October 2020

Wellness Promotion & Education

October

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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)
Follow us on Instagram: @CI_Wellness

Follow us on Facebook: @CIWPE
Financial Wellness Workshop

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

Register today at:
https://tinyurl.com/y6rqwggd

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

Receive!

Financial Wellness Workbook equipped with resources ranging from apps and websites to books and local sources

Budgeting Templates
Describe what wellness means to you

To me, wellness is feeling my best mentally and physically. I focus a lot on stretching or doing yoga in the morning because it is the one time of day where I can sit peacefully and listen to my body. During this time I am able to focus on me and begin my day in a calming, refreshed way. Even if I am super busy throughout the day, I find 10 minutes to do some minor stretching and it feels great!

Hobbies

My hobbies include hiking or running, yoga, listening to music, and watching movies.

Favorite Quote

‘What’s meant to be will be’
October Health Awareness Topics

**National ADHD Awareness Month**
Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting both children and adults around the globe.

**Breast Cancer Awareness Month**
October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease.

**National Domestic Violence Awareness Month**
October is National Domestic Violence Awareness Month - a time established to draw attention to this unspeakable crime and continue efforts to raise awareness and stop the violence.

**Health Literacy Month**
Health Literacy Month is a time for organizations and individuals to promote the importance of understandable health information.

**National Health Education Week—October 19-23**
NHEW is focused on increasing national awareness on major public health issues and promoting a better understanding of the role of health education.

**Collegiate Alcohol Awareness Week—October 18-24**
National Collegiate Alcohol Awareness Week brings campuses together to improve awareness and responsibility where alcohol consumption is concerned.
1 in 8 women will be diagnosed with breast cancer in their life time.

Cancer grows when a cell’s DNA is damaged, but why or how that DNA becomes damaged is still unknown. It could be genetic or environmental, or in most cases, a combination of the two. But most patients will never know exactly what caused their cancer. However, there are certain established risk factors that are associated with breast cancer.

https://www.nationalbreastcancer.org/breast-cancer-risk-factors
**How to Perform a Breast-Self Exam**

1. Use the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast/armpit area. Feel for any lump, thickening, or hardened knot.

2. Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipple. Next, rest your palms on your hips and press firmly to flex chest muscles. Look for any dimpling, puckering, or changes.

3. When lying down, the breast tissue spreads out evenly. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in circular motions. Also, squeeze the nipple and look for any discharge or lumps.

For more Info
www.nationalbreastcancer.org
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!
ADHD IS A COMMONLY MISUNDERSTOOD DIAGNOSIS.
It is typically made in childhood, but can also be diagnosed in one’s adult life, when symptoms can increasingly become to interfere with work and personal life. Early symptoms include being easily distracted, impulsive, and highly active, and only when symptoms are severe and persist enough to affect academic and personal life is a diagnosis necessary. For older children and adults, the best treatment is often a combination of behavioral therapy and medication (Center for Disease Control and Prevention [CDC], 2020). For children under 6 years of age, experts recommend that the symptoms be treated with behavioral therapy before trying medication (CDC, 2020). Children with ADHD may not get the positive attention their peers do and are more likely to misbehave and be punished due to their unique symptoms. There is a cloud of myths surrounding ADHD, making its treatment more difficult to attain. The diagnosis can be particularly tricky for adults and students entering college, as they now have to learn new strategies for managing academics, social pressures, and personal situations.

UNDERSTANDING THE SYMPTOMS
can help lead to effective treatment. A child with ADHD might: daydream a lot; forget or lose things often; squirm or fidget; talk too much; make careless mistakes or take unnecessary risks; have a hard time resisting temptation; have trouble taking turns; have difficulty getting along with others. (CDC, 2020). In adults, ADHD interferes with daily functioning. The main facets include difficulty
paying attention, impulsiveness, and restlessness (CDC, 2020). Many adults are not aware that they have it— “they just know that everything can be a challenge” (Mayo Clinic, 2019). Adult ADHD symptoms may include impulsiveness; disorganization and problems prioritizing; poor time management skills; problems focusing on a task; trouble multitasking; excessive activity or restlessness; poor planning; low frustration tolerance; frequent mood swings; problems following through and completing tasks; hot temper; and trouble coping with stress (Mayo Clinic, 2019).

**THERE ARE THREE TYPES OF ADHD**

The diagnosis depends on which symptoms are most apparent. These include predominantly inattentive presentation, predominantly hyperactive-impulsive presentation, and combined presentation (CDC, 2020). Symptoms may change over time, as may the diagnosis. Causes of ADHD are unclear, but research does persist (Parekh, 2017). Factors that are likely involved in the development of ADHD may include genetics, environment, and problems during development (National Institute of Health [NIH], n.d.). ADHD tends to run in families and scientific studies indicate that genes may play a role. Some environmental factors may pose a risk for ADHD such as lead exposure while pregnant or to a child, which is found mainly in paint and pipes in older buildings. Problems with the central-
nervous system may develop if the mother smokes, drinks alcohol, or uses drugs during pregnancy. Other risks for ADHD include premature birth, low birth weight, and brain injuries (NIH, n.d.).

**ALMOST EVERYONE EXPERIENCES SOME SYMPTOMS**
that are similar to ADHD at some point of their lives. However, if symptoms are sudden, they may be due to another condition. ADHD, in particular, can typically be traced back to childhood (Mayo Clinic, 2019). The diagnosis of ADHD can also be difficult because some symptoms of ADHD can mirror other conditions, including anxiety or mood disorders. Individuals with ADHD often have at least one other mental health condition, for example depression or anxiety (NIH, n.d.). Coexisting conditions may include mood disorders, anxiety disorders, other psychiatric disorders (personality disorders, substance abuse disorders), and learning disabilities (Mayo Clinic, 2019). The presence of a coexisting condition is termed a comorbidity (Anxiety and Depression Association of America [ADAA], n.d.) Therefore, diagnoses of this nature are complex and are not as simple as saying “everyone has ADHD,” which is not true.

**THERE ARE SEVERAL OPTIONS FOR TREATMENT.**
These include psychotherapy, psychosocial interventions, and medication (NIH, n.d.). Stimulant or non-stimulant medication can be used. Stimulants increase dopamine and norepinephrine in the brain which engage in thinking and attention (NIH, n.d.). Non-stimulants can improve focus, attention, and impulsivity.

Article by: Elle Silvestrov, Wellness Peer Educator
National ADHD Awareness Month

Although not approved by the FDA, sometimes antidepressants are used either alone or in conjunction with a stimulant for the treatment of ADHD. Behavioral therapy is a type of therapy that recruits the individual to make changes to his or her behavior. Cognitive behavioral therapy can improve focus and concentration, by targeting thought patterns. Family and marital therapy can help families deal with challenging behaviors and encourage problem-solving. Parenting skills training (behavioral parent management training) teaches parents how to use positive feedback. It is important to note that ADHD is not the result of poor parenting. Stress management techniques and support groups can also be used for symptom management. ADHD is a complex diagnosis and with proper care, one can live the life they want to live by managing their symptoms effectively.

Article by: Elle Silvestrov, Wellness Peer Educator

References


**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/
I could go on to list the many other lives taken or irrevocably changed by systemic racism and police brutality. Black Lives Matter (BLM) is not just a response to senseless killings, a movement or part of some required diversity training in response to the protests. BLM affirms that the violence, killings, racism, and oppression of Black lives has to stop. BLM is about acknowledgement of the injustices and inequalities that impact every facet of Black lives from education to housing and beyond. BLM is about taking actionable steps towards the change and growth needed to affirm that not only do Black Lives Matter but that our actions speak louder in affirming these words.

Below are a couple of techniques and resources designed to help individuals get started in taking actionable steps toward change and growth. While this article is not an exhaustive list of resources and tools, it is meant to be a helpful beginning for anyone open to supporting BLM.
CLINICIAN’S CORNER
Black Lives Matter-What Can I do?
Article by: Kristina Rodriguez, Psy.D, CAPS Clinician

ACKNOWLEDGEMENT
I have biases. I have learned and developed stereotypes and prejudices over time. According to Verna Myers’ Ted Talk: “How to Overcome Your Biases”, a path to overcome biases begins when we can stop denying that individuals have them. For the full Ted Talk, click the link above.

1. EDUCATE
I have the power to educate myself about BLM. Through Ted Talks, literature, articles, media, and conversation with others, I can begin to understand my own biases and how they contribute to systemic racism. Although it may seem overwhelming and hard to know where to start, there are a variety of resources and individuals are available. For starters, check out this link.

2. CONTINUE THE CONVERSATION
Be mindful of wording that hinders understanding of BLM. Author Robin Diangelo (2018, p. 9) posits that statements such as “I was taught to treat everyone the same” or “People just need to be taught to respect one another, and that begins in the home” often end the discussion and opportunity for further engagement. Further, these statements often invalidate the experience of people of color (Diangelo, 2018). Check out this link for helpful actions or sayings that continue the conversation.
Clinician’s Corner

Black Lives Matter—What Can I do?

Article by: Kristina Rodriguez, Psy.D, CAPS Clinician

BREONNA TAYLOR. GEORGE FLOYD. BRAYLA STONE. JACOB BLAKE.

TAKE CARE OF YOURSELF

There is so much going on in the world today. In particular, the protests that have occurred and the seemingly endless array of negative news can impact our mental health. In these times, it is not uncommon to feel anxious, overwhelmed, or depressed. The more we can check in with the self, the better able we can cope and continue to support BLM. For coping tips and strategies, click here.

ACCOUNT

Hold the self-accountable for one’s actions. There is so much that we, as a nation, have to learn, to grow, and change. Accountability can take on many forms, maybe it is saying yes to a training opportunity about systemic racism, maybe it is listening to a new podcast that supports BLM or maybe it means sharing something that has been learned with a family member or a friend. Whatever it is, holding the self-accountable can and does make an impact for the better.