

# MARCH 2022

## *Newsletter*



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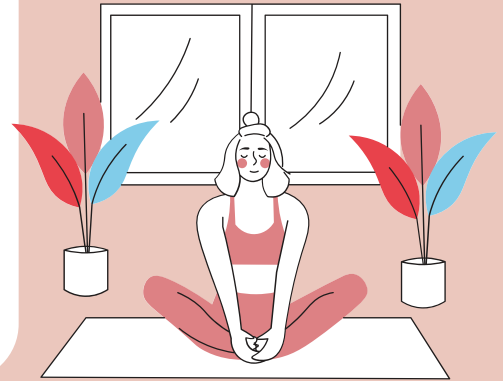
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# WHO WE ARE

## 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)

# EVENTS & SOCIAL MEDIA

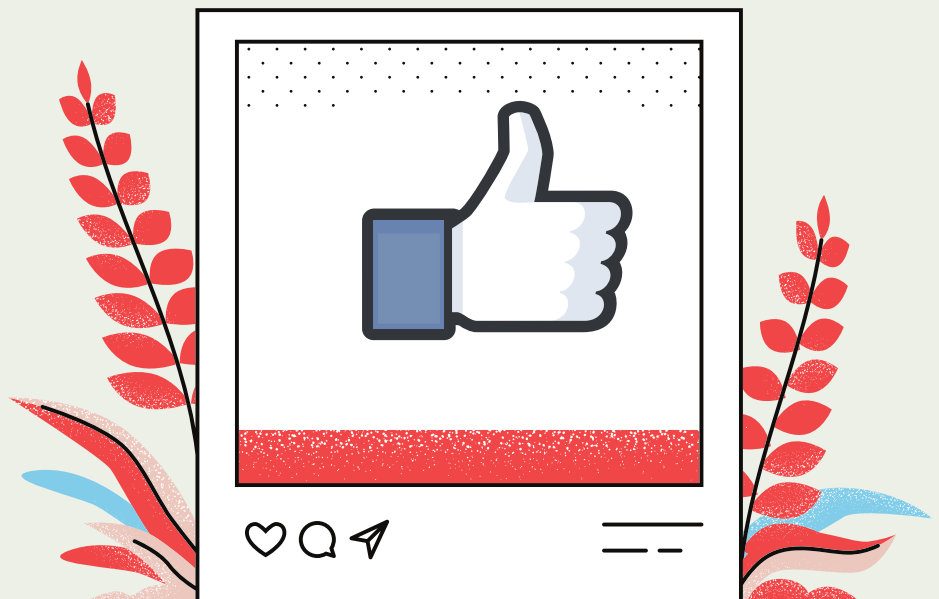
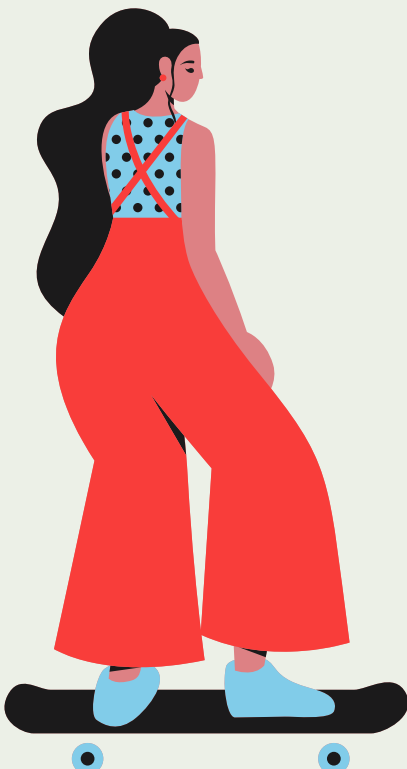
# March



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



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





# Upcoming Tabling Events

## On-Campus

### M A R C H

**1. WEDNESDAY, MARCH 9TH: WOMEN'S HISTORY MONTH**

**LOCATED: CENTRAL MALL    TIME: 11AM - 1PM**

**1. TUESDAY, MARCH 29TH: NATIONAL NUTRITION MONTH**

**LOCATED: CENTRAL MALL    TIME: 3PM - 4:30PM**

**2. WEDNESDAY, MARCH 30TH: NATIONAL NUTRITION MONTH**

**LOCATED: ISLANDS CAFE    TIME: 1:30PM-3:00PM**

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

# HEALTH SCREENING DAY

**MARCH 22 & 23**

**11 a.m. to 3 p.m.  
in YUBA HALL**



California State  
University

**STUDENT  
HEALTH  
SERVICES**

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

SCREENINGS ARE  
**FREE TO STUDENTS,**  
REGARDLESS OF  
HEALTH INSURANCE  
STATUS.

.....  
INCLUDED IN EACH  
30-MINUTE  
APPOINTMENT:

**HIV TESTING**  
**BLOOD PRESSURE**  
**SCREENING**  
**PRE-DIABETES**  
**SCREENING**  
**BODY MASS INDEX**  
**PREP NAVIGATION**  
**SERVICES**

.....  
Students can call SHS  
directly at 805-437-8828  
to make an appointment

CAMPUS COVID-19  
PROTOCOLS WILL BE  
FOLLOWED.

## CONTACT US

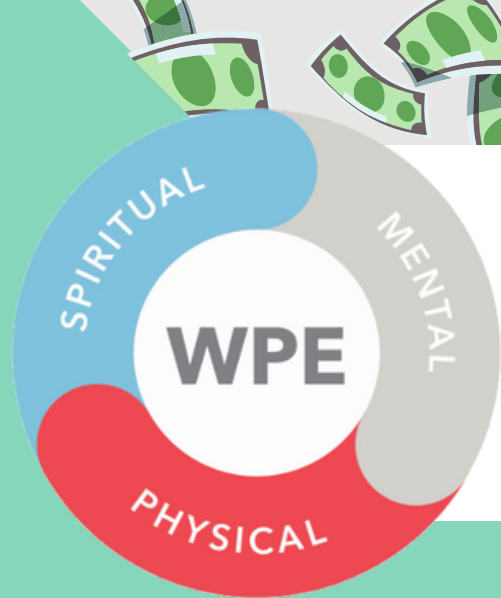
📞 805-437-8828

✉️ [student.health@csuci.edu](mailto:student.health@csuci.edu)

🌐 [www.csuci.edu/student-health](http://www.csuci.edu/student-health)

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 Accommodation and Support Services at [accommodations@csuci.edu](mailto:accommodations@csuci.edu) or call 805-437-3533 as soon as possible, but no later than seven (7) business days prior to the event.





# FINANCIAL WELLNESS WORKSHOP

February 16th, March 23rd, & April 27th

Time: 12:00pm - 1:00pm



## 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***



**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>**



California State  
University

**COUNSELING &  
PSYCHOLOGICAL  
SERVICES**

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

# 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!*





# PEER SPOTLIGHT

**BAILEY  
MORRIS**

**MAJOR:  
HEALTH SCIENCE AND  
PSYCHOLOGY MINOR  
WELLNESS PEER EDUCATOR**



## *About me*

I love to travel and spend time in nature enjoying the natural wonders of the world. The farthest I have been Australia! I am a senior and I am passionate about the resilience of humans both psychologically and physically. I am also a certified trauma informed yoga teacher!

## *Describe what wellness means to you*

Wellness means taking care of your WHOLE self.

## *Hobbies*

tennis, disc golf, horseback riding, yoga, writing

## *Favorite Quote*

Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

# March

## **HEALTH AWARENESS TOPICS**

CLICK THE LINK IN THE TITLES FOR MORE INFORMATION

### **NATIONAL ENDOMETRIOSIS AWARENESS MONTH**

The Endometriosis Association is an international self-help organization of women and families with endo, doctors and scientists, and others interested in exchanging information about the disease, offering mutual support and help to those affected by endo, educating the public and medical community about the disease, and promoting and conducting research.

### **MULTIPLE SCLEROSIS AWARENESS MONTH**

March is Multiple Sclerosis Awareness Month, a disease that affects nearly one million people in the United States, according to the National MS Society.

### **NATIONAL NUTRITION MONTH**

The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

### **DEVELOPMENTAL DISABILITIES AWARENESS MONTH**

The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.



# NATIONAL *Sleep*



## AWARENESS WEEK MARCH 13–19



**THE NATIONAL SLEEP FOUNDATION (NSF) IS DEDICATED TO IMPROVING HEALTH AND WELL-BEING THROUGH SLEEP EDUCATION AND ADVOCACY. NSF EDUCATES THE PUBLIC ABOUT THE IMPORTANCE OF SLEEP HEALTH THROUGH OUR ANNUAL SLEEP AWARENESS WEEK CAMPAIGN.**

Here are some facts you should know:

- 1** Healthy eating habits overall will encourage healthier sleeping patterns. Consuming a high-fiber diet with fresh fruits, vegetables, whole grains, and low-fat proteins—while avoiding foods with added sugars—is ideal.
- 2** National Sleep Foundation's Sleep Health Index® (SHI) results show that the coronavirus pandemic has enabled Americans to increase their average sleep duration, data through 2021 show declines in sleep quality—an important reminder that quantity does not necessarily guarantee quality.
- 3** You may be unfamiliar with the term, but microsleep is quite common and can be dangerous if it occurs while you are driving a vehicle. If you are sleep deprived, or if you have a sleep disorder, you are at higher risk for microsleep.
- 4** To ensure a peaceful night of sleep, remove any distractions from the bedroom and add items that enhance your comfort during your sleep routine.

[From the National Sleep Foundation](#), 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](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

## 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/>

# CLINICIAN'S CORNER

## *The Power of "I Am "*

A Message from the Counseling and Psychological Services (CAPS) Team

Did you know that " I AM" are the most powerful words you can ever speak to yourself? Have you ever really thought about the power of the words "I Am"? Even deeper, do you consciously realize the subconscious "I Am" statements that you are holding about yourself? Think about that for a moment and be honest with yourself. What do YOU think of YOURSELF? What are you saying about who you are on a daily basis?

You are your own biggest critic and the co-creator of your own life. With that freedom, you have the immense power to decide who you are and who you'd like to become. The current truth however, is that most of us are very critical and don't have the most positive beliefs about ourselves. At the same time, many of our own beliefs have actually stemmed from the beliefs of others. We have allowed others' thoughts about us to have so much power over our own influence that we believe that is who we are.

Our thoughts and words have crafted our present and are currently crafting our future – they are not in a secret lock box hidden from the world, they affect us and others directly and publicly. If we'd like to see real change in our life as well as success in our endeavors, we must learn to re-program our thoughts and keep them positive – especially the thoughts about ourselves!

# CLINICIAN'S CORNER

## *The Power of "I Am"*

A Message from the Counseling and Psychological Services (CAPS) Team

**We get to choose what to think about ourselves. Naturally, we all want to improve our current situation, achieve our dream and have more freedom. One of the single most important aspects in individuals that have achieved their goal is their positive attitude and strong "I am" statements. Yes, action matters; but action is not enough.**

**As the co-creator of your reality, you've got to believe it to see it – that's why an "I am" statement is so important. If we put our attention to it, we'll find that our society can be overflowing with negative energy. At the same time, when we direct our attention to the positive we will find that it too is overflowing and growing! It simply depends on the direction of our attention.**

**As Aristotle said, "Excellence is a habit." Change is about implementing daily habits. Sure, you will go over speed bumps and hit roadblocks but, when you begin to consciously utilize the power of "I AM" statements, your life will transform. This isn't something that works for some and won't work for you; it works when you WORK IT! But, you have to consistently work it. The good news is, once you make this a conscious habit for some time, it becomes an unconscious habit – you have re-trained your brain. You must make it a habit, everyday.**

# CLINICIAN'S CORNER

## *The Power of "I Am"*

A Message from the Counseling and Psychological Services (CAPS) Team

Your goal must be to dig deep and find those nasty, icky, yucky negative words you may hold over yourself – words that no longer serve you – and transform them. The negative words are usually those statements that you think “define” who you are; also known as the “you are what you think people think you are” mentality. But in actuality you are who you create yourself to be. You are who you WANT to be. There is nothing holding you back because of the society you live in, genetics, family, past experiences, childhood, etc.

Your ultimate goal is to retrain your brain and subconscious, re-programming your mind to accept better, more positive beliefs. You have unlimited power and creativity – your inner spirit knows this. “I am” statements just affirm the truth of your nature. We are all truly powerful beings at heart. Remember that you are capable of doing anything – just try it!

As William Ernest Henley stated at the end of his poem *Invictus* “I AM the Master of my fate; I AM the captain of my soul. Remember, It all starts and ends with YOU!

To all my fellow dolphins, It has been a pleasure working side by side with you, wishing you all the best of luck in your future endeavors and hope to see you around.

Grenisha Holmes, LCSW  
Clinician, Counseling & Psychological Services

For more assistance on the CSU Channel Islands campus, please contact Counseling & Psychological Services (CAPS) in Bell Tower East Room 1867, emailing [caps@csuci.edu](mailto:caps@csuci.edu), or by calling 805-437-2088 to access the CAPS front desk and 24/7 phone counseling

