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)
November

Follow us on Instagram: @CI_Wellness

Follow us on Facebook: @CIWPE
Financial Wellness Workbook equipped with resources ranging from apps and websites to books and local sources + Budgeting Templates

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

Financial Wellness Workshop
The first and third Tuesday of every month
Time: 12:00pm - 1:00pm

Register today at: https://tinyurl.com/y6rqwggd
Describe what wellness means to you

To me, wellness is a state of being, it is a journey, without a destination. It is so much more than what your body looks like, it encompasses every aspect of what it is to be alive. This means body, mind, soul and so much more. Wellness incorporates our social life, financial life, emotional life, it asks us whether or not we feel fulfilled. Finding wellness to me is the most important thing we can do with our lives.

About me

Growing up, my parents weren't well. There were health, mental, emotional, financial and social issues that all affected them. When you grow up watching people you love walk their bodies and lives through a certain kind of disintegration, it sort of sets the tone for the rest of your life. Or so it did with me and that's where my obsession with all things wellness began. This year I completed a certification to teach yoga, began a doula training and decided to go back to school for health sciences.

Hobbies

Hiking, yoga, martial arts, reading, and being outside.

Favorite Quote

Slow is smooth, Smooth is fast
November Health Awareness Topics

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.

World Antibiotic Awareness Week–November 18-24,
Antibiotics save lives and are critical tools for treating a number of common and more serious infections, like those that can lead to sepsis. However, at least 30% of the antibiotics in U.S. outpatient settings are prescribed unnecessarily.

National Healthy Skin Month
Your skin is your body's largest organ, so it's important to take good care of it. November is National Healthy Skin Month; however, you can learn to keep your skin healthy year-round by following these tips.
Did you know antibiotic resistance is one of the most urgent threats to the public’s health?

Here are some facts you should know to Be Antibiotic Aware:

1. Antibiotics can save lives. When a patient needs antibiotics, the benefits outweigh the risks of side effects or antibiotic resistance.

2. Antibiotics do not work on viruses, such as those that cause colds, flu, bronchitis, or runny noses, even if the mucus is thick, yellow, or green.

3. Antibiotics are only needed for treating infections caused by bacteria, but even some bacterial infections get better without antibiotics, including many sinus infections and some ear infections.

4. Antibiotics will not make you feel better if you have a virus. Respiratory viruses usually go away in a week or two without treatment. Ask your healthcare professional about the best way to feel better while your body fights off the virus.

Info from the CDC Website, click to learn more
As resistance grows to a wider range of drugs, we have broadened the focus of this campaign from antibiotics to all antimicrobials. Every year, World Antimicrobial Awareness Week aims to increase awareness of global antimicrobial resistance (AMR) and to encourage best practices among the general public, health workers and policy makers to stop the further emergence and spread of drug-resistant infections.

**Why is AMR increasing?**

**COVID-19** – The misuse of antibiotics during COVID-19 pandemic could lead to accelerated emergence and spread of antimicrobial resistance. COVID-19 is caused by a virus, not by a bacteria and therefore antibiotics should not be used to prevent or treat viral infections, unless bacterial infections are also present.

Misuse and overuse of antimicrobials in humans, animals and plants are the main drivers in the development of drug-resistant infections. Poor medical prescribing practices and patient adherence to treatment also contribute. For example, antibiotics kill bacteria, but they cannot kill viral infections like colds and flu. Often they are incorrectly prescribed for those illnesses, or taken without proper medical oversight. Antibiotics are also commonly overused in farm animals and agriculture.
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!"
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!

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!
According to the World Health Organization, diabetes is a chronic disease, which means that it is a lifelong lasting illness that affects how our bodies are able to produce and store energy through metabolizing glucose, and then being able to utilize that glucose to create longer lasting energy for our bodies. In individuals that are diabetic, their pancreas are not able to produce the sufficient amount of insulin, or the body is not responding to the insulin that their bodies need to be able to offset their glucose levels in their bloodstream. Therefore, a key and distinct characteristic of diabetes is being diagnosed with high blood sugar, which means that in that individual’s blood stream there is a higher concentration of glucose then normal, and that is because their bodies are unable to produce a high amount of insulin. This is seen in all forms of diabetes such type 1, type 2, gestational, and prediabetes.

I believe that it is important to understand the causes of this condition because diabetes still acts as the seventh leading cause of death in the United States. It is referred to as the “silent killer” because this illness will not present itself in a detrimental way until it is too late (World Health Organization, 2019). This is now not only common in adults, but there has been a spike in children diagnosed with diabetes all around the country. he American Diabetes Association’s (ABA’s) study titled “Type 1 Diabetes in Children and Adolescents: A Position Statement by the American Diabetes Association” by Jane L. Chiang, David M. Maahs, Katharine C. Garvey, Korey K. Hood, Lori M. Laffel, Stuart A.
Maahs, Katharine C. Garvey, Korey K. Hood, Lori M. Laffel, Stuart A. Weinzimer, Joseph I. Wolfsdorf, and Desmond Schatz found that individuals who developed type 2 diabetes as children experienced worsening symptoms such as kidney failure and dialysis, blindness, amputations, and miscarriages in their twenties (Chiang et al., 2018).

As a person who wants to work in the health and wellness industry and become a mother one day, diabetes, and especially childhood diabetes, needs to be talked about more. Diabetes is quickly negatively affecting many adults and children in the United States. As a child, your biggest concern should be making friends and doing well in school, not trying to combat life threatening symptoms of a preventable disease. I have had family members pass away because of this disease, and I do not want to see children and young people start to follow in their footsteps. So I encourage each and every one of you to learn about diabetes, and how we can prevent our loved ones from developing this condition to overall create a happier and healthier community.

References


Article by: Kate Powers, Wellness Peer Educator
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/](https://www.csuci.edu/caps/)

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/](https://www.csuci.edu/dass/)

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/](https://www.csuci.edu/advising/)

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/](https://www.csuci.edu/careerdevelopment/)

Career Development 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.
I am driving in a car. The make, the model, and owner of the car is unknown to me. Abruptly the car veers towards the right and off the road. As I look below me and see the calm, vastness of a lake, my car suddenly develops wings and becomes a flying car? Instantaneously, I realize... it was just another COVID dream. These days, there seems to be numerous dreams and disruptions to my sleep in general. As the COVID-19 pandemic continues to plagues humanity, why does it seem that the virus also plagues my dreams and sleep?

Sleep is essential to body and mind. When we sleep, our breathing becomes more regulated and our brains actively work to balance both making room for incoming data and short- and long-term memories. According to Sigmund Freud, the content in our dreams is derived from experience. We now live in a world where many commutes consist of traffic on the stairs and the gift of toilet paper is... priceless. Our news reports reflect the staggering statistics of lives lost to COVID, the rise of unemployment and job insecurity, and a new way of living that involves socializing in an online world. Freud, these are the experiences that we carry with us before we go to bed at night.
Get grounded—Focus on a section in your room, a wall, a plant, a comfortable blanket. Focus on a sound, a smell, or touch that provides comfort and orients the self to the present moment.

Before falling asleep, limit viewing habits.

Consider writing down your dream and trying to fall back asleep again. You can always come back to processing the dream at a later time.

Check out your space and see if there are ways to create a space better zoned for sleeping (e.g., earplugs, sun blocking curtains, room temperature).

Be mindful of stress levels and how self-care can reduce stress levels and improve sleep.
I don’t know when my next dream involving flying cars, missing a scheduled Zoom meeting, or riding a rollercoaster will be. Whatever the dream is, I can continue to learn what activities and things I can do to better help create life satisfaction and sleep well at night. And my sleep, that is truly priceless. For more information about sleep, why sleep is so important, and how dreams impact sleep, visit www.sleepfoundation.org.

References

Freud.S. The Interpretation of Dreams.
