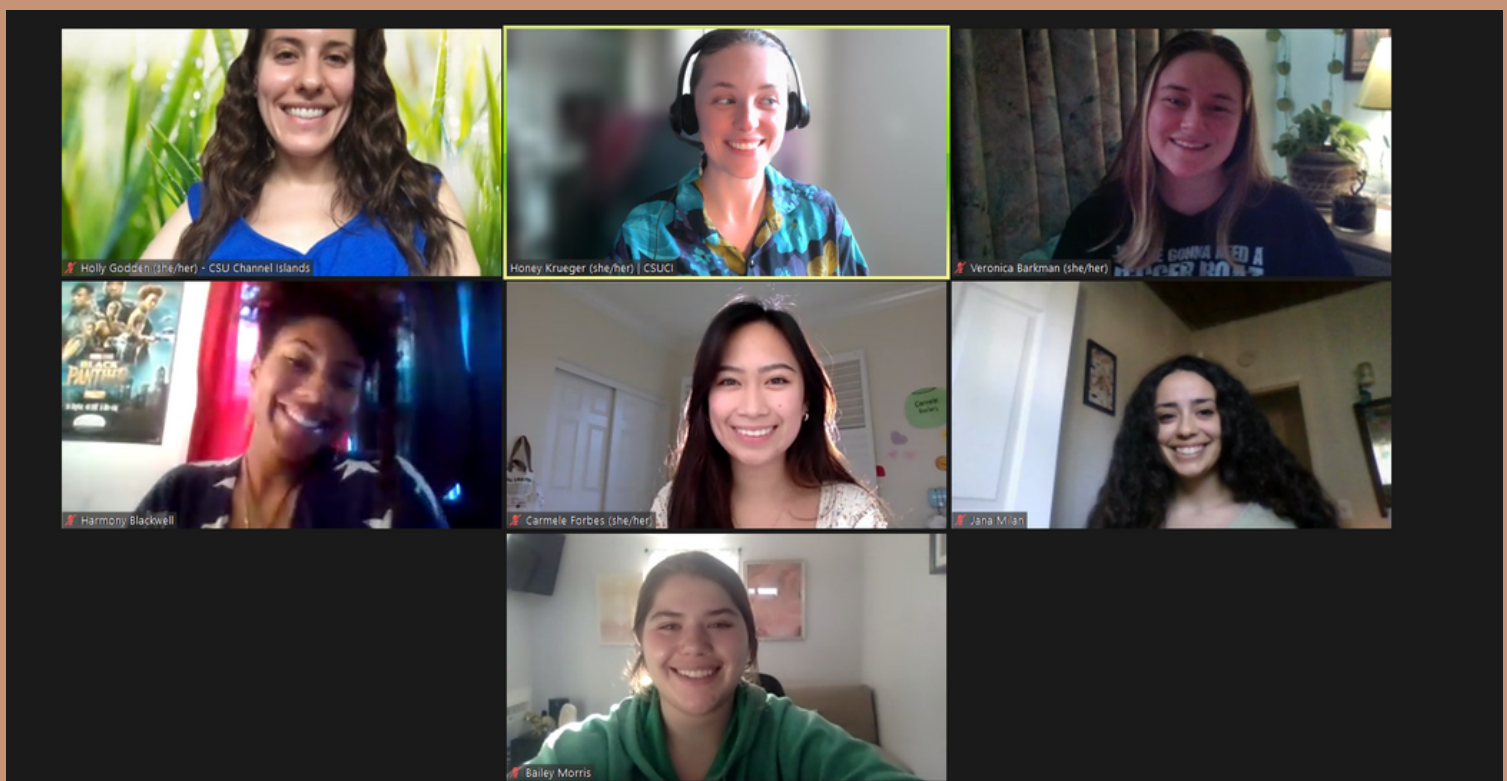


FEBRUARY 2022

Newsletter



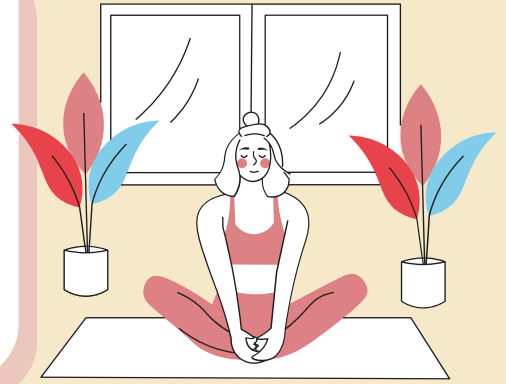
Index

WHO WE ARE	3
EVENTS & SOCIAL	
MEDIAS	4
YOU AT COLLEGE	6
FEBRUARY HEALTH	
AWARENESS TOPICS	8
SMART GOALS	11
CAMPUS RESOURCES	13
CAPS	14

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)



EVENTS & SOCIAL MEDIA

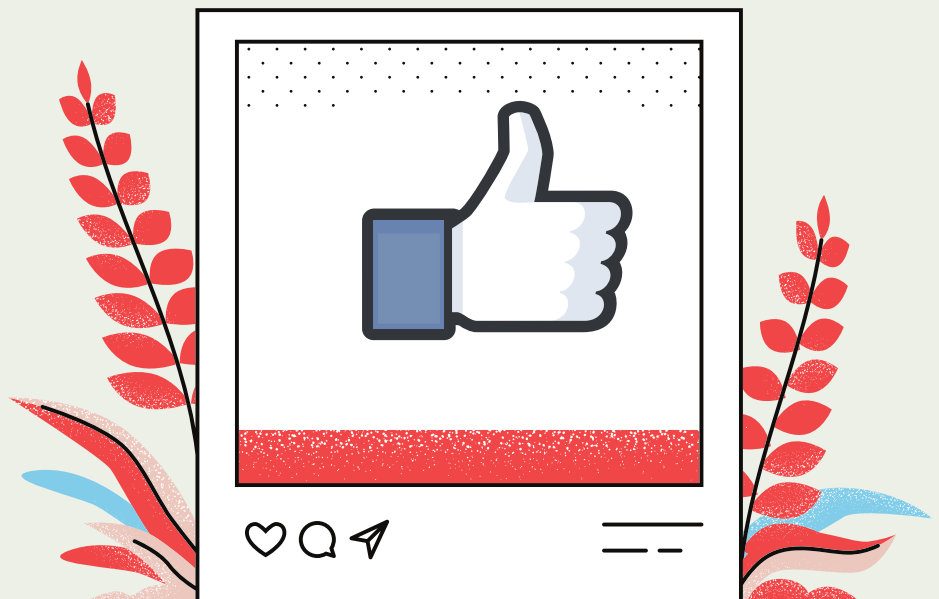
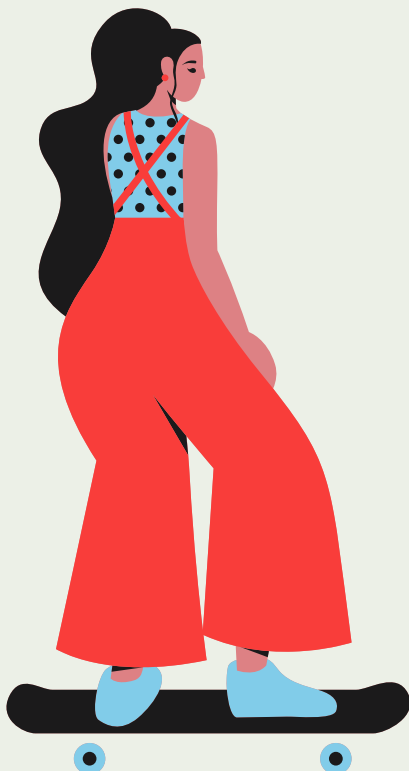
• february •



Follow us on Instagram :
[@CI_Wellness](#)



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



Upcoming Tabling Events On-Campus February



1. TUESDAY, FEBRUARY 8TH: "WELCOME BACK DOLPHINS"

LOCATED: CENTRAL MALL TIME: 2:00PM - 4:00PM

2. WEDNESDAY, FEBRUARY 9TH: "WELCOME BACK DOLPHINS"

LOCATED: SOUTH QUAD TIME: 12:00PM - 2:00PM

3. WEDNESDAY, FEBRUARY 16TH: "BLACK HISTORY MONTH

SOCIAL" LOCATED: CENTRAL MALL TIME: 11:00AM - 1:00PM

More details and updates
will be on our Instagram:
@CI_WELLNESS



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!



Black History Month

IN 2022, THE BLACK HISTORY MONTH THEME IS BLACK HEALTH AND WELLNESS. THIS THEME EXPLORES THE LEGACY OF BLACK SCHOLARS AND MEDICAL PRACTITIONERS IN WESTERN MEDICINE AND OTHER WAYS OF KNOWING (E.G., BIRTH WORKERS, DOULAS, MIDWIVES, NATUROPATHS, HERBALISTS, ETC.) THROUGHOUT THE AFRICAN DIASPORA. THE 2022 THEME CONSIDERS ACTIVITIES, RITUALS, AND INITIATIVES ACCOMPLISHED BY BLACK COMMUNITIES TO FOSTER HEALTH AND WELLNESS.



READ MORE AT

[HTTPS://NMAAHC.SI.EDU/EXPLORE/INITIATIVES/BLACK-HISTORY-MONTH](https://nmaahc.si.edu/explore/initiatives/black-history-month)

**B L A C K
H I S T O R Y
M O N T H**



February

HEALTH AWARENESS TOPICS

CLICK THE LINK IN THE TITLES FOR MORE INFORMATION

AMERICAN HEART HEALTH AWARENESS MONTH

February is the awareness month for heart health in the United States, with one day set aside as National Wear Red Day to raise awareness of heart disease

LOW VISION AWARENESS MONTH

Vision impairment — including low vision — affects millions of Americans, among them are many older adults. The good news is that vision rehabilitation services can help people with vision impairment learn how to stay independent and make the most of their sight. Low Vision Awareness Month is a great time to spread the word about vision rehabilitation

TEEN DATING VIOLENCE AWARENESS MONTH

This annual, month-long push focuses on advocacy and education to stop dating abuse before it starts. Studies have found that negative or abusive behaviors in unhealthy relationships are more likely to increase over time.

NATIONAL GIRLS AND WOMEN IN SPORTS DAY

This year, National Girls and Women in Sports Day (NGWSD) is observed on February 2 to acknowledge the accomplishments of women in sports and inspire girls and women to play sports.

NATIONAL EATING DISORDERS

AWARENESS WEEK

FEBRUARY 21 - FEBRUARY 27, 2022



NATIONAL EATING DISORDERS AWARENESS WEEK (NED AWARENESS WEEK) IS AN ANNUAL CAMPAIGN TO EDUCATE THE PUBLIC ABOUT THE REALITIES OF EATING DISORDERS AND TO PROVIDE HOPE, SUPPORT, AND VISIBILITY TO INDIVIDUALS AND FAMILIES AFFECTED BY EATING DISORDERS

WHAT ARE EATING DISORDERS?

EATING DISORDERS ARE SERIOUS BUT TREATABLE MENTAL AND PHYSICAL ILLNESSES THAT CAN AFFECT PEOPLE OF ALL GENDERS, AGES, RACES, RELIGIONS, ETHNICITIES, SEXUAL ORIENTATIONS, BODY SHAPES, AND WEIGHTS. NATIONAL SURVEYS ESTIMATE THAT 20 MILLION WOMEN AND 10 MILLION MEN IN AMERICA WILL HAVE AN EATING DISORDER AT SOME POINT IN THEIR LIVES.

NATIONAL EATING DISORDERS AWARENESS WEEK FEBRUARY 21 - FEBRUARY 27, 2022

Love
your
Body



The Body Project

The Body Project is a group-based intervention that provides a forum for high school girls and college aged women to confront unrealistic appearance ideals and develop healthy body image and self-esteem. It has repeatedly been shown to effectively reduce body dissatisfaction, negative mood, unhealthy dieting and disordered eating.



[info from the NEDA Website](#), click to learn more

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 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

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/>

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/>

CAPS

SPRING 2022 GROUPS

Registration required for all groups.
For more information, visit go.csuci.edu/CAPSGroups



Mindful Relationships:
Creating Healthier Connections

TUE | 1:30 - 2:45pm

from March 1 - April 11



Mindfulness for
Anxiety and Depression

WED | Noon - 1:15pm

from March 2 - May 4



Adulting:
Coping with What's Next

MON | Noon - 1:15pm

from March 7 - April 25



Thrive with Pride

MON | 3:30 - 4:30pm

from March 21 - April 25



Working through
Grief and Loss

WED | 10 - 11:15am

from March 23 - April 27



The Poetry In Healing:
Poetry Therapy
for the Mind & Soul

THU | 10 - 11:15am

from March 24 - April 28



Crisis Intervention



Outreach Activities



Individual Counseling



Consultation for Faculty and Staff



Group Therapy



Community Referral Services



24/7 Crisis Phone Support



Services available on campus
and telehealth

OFFICE HOURS

BELL TOWER EAST 1867
MONDAY-FRIDAY
8 a.m. - 5 p.m.

CONTACT

CAPS@CSUCI.EDU
805-437-2088
[WWW.CSUCI.EDU/CAPS](https://www.csuci.edu/caps)

SOCIAL

@CSUCICAPS



