NOVEMBER 2019 NEWSLETTER

WHO WE ARE
EVENTS & SOCIAL MEDIA
PEER SPOTLIGHT
MONTHLY HEALTH AWARENESS
S.M.A.R.T. GOALS
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
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)
Workshops & Presentations

- 11/4 - Mindfulness Monday
  - 8:30am - 9:30am @ Solano Hall 2210
- 11/12 - Adulting 101: Stress Less & Mindfulness
  - 1:00pm - 2:00pm @ Bell Tower 1530
- 11/13 - Adulting 101: Stress Less & Mindfulness
  - 2:00pm - 3:00pm @ Bell Tower 1530

Tabling & Outreach

- 11/6 & 11/7 - Flu Shot Clinic
  - 11/6 1pm - 3pm @ Sierra Hall
  - 11/7 9am - 11am @ Sierra Hall
- 11/21 - Great American Smokeout
  - 11:00am - 1:00pm @ Central Mall

Follow us on Instagram: @CI_Wellness
Follow us on Facebook: @CIWPE
I would describe myself as a person who enjoys to help others. I love volunteering in the community and spreading kindness with the people I meet. I am planning to go into public health because I think it is one of the most community centered ways to help those around you improve their health and awareness, especially for underserved areas and population.

**Describe What Wellness Means To You**

To me wellness incorporates 9 dimensions. These include physical, emotional, intellectual, interpersonal, cultural, spiritual, environmental, financial, and occupational wellness. All these internal and external forces contribute to your overall health and affect how you overcome tribulations. Attaining balanced wellness requires you to be mindful, caring and loving to yourself daily.

**About Me**

I would describe myself as a person who enjoys to help others. I love volunteering in the community and spreading kindness with the people I meet. I am planning to go into public health because I think it is one of the most community centered ways to help those around you improve their health and awareness, especially for underserved areas and population.

**FAVORITE QUOTE**

"Kindness is the language which the deaf can hear and the blind can see."  
- Mark Twain

**Hobbies**

Hiking, cooking, dancing, movie watching, and arts & crafts

**Major:** Health Science  
**Minor:** Developmental Psychology  
**Wellness Peer Educator**  
Certified August 2019
**National Alzheimer's Disease Awareness Month**

This is the most common form of dementia, accounting for 60-80% of all cases. Once symptoms become noticeable, Alzheimer's patients typically live an average of 8 years.

**National Epilepsy Awareness Month**

Over a lifetime, one in 10 people will have a seizure, and one in 26 will be diagnosed with epilepsy. Epilepsy is the fourth most common neurological disease.

**Bladder Health Month**

It is normal to go to the bathroom 4 to 8 times a day and no more than twice a night. Using tobacco is a major cause of bladder cancer.
**Type I Diabetes**

- Type 1 is when the body does not produce insulin
- 1.25 million Americans have it & 40,000 will be diagnosed this year.

**Type 2 Diabetes**

- Type 2 is the most common form of diabetes and it is when the body doesn't use insulin properly
- Some need medication or insulin to help manage

**Manage and Control Diabetes**

- Develop and maintain a healthy diet specific to your body's needs.
- Stay active! Find activities you love and do them as often as you can.

For more info [www.diabetes.org](http://www.diabetes.org)
BORDERLINE REMEMBRANCE EVENT

FRIDAY
NOV. 8TH
6 PM-9 PM
STUDENT UNION COURTYARD

A SPECIAL NIGHT OF FREE COUNTRY MUSIC

Questions? Contact the Student Union Information Desk at (805) 437-2622 or email student.union@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 accommodations@csuci.edu or call 805-437-3331 as soon as possible, but no later than seven (7) business days prior to the event.
The Basic Needs Program presents:

BASIC NEEDS & RESOURCE FAIR

Featuring resources that may fulfill your basic needs, mental health and wellness. Cooking demonstration in front of Islands Cafe.

WED. NOV. 20 | 11:00-2:00 PM
SOUTH QUAD
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 BACCHUS trained 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?! 

Call our office at (805) 437-3521 or visit us on the first floor of Arroyo Hall to make your appointment today! You'll meet with a certified wellness peer educator who will help guide you and keep you accountable!
Breathe!

Everyone knows that college life is stressful, right? Financial stress, working while going to school, relationship issues in the classroom, in the residence hall, with family; cultural challenges, a changing physical environment, to name a few. How do students respond? For some, it’s by exercising and eating a good diet. For others cramming for exams the night before works for them. Some students cope by working with a group on all of their assignments and sharing of life problems. There are students who cope by using alcohol and/or drugs. Some are so overwhelmed that they might think of killing themselves.

Before we look at coping through problem-solving, let’s think about the friends or roommates of ours that talk about wanting to die. They may talk about feeling hopeless and have no reason to live or are acting differently. Do you know how to respond? You are not a professional, so don’t worry about saying the wrong thing. It’s best to ask them if they want to talk to someone and if they do, to walk them over to the Counseling and Psychological Services Center (CAPS). Or if you are more concerned you can also call Campus Police. (See more resources at the end of this article.)

Now let’s look at how each of us can learn better ways to cope to avoid feeling overwhelmed. Start with this: Take a Deep Breath! Did you know that while you are taking a deep breath you cannot be worrying? Taking four or five deep breathes in a row, will really clear your mind to focus on something else. Here are some steps to take to see whatever challenges you face, in a new light, with a way out, a way to resolve them.

First, what is the problem? Ask yourself what is the most important thing that’s bothering me? This will be the first problem you will address. Next, what caused this problem? Can you go back in time to get an idea when this problem even started? It sometimes helps to do this especially when you learn that this problem is happening over and over whenever you …………………………………. (Fill in the blank). Let’s take an example: Jill’s most pressing problem is that she can’t keep up with assignments. What happens is that every time she gets into an argument with someone, she immediately get into her car and starts crying. She can’t do homework assignments because she is too emotionally upset.

The next step to coping with stress by resolving problems is to brainstorm at least 5 possible solutions. Why 5? There are actually endless ways to resolve problems but coming up with 5 is enough! For our example of Jill let’s consider five possible solutions: 1. Walk away from all arguments. 2. Write in a journal. 3. Do homework in the library. 4. Only keep friends that are supportive. 5. Go out for a run.

Next, try out the one solution you like best. If it doesn’t work, you have 4 more to try out. Each time that you try a solution, the final step is to decide if it worked or not. I challenge you to try this out. It takes less time than you think it might. If you’d like to share your solutions and experiences please send them to:

*If you want to help another student please ask them to email the National Suicide Prevention Lifeline: suicidepreventionlifeline.org or call: (800) 273-TALK (8255)

By Jean Marilyn Watkins, PsyD
Basic Needs & CARE Case Manager
Sleep hygiene is a variety of habits, practices, and routines that are necessary in order to have an adequate quality of nighttime sleep, and daytime alertness. High sleep quality is an essential factor in living a healthy lifestyle. Sleep causes a better mood, better academic performance, and helps us think more clearly and creatively. According to the Centers for Disease Control and Prevention, 35% of adults do not get enough sleep. 50-70 million Americans suffer from a sleep disorder. It is recommended that adults get at least 7 hours of sleep.

During sleep, the body cycles between non-REM sleep and REM sleep. REM stands for rapid eye movement. Non-REM sleep is divided into 4 stages. Each stage can last from five to fifteen minutes. After ninety minutes of sleep REM sleep occurs. REM sleep normally occurs every 90–120 minutes, about 4–5 times a night. Sleep deprivation limits the amount of REM sleep which then could compromise learning and memory.

Sleep deprivation can have many negative effects on the mind and body. According to the University of Georgia, college students get 6-6.9 hours of sleep per night. 70.6% of students report obtaining less than 8 hours of sleep. Sleepiness is defined as the inability in maintaining alertness during the major wake period of the day, resulting in unintended lapses into drowsiness or sleep. 50% of college students reported having daytime sleepiness and 70% reported attaining insufficient sleep.
There are many emotional and physical health risks associated with sleep deprivation. Many of the consequences of lack of sleep are: increased weight gain and obesity, increased mental health issues such as anxiety and depression, an increased rate of automobile accidents, and decreased performance in athletics. Heart and lung functions are also impacted by lack of sleep and it is associated with high blood pressure.

A lower GPA and decreased academic performance is also associated with sleep deprivation. Many college students pull all nighters to study for exams, however, this can be counterproductive. Recalling information, concentrating, and alertness decrease when an individual is sleep deprived. These skills are the skills needed to take an exam. Research has depicted that students who sleep eight hours or more a night had higher GPAs than those who only slept six hours or fewer.

Fatigue is a leading cause of car and truck accidents. Drowsy driving is a term used to describe operating a vehicle while fatigued or sleepy. According to the National Center for Biotechnology Information, almost 20% of all car crash accidents and injuries are associated with sleepiness. The National Highway Traffic Safety Administration estimates that between 2005 and 2009 drowsy driving was responsible for an annual average of 83,000 crashes. About 1 in 25 adults aged 18 years and older surveyed that they had fallen asleep while driving in the past 30 days.

There are many steps you can take to improve your sleep hygiene. These can include avoiding caffeine, alcohol, nicotine for four to six hours before sleep. Avoiding large meals close to bedtime and having a light snack 45 minutes before bed can prevent insomnia. Limiting daytime naps to 30 minutes can also help with better sleep hygiene. Being exposed to daylight during the day and avoiding bright lights in the evening can help quality of sleep. Even 10 minutes of exercise can help improve nighttime sleep quality. Going to bed at the same time each night and getting up at the time every morning, even on the weekends can help with sleep quality. Also, establishing a regular relaxing bedtime routine helps the body recognize it's bedtime. Following these tips could greatly improve quality of sleep and academic performance, as a result.

References
Over the past few weeks, vaping has been a main topic of conversation in many news outlets. There have been reported incidents of vaping-associated illnesses and even deaths. According to the Centers for Disease Control and Prevention (CDC), there have been 1,604 lung injury cases and 34 deaths as of October 22, 2019. Although there is still much we don’t know about vaping, new research has linked the use of e-cigarettes to the recent spate of lung illnesses. Many of the reported cases linking vaping to lung illness involved THC exposure, the psychoactive compound in cannabis. However, the CDC also reports the presence of “heavy metals like lead, volatile organic compounds, and cancer-causing agents” in some of these commercial and bootleg products. This has caused an outpouring of political attention in search of possible solutions to prevent even more vaping health incidents, especially due to their popularity among young people. Legislators and government agencies are taking action to stop the epidemic with many looking to ban vaping. Even the city council of Long Beach in California decided to ban flavored tobacco and vaping products. The president of the United States has also begun considering an overall ban of such products, and the FDA has begun to target vaping to decrease the overall impact on teenagers.

Along with all the drastic consequences related to this vaping crisis, those that support vaping feel that any proposed action to ban some vaping products is too extreme. Some believe that the government should only focus on preventing the production and use of bootleg products, as many believe the lung injuries may be primarily caused by bootleg products that
The epidemic we are facing now seems to be a repetition of history. In the 20th century, we were facing an epidemic among youth caused by cigarettes. Marketing was a primary culprit of youth cigarette use. Intending to attract young adults and children, many tobacco companies created commercials that appealed to these age groups. One example of this is the character of Joe Camel, created by the well-known cigarette company Camel in an effort to rebrand away from an older demographic and lost sales. Joe Camel brought in new customers, with reports indicating an increase in young cigarette users. This character became a cultural icon due to the cartoon being exhibited as a “cool and masculine guy,” becoming even more recognizable than Mickey Mouse among children.

Although the media is currently reporting on criticism of vaping, social media users are promoting the practice. Celebrities post pictures of themselves using these products in a way that portrays vaping as something cool to do, possibly influencing younger children. Vaping companies post advertisements in which they show users having fun with their products, according to the Truth Initiative. These advertisements, along with the fruity and sweet vaping liquids, may be encouraging young people to start using these products to find social acceptance. These products are made and marketed to taste unlike traditional cigarette products. This might facilitate young people becoming hooked on these products, as they don’t have to deal with the unpleasant tobacco flavor, but still are affected by the addictive properties of nicotine.

Many e-cigarettes or vaping liquids contain nicotine, a highly addictive agent also found in tobacco products. Risks of nicotine use in youth include addiction, mood disorders, and temporary and/or permanent changes to the brain involving impulse control, attention, and learning. Although it may or may not be helpful for some smokers looking to quit traditional cigarettes, vaping can lead those who have never smoked a traditional cigarette to become susceptible to this practice in the future.

"Many e-cigarettes or vaping liquids contain nicotine..."
There may be conflicting feelings about the controversial topic of banning vaping products. Supporters of vaping may feel their right to enjoy a product that they consider safer than cigarettes is being taken away. However, just like with cigarettes in the past, today we are faced with not knowing the effects vaping will have on our bodies. We must decide whether to stay on the side of caution or potentially risk our health for a product called “safer than.”

References


Campus Resources

**CAPS**
Counseling & Psychological Services  
Location: BTE 1867  
Phone: (805) 437-2088  
Services: Egg Chair, Relaxation Room, Counseling, Referrals, 24/7 Hotline

**Student Health Services**  
Location: Yuba Hall  
Phone: 805-437-8828  
Services: Provides CI students with treatment for common injuries, illnesses, and other medical issues.

**DASS**
Disability Accommodations & Support Services  
Location: Arroyo Hall 210  
Phone: (805) 437-3331  
Services: Empowers and supports students with physical, learning or psychological disabilities
Off-Campus Clinics & Urgent Care

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

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