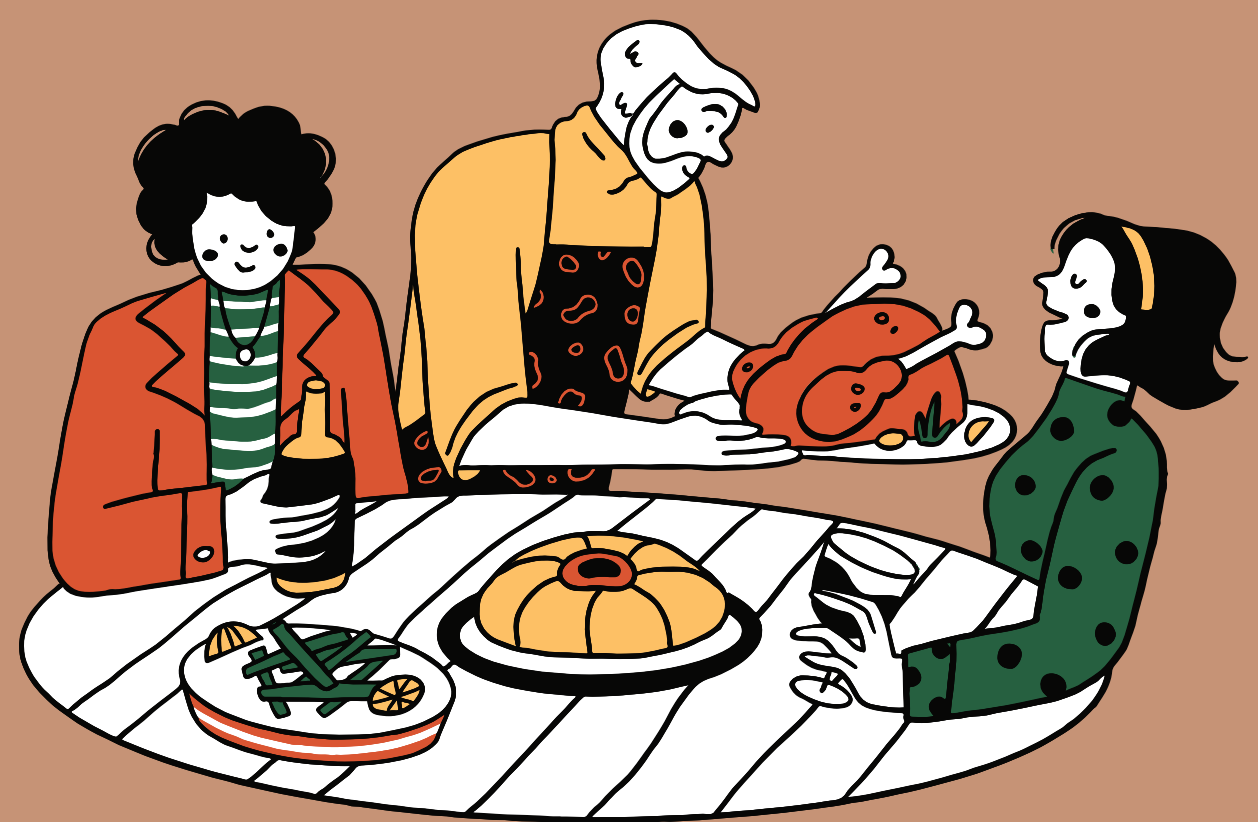
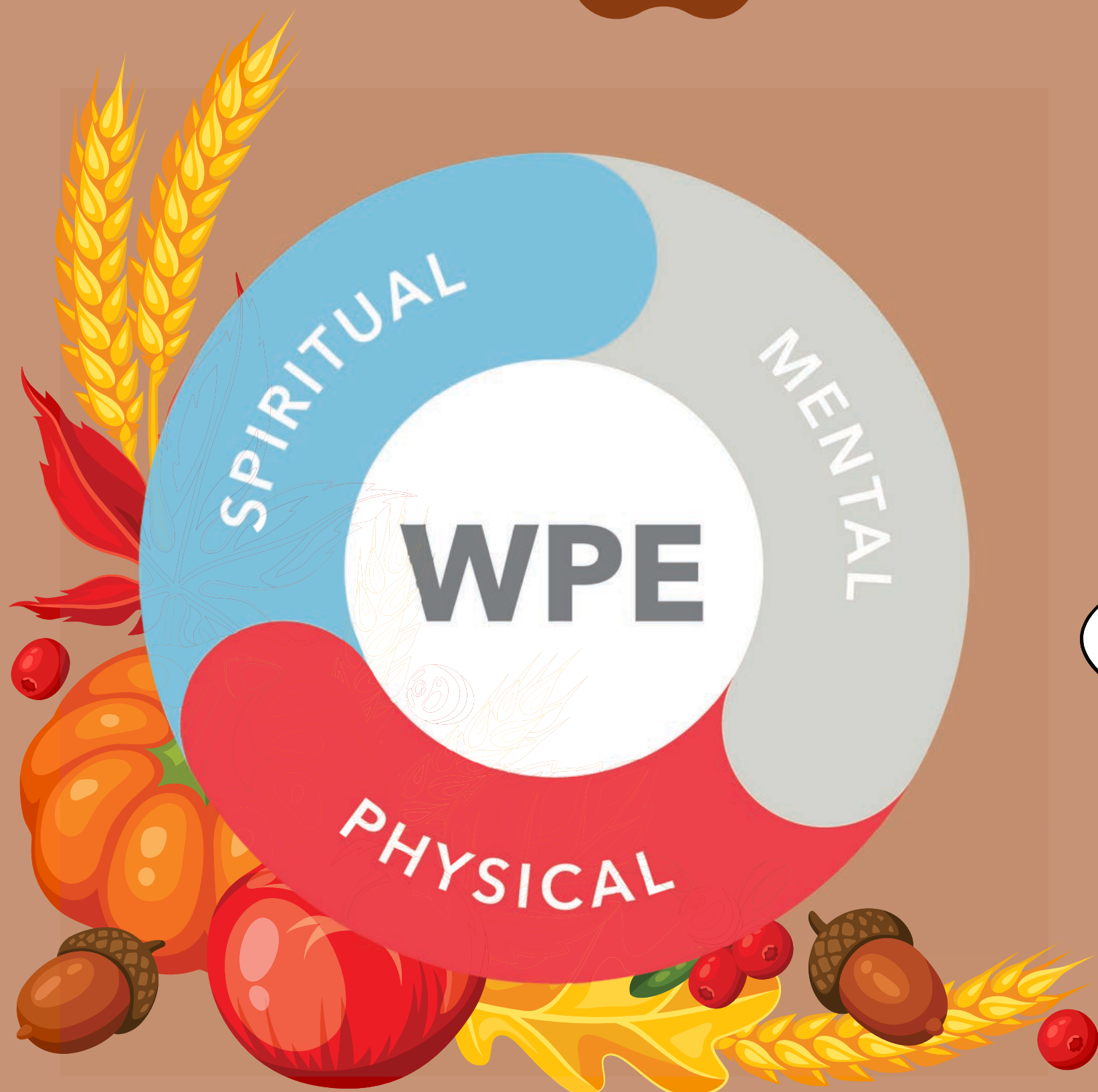


NOVEMBER 2021

newsletter



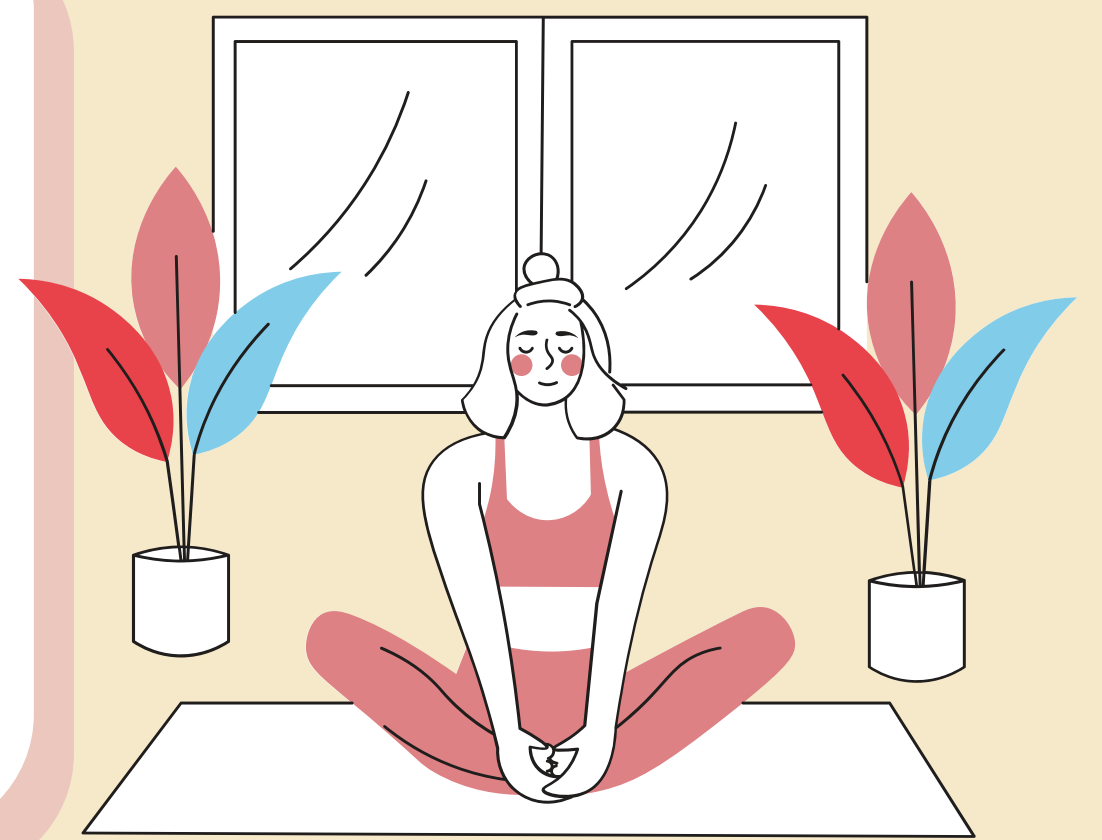
Index

WHO WE ARE	3
EVENTS & SOCIAL	
MEDIAS	4
PEER SPOTLIGHT	6
NOVEMBER HEALTH	
AWARENESS TOPICS	7
SMART GOALS	10
OPINION ARTICLE	12
CLINICIANS CORNER	15

WHO WE ARE

Purpose

WPE utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental, and spiritual well-being.

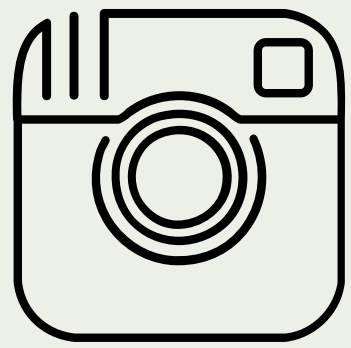


What We Do

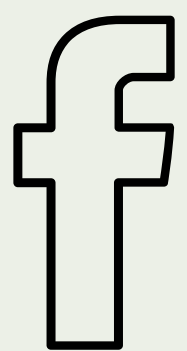
- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to online resources
- Hosts campus-wide & national awareness campaigns
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)

EVENTS & SOCIAL MEDIA

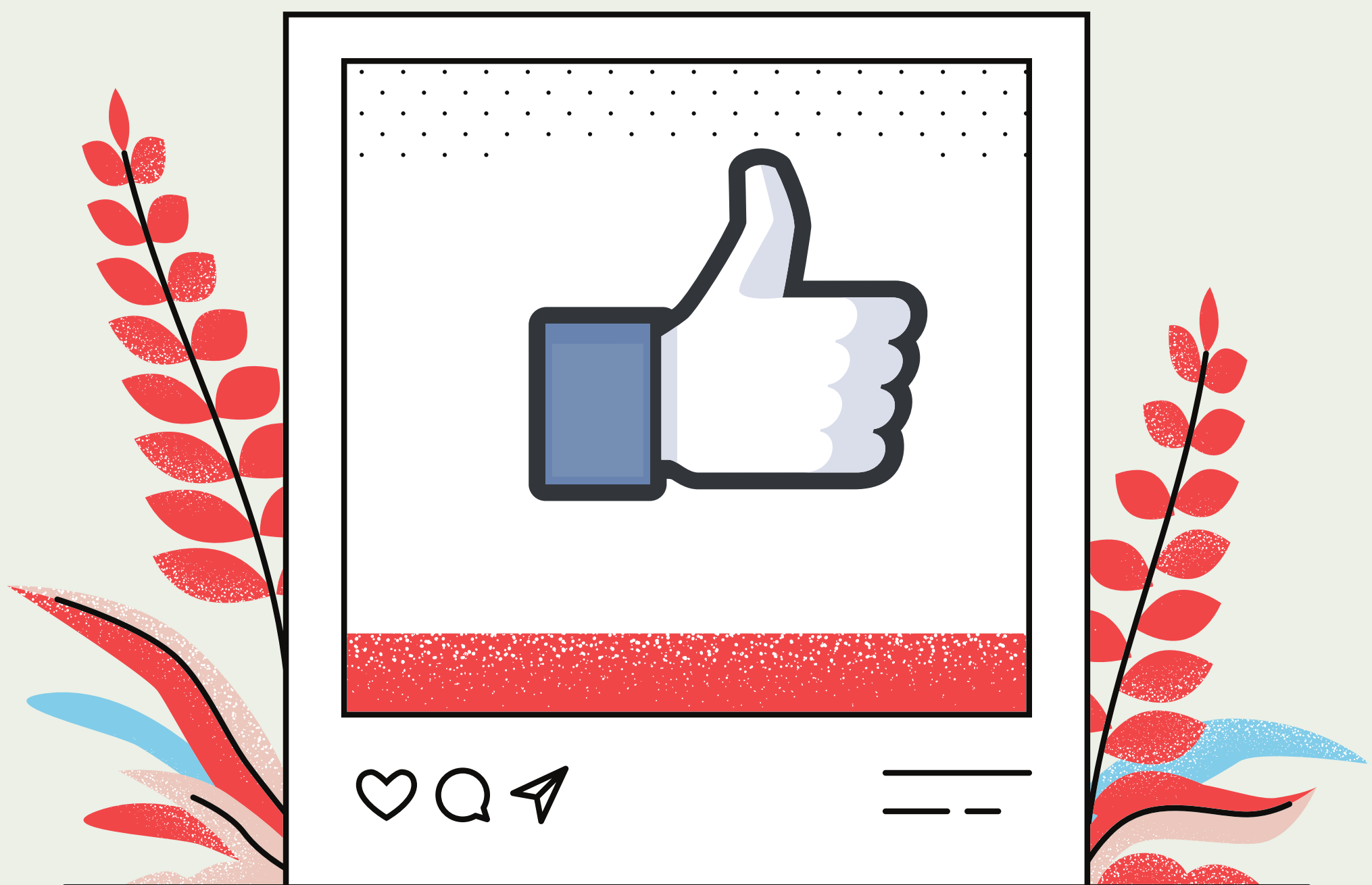
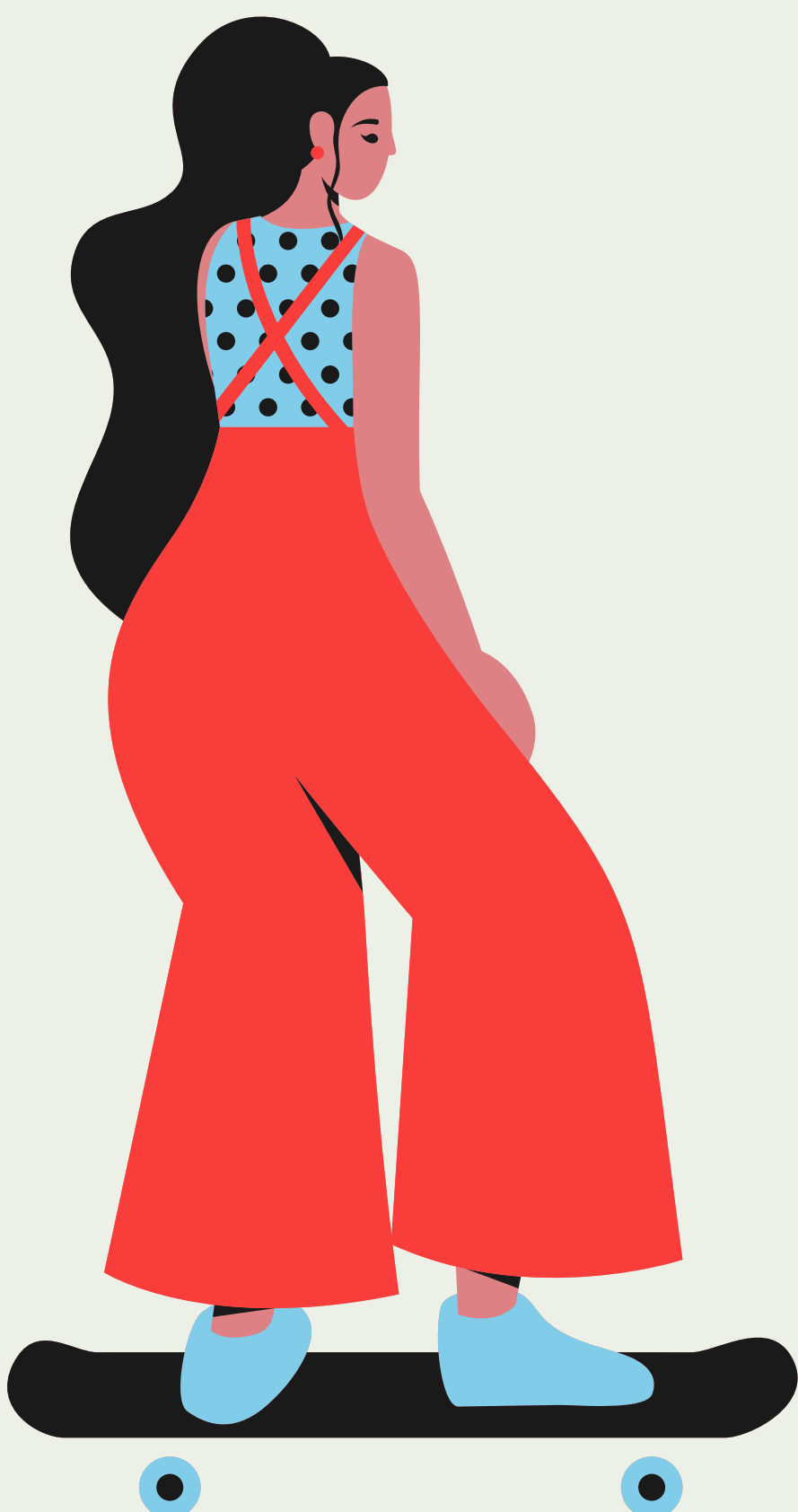
• November •



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



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



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!





FINANCIAL WELLNESS WORKSHOP

The first and third Tuesday of every month

November 3rd & 17th

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

RSVP NOW:

[HTTPS://CSUCI.QUALTRICS.COM/JFE/FORM/SV_ELFGO_HWI5INQZTS](https://csuci.qualtrics.com/jfe/form/sv_elfgo_hwi5inqzts)

Receive!

**FINANCIAL WELLNESS WORKBOOK
EQUIPPED WITH RESOURCES RANGING FROM
APPS AND WEBSITES TO BOOKS AND LOCAL
SOURCES
+
BUDGETING TEMPLATES**



PEER SPOTLIGHT

**DALLAS
MERCADO**

**MAJOR:
LIBERAL STUDIES &
HEALTH SCIENCE
WELLNESS PEER EDUCATOR**



About me

Hey Hey! A little about me. I'm a mom to the coolest kids! I will be graduating this fall! I work specifically with parenting outreach here on campus!

Describe what wellness means to you

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving. ... Each one has an impact on your physical and mental health.

Hobbies

Running my kids to all their sporting events, reading and traveling!

Favorite Quote

Knowledge is something no one can take away from you!

November

HEALTH AWARENESS TOPICS



CLICK THE LINK IN THE TITLES FOR MORE INFORMATION

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

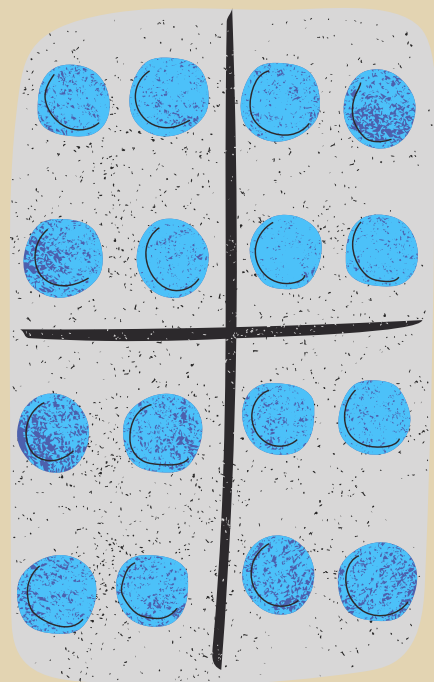
Antibiotics save lives and are critical tools for treating a number of common and more serious infections, like those that can lead to sepsis. However, at least 30% of the antibiotics in U.S. outpatient settings are prescribed unnecessarily.

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



WORLD *Antibiotic* AWARENESS WEEK



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.

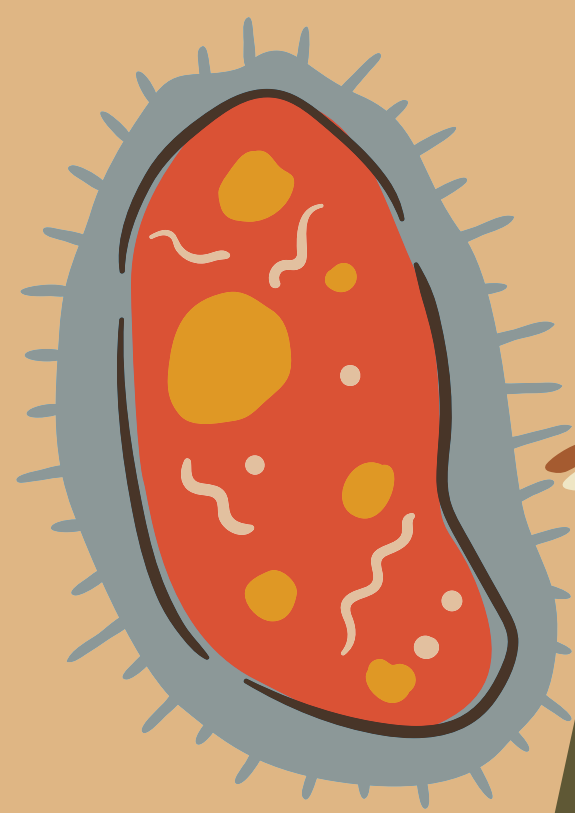
3

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.

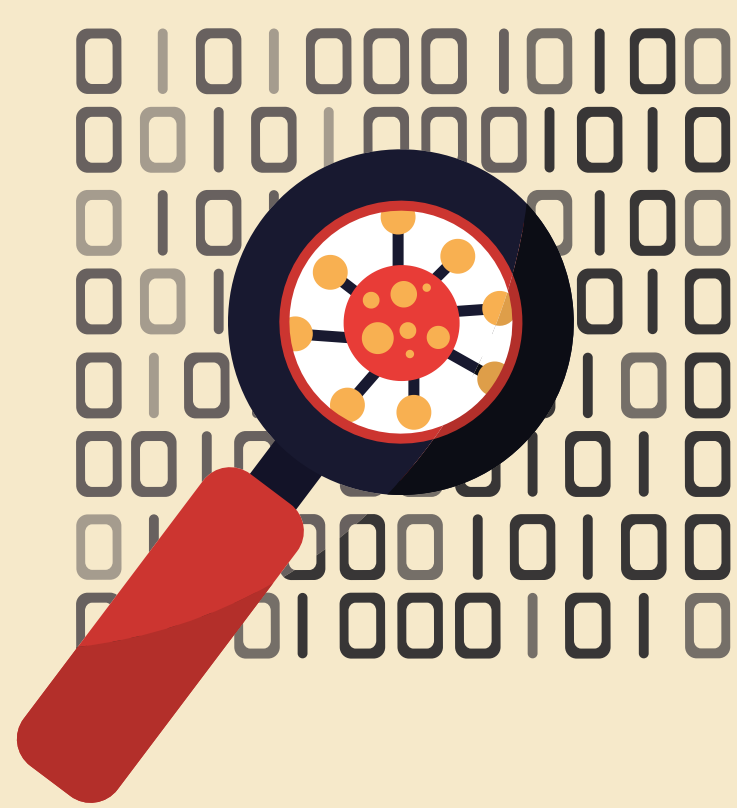




WORLD Antimicrobial AWARENESS WEEK



ANTIMICROBIALS: HANDLE WITH CARE UNITED TO PRESERVE ANTIMICROBIALS



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?

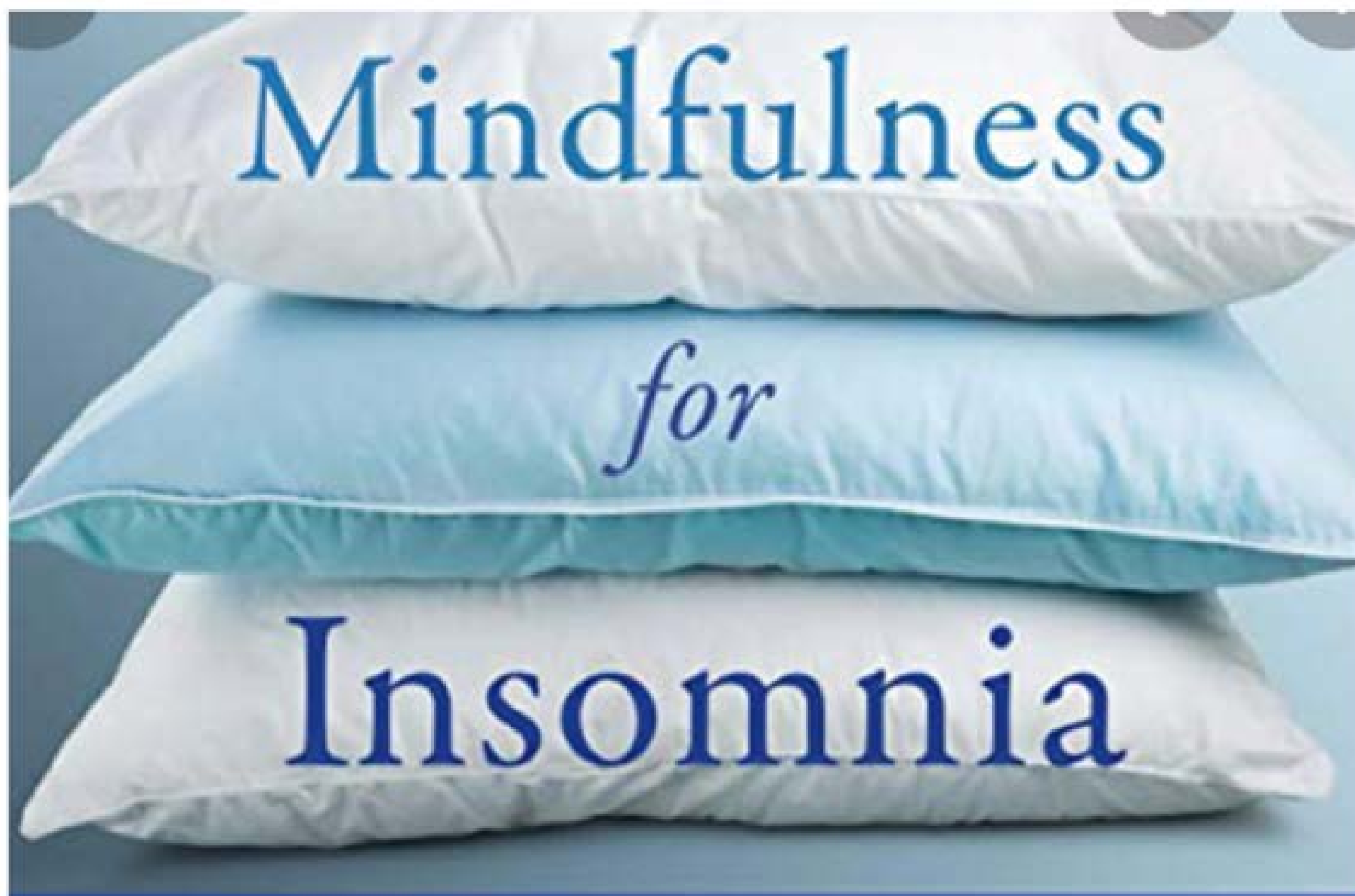


COVID-19 – The misuse of antibiotics during COVID-19 pandemic could lead to accelerated emergence and spread of antimicrobial resistance. COVID-19 is caused by a virus, not by a bacteria and therefore antibiotics should not be used to prevent or treat viral infections, unless bacterial infections are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





Mindfulness for Insomnia:
Behavioral Changes to Reduce
Insomnia and Sleep Difficulties.

Mondays, 5:00pm- 6:00
pm(November 1 - December 6,
2021) Facilitated by Grenisha
Holmes , LCSW, CCATP, CMIP.

Register via CAPS Website



Veterans

Drop-in Support Group

**Conversation and
Camaraderie**

**Bi-Monthly beginning Thursday, October 7
from 10:00 - 11:00 a.m. in BTE 1867**

Contact: 805-437-2088 CAPS@csuci.edu

No Appointment Necessary



**COUNSELING &
PSYCHOLOGICAL
SERVICES**

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

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!

PEER EDUCATOR COLUMN

OPINION



National Healthy Skin Month

Article by: Haley Begun, Wellness Peer Educator

According to Skin Cancer Foundation: 1 in 5 Americans will develop skin cancer by the age of 70 and more than 2 people in the U.S. die of skin cancer every hour (SCF, 2021). Many people don't realize that skin cancer is the NUMBER ONE most common form of cancer in the United States and one of the most common cancers worldwide. Each year, more new cases of skin cancer are seen and diagnosed in the U.S. than new cases of breast, prostate, lung, and colon cancer combined! (US EPA, 2020). This daunting data emphasizes the importance of maintaining healthy skin. Therefore, by learning about the causes and risk factors of skin damage and cancer, you can become better aware of how to protect yourself within areas of control. The causes and risk factors for skin cancer consist of: A lighter natural skin color, skin that burns, freckles, reddens easily, or becomes painful in the sun, blue or green eyes, blond or red hair, certain types and a large number of moles, a family history of skin cancer, a personal history of skin cancer, and older age (CDC, 2021). The most severe risk is unprotected and prolonged exposure to UV radiation as UV rays cause damage to skin cells. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. Most skin cancers are caused by too much exposure to these forms of ultraviolet (UV) light (SCF, 2019). Additionally, UV rays are strongest between the hours of 10 am and 4 pm, so it's best to limit your sun exposure during those hours (CDC 2021). Overall, through making sun protection an everyday habit, you can still enjoy the outdoors safely, avoid getting a sunburn, and lower your skin cancer risk.

PEER EDUCATOR COLUMN

OPINION



National Skin Awareness Month

Melanoma is the most serious and deadly form of skin cancer, and is now one of the most common cancers among adolescents and young adults ages 15-29. It begins in the epidermal cells that produce melanin (ACS 2019). Melanoma is almost always curable when detected in its early stages. However, melanoma accounts for about three percent of skin cancer cases and causes more than 75 percent of skin cancer deaths. UV exposure and sunburns, particularly during childhood, are risk factors for the disease (US EPA, 2019). However, not all melanomas are exclusively sun-related—other possible influences include genetic factors and immune system deficiencies. Non-melanoma skin cancers are less deadly than melanomas. Nevertheless, they can spread if left untreated, causing disfigurement and more serious health problems (SCF 2021). One important way to stay informed about the conditions of your skin is to perform regular self skin cancer exams. The following are possible signs of skin cancer, and should be checked by a doctor (SCF 2021):

- Any changes on the skin, especially in the size or color of a mole, birthmark, or other dark pigmentation
- Unexplained scaliness, oozing, or bleeding on the skin's surface
- A spot on the skin that suddenly feels itchy, tender, or painful

National Skin Awareness Month draws attention to the causes and risks of skin related cancers and the importance of maintaining healthy skin to last a lifetime!

The take away from this article should not be to fear the sun. Minimal sun exposure does have benefits for your health, including stronger bones, better sleep, improved mood, and a healthier immune system. Overall, safety first with sunscreen before you have fun in the sun!

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The Skin Cancer Foundation official website. The Skin Cancer Foundation. (2021, October 11). Retrieved November 1, 2021, from <https://www.skincancer.org/>.

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Ultraviolet (UV) Radiation. (2019, July 10). Ultra-Violet Radiation. Retrieved November 1, 2021, from <https://www.cancer.org/cancer/cancer-causes/radiation-exposure/uv-radiation.html>

What Are the Risk Factors for Skin Cancer? | CDC. (2021, April 28). Center for Disease, Control and Prevention. https://www.cdc.gov/cancer/skin/basic_info/risk_factors.htm

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

gratitude- it's easier than you think

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

It can be difficult to focus on the positive during stressful times in your life, whether you're worried about exams, trying to balance work and school, or experiencing challenges in your personal relationships. As the end of the Fall 2021 semester approaches and fall and winter holidays creep closer, it's more important than ever to think about the parts of our lives we are proud of and grateful for. Practicing gratitude – focusing on the positive things in your life and expressing thanks for them - is an important element of building healthy relationships and developing emotional resilience. Dr. Robert A. Emmons of UC Davis is one of the leading experts on gratitude – his studies have shown that practicing gratitude has many positive effects on both your mental and physical health and wellbeing, including higher levels of optimism and positive feelings, stronger immune systems, lower blood pressure, and better, more restful sleep. Practicing gratitude can also positively impact your social life and relationships, as it's associated with increases in expressions of compassion and generosity.

There are many ways to incorporate gratitude into your daily or weekly routine. A few suggestions include:

- **Keeping a gratitude journal.**
- **Write down good things that happen to you, compliments or positive feedback you receive, or elements of your life that you are grateful for on a given day.**
- **Meditate.**
- **Take the time to breathe and focus inward and experience the present moment without attachment or judgment. A focus word or sound can be helpful in staying grounded, or you can choose to focus on something you are grateful for at that moment.**

CLINICIAN'S CORNER

Gratitude- it's easier than you think

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

- **Pray.**
- **If you are religious, take a moment to pray and express thanks for the positive things in your life.**
- **Tell someone else thank you.**
- **Whether in person, on the phone, by email or text message, thank someone in your life.**
- **For extra impact, try writing a letter or sending a thank you card in the mail.**
- **Let them know you appreciate them it might be for something they've done, or just for being who they are.**

It may take some time and effort to incorporate a gratitude practice into your life, but studies show it is well worth the effort. To keep with the month's theme of 'giving thanks,' and to give some examples of what practicing gratitude can look like, our CAPS clinic staff wanted to offer up some of the reasons they are grateful for the work they do, and the opportunities they have to work with and support you and the CI campus community.

Grenisha Holmes, LCSW, CAPS Clinician: "I am grateful for my life experiences, good, bad, and ugly because they have helped me to be able to relate, connect and see all those students and clients who have felt unseen and unheard for far too long. I am grateful to be able to give students a place to feel safe and heard when far too long their voices have been stifled due to social and systemic racial inequities. I continue to hope all students find safety when coming to CAPS and can achieve their goals as they matriculate through the university setting."

Jen Maravola, APCC, CAPS Clinician: "I am thankful for the opportunity to work with students at a transformative moment in their life and provide support."

CLINICIAN'S CORNER

Gratitude-it's easier than you think

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

Dr. Kirsten Olson, CAPS Director: “I am grateful to work in a community that values the mental health of our students and understands that well-being is critical to academic success. I am also thankful that I have had mentors who have guided me throughout my academic career and helped me in the ways that I can now support other students.”

Jared Needham, Clinical Trainee: “I am grateful for a positive training site which fosters individual growth and acceptance, and the ability to work with a dynamic team of other clinicians who truly value meeting the needs of the students we serve.”

Stacy Udolph, LCSW, CAPS Clinician: “I am grateful for my many years at CSUCI and watching our CAPS clinic grow so that we can serve more incredible students.”

Lezli Ballesteros, CAPS Staff: “I am incredibly grateful for the opportunity to serve the CI student population, especially our BIPOC, first-generation, and transfer students. May you all thrive on your higher ed journeys!”

Rebecca Slocum, CAPS Staff: “I am grateful for the vibrant energy young people bring to a college campus, and CI is no exception – I love working with our brilliant, capable students, and I am so thankful I get to watch them move mountains.

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, or by calling 805-437-2088 to access the CAPS front desk and 24/7 phone counseling

