MAY 2020 NEWSLETTER

WHO WE ARE / JOIN US!
EVENTS & SOCIAL MEDIA
PEER SPOTLIGHT
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 online resources (i.e. Kognito Suicide Prevention & 3rd Millennium Courses)
- Host campus-wide & national awareness campaigns--currently doing online via Instagram @ci_wellness due to COVID-19
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)
Become a Wellness Peer Educator!

Join the team of campus leaders committed to the health and wellness of the CI campus community!

Now recruiting!
Deadline: August 1st!

For more information visit:
https://www.csuci.edu/wpe/wellness-program.htm

or search "WPE" in the search tab at the CSUCI website
ONLINE HEALTH CAMPAIGNS

Outreach

- Mental Health Month
- Stress Less
- Sexual Health
- Meditation Monday
- Ask a Peer Fridays

Follow us on Facebook: @CIWPE

Follow us on Instagram: @CI_Wellness
Peer Spotlight
Miranda Cowles
Major: Health Science
Wellness Peer Educator
Senior

ABOUT ME
My main goal in life is to be happy and healthy, and I also want to be able to help others. After I graduate I want to be able to find a job as a Health Educator so I can continue help others and teach them how to live healthier lifestyles by teaching health and wellness education.

HOBBIES
Surfing, going to the beach, yoga, reading, taking care of plants, and hanging out with friends.

FAVORITE QUOTE
"Nothing can dim the light that shines from within" -Unknown

DESCRIBE WHAT WELLNESS MEANS TO YOU
Wellness to me means actively trying to make better choices to be able to live a happy and healthy life. These improvements can be made in a persons physical health, mental health and other areas such as in finances and spirituality.
SKIN CANCER PREVENTION MONTH

UV radiation is around us every day

We can help our chances of preventing skin cancer by:

1. Applying at least 30 SPF sunscreen
2. Avoiding the use of tanning beds
3. Using UV blocking sunglasses...your eyes get exposure too!

Facts to be aware of:

- The sun's rays are stronger during hours of 10am-4pm
- More UV rays reach at higher altitude levels (pssst...when you go hiking)
- Clouds, sand, water, snow, pavement, and grass all reflect UV rays

For more info visit

www.cancer.org
healthfinder.gov
MENTAL HEALTH MONTH

Factors that can affect Mental Health:

- Exercise and Activity Level
- Smoking
- Diet
- Physical Health
- Social and Community Activities
- Sleep

On Campus Resources:
Counseling and Psychological Services
Location: Bell Tower East, 1867
Telephone: 805-437-2088
Now doing virtual appointments through a HIPPA-compliant version of Zoom.

For more info
www.mentalhealth.gov
MAY HEALTH AWARENESS

American Stroke Awareness Month
www.ninds.nih.gov
- #5 Leading cause of death
- Signs of stroke: trouble speaking, seeing, walking, weakness on one side of body, confusion, or sudden severe headache.

Clean Air Month
http://www.whathealth.com/awareness/event/cleanairmonth.html
- Aim is to encourage people to take positive steps to improve air quality locally and globally.
- Consequences of poor air quality can include cancer, bronchitis, allergies, and asthma.

National Celiac Disease Awareness Month
celiac.org
- Celiac Disease is an autoimmune disease where gluten damages small intestine.
- Affects 1 in 100 people worldwide.
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! Now accepting appointment through Zoom!

How Do I Get Started?!

Schedule an appointment with us at csuci.edu/wpe today! You'll meet with a certified wellness peer educator who will help guide you and keep you accountable!
I am Mad at COVID-19... Is That Okay?

My music is on, the window is open, and I am seated in my comfy chair. My favorite coffee mug houses my favorite tea and a fleeting moment of gratitude crosses my mind. Like a wave, the moment passes and I return to feeling angry, frustrated, distraught, and likely numerous other synonyms for angry. I am angry at COVID-19. But what does it really mean to be angry at COVID-19 and what do I do with this anger?

“Feelings, unlike thoughts, involve a total body reaction”. In particular, anger is a feeling that ranges in intensity and is related to a sense of harm or wrongdoing, from others. COVID-19 has done some wrong. As human beings, we are taught that it is good to find healthy ways to communicate our anger and let the anger subside. These days, it seems so much harder to do so. Where do I begin to direct my anger? I could decide to be angry at the policymakers, leaders, and those in positions of power to make decisions about COVID-19 and how we globally respond to this pandemic. A person might decide to be angry at neighbors who defy social distancing or the individual who coughed near me at the grocery store. I might decide to be angry over the 24,582 (at time of this writing) lives lost to COVID-19 in the United States and the countless other lives lost across the globe. The number of jobs, graduations, lives lost has only fueled my antagonism towards COVID-19.

As a psychologist, I am attuned to the understanding that my anger is valid. I understand that feelings exist in this world, that I have the right to put energy into my feelings just as much as I can decide to decrease the energy I put towards a feeling. But this process is so much easier said than done. For every step taken towards acknowledgement and letting go of my anger, it can feel as though I have already taken two steps back. According to Bourne1, a 3-stage process of identifying, expressing, and communicating feelings is important for dealing with feelings. Tense shoulders, muscles aches, and tension headaches are examples of potential indications of identifying my anger. This article is an attempt to express this anger. The last step, the communication of my feelings is typically rendered towards the person that is perceived to have caused harm. In the age of a global pandemic, who is that person and how do I communicate my feelings to them?

The short answer: There isn’t one. Bourne1 posits that strong feelings are often connected to unmet needs of the self. So what is it that my anger is trying to tell me? In retrospect, anger is only my beginning. Beneath anger, there is sadness, hurt, and fear. I am sad and hurting for all of the ways this pandemic has impacted humanity. I am fearful of the future, for myself, and my family and friends. And maybe... just a little... I am hopeful. I am hopeful that I will ride out this wave of a pandemic. I am hopeful that I can find ways to live life in the present while looking forward to a future devoid of pandemics.

I am angry at COVID-19 but these feelings are more complex than anger alone. I am also sad, hurt, fearful, and hopeful these days. There are moments and days of happiness, gratitude, and joy as well. Anger, like the rest of my feelings, is okay. In closing,

So maybe... just maybe, I will become a better surfer at the end of this.

References


By Kristina Rodriguez, Psy. D.
Clinician, Counseling and Psychological Services
The following article(s) are written by CI's wellness peer educators. All information and research therein is cited below. Opinions are based solely on the author's perspective and do not represent the opinions or values of the university or its programs.

Media and Health
By Nichole Speziale

We live in a world where the media has a huge impact on society. What is perceived through mostly television and social media can shape one's idea of reality. As a result, social media and body image, the way we perceive our own physical appearance, have become undeniably linked. Social media influences how we look at ourselves, both positively and negatively, and it is important to understand the effects in order to limit the impact on our mental health.

The constant stream of unrealistic, cultivated images of what “healthy” is, portrayed by the media, creates discouraging and hopeless stigmas for all when turning to health. With electronics and social media being a huge part of society, it encumbers the lives of the population. According to a Paw research study, 92% of teens, 78% of older adolescents, and 78% of adults use social media daily. This daily exposure also brings along a vulnerability concerning the manipulative representation of the health industry. In an interview, Lucy Gordon, a senior Child and Young People counselor for a leading provider of counseling in Scotland, known as The Spark, states, “The doctored reality often presented on social media has the potential to exacerbate feelings of isolation, loneliness, and anxiety. This can feed into a cycle of unrealistic social, physical and lifestyle expectations” (Gordon). As suggested, individuals are constantly comparing themselves to not just their peers, but their peers’ extremely curated, filtered, and increasingly glamorous social accounts. The reality is that a lot of these images are not a true reflection of people’s lives. Most feel pressured to appear like they have their life together, but in actuality, it is not all that perfect. This in turn causes the viewer to mimic the poser’s actions, portraying their own life as more than it is, sprouting a toxic domino effect of falsity and vanity from which some cannot escape.
It is clear that diet and fitness related posts on social media have an impact that can motivate people to change behaviors, ultimately creating a positive push. Unfortunately, much of this advice is problematic and can create unhealthy lifestyle choices that inflict harm. “Nutritionists are concerned with the fact that so much dietary advice shared on social media is conflicting” (Arnold). The fact that most fitness influencers on social media are not qualified to provide wellness advice, but post what seems to be factual information, along with an aesthetically pleasing feed, can make it very difficult to differentiate what is actually healthy. By following such diet or fitness blogs, social media content, as well as traditional media, can give the impression that everyone in the world is striving towards “healthy” eating or regular, excessive exercise. These feeds and groups foster the illusion that everyone has their life together and are “better” than you.

Using influencers and media to motivate oneself is one thing, but there is no quick fix with any supplement or short term diet/fitness routine. What continues to be the main foundation of all these faulty ways to be healthy is what has worked for decades, simply exercise and a well balanced diet. When indulging in the excitement of social media, it is important to keep your self-esteem in mind. Remember, social media is the highlight reel, not the behind-the-scenes.

References


Other Helpful Campus Resources

Counseling and Psychological Services
Location: Bell Tower East, Room 1867
Telephone: 805-437-2088
Hours:
Mondays, Tuesdays, Thursdays: 9 a.m. to 5 p.m
Wednesdays & Fridays: 10 a.m. to 5 p.m.

Services include: individual, couples, group therapy, crisis intervention, psychiatric consultation, 24/7 phone counseling, outreach, consultation, and other resources.

CAPS

TITLE IX

Office: Lindero Hall
Email: titleix@csuci.edu
www.csuci.edu/titleix

If you have experienced sexual violence, dating violence, domestic violence or stalking, access information about your rights and options for assistance. You can also complete a Title IX report online through the website.