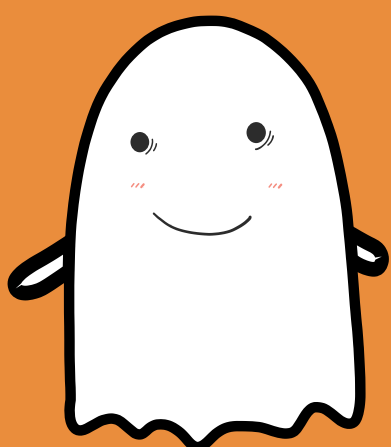
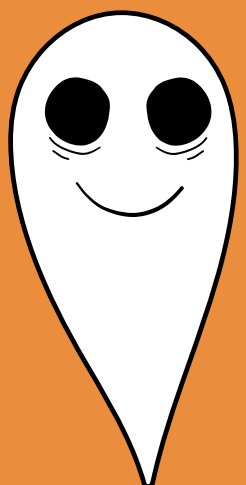
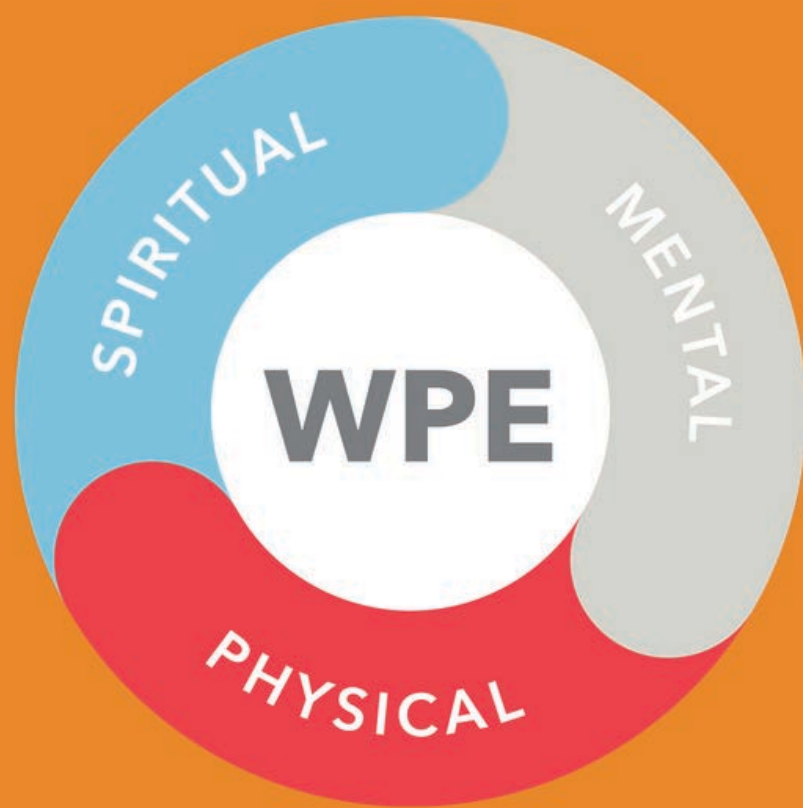


OCTOBER 2021

NEWSLETTER

Wellness PROMOTION & EDUCATION



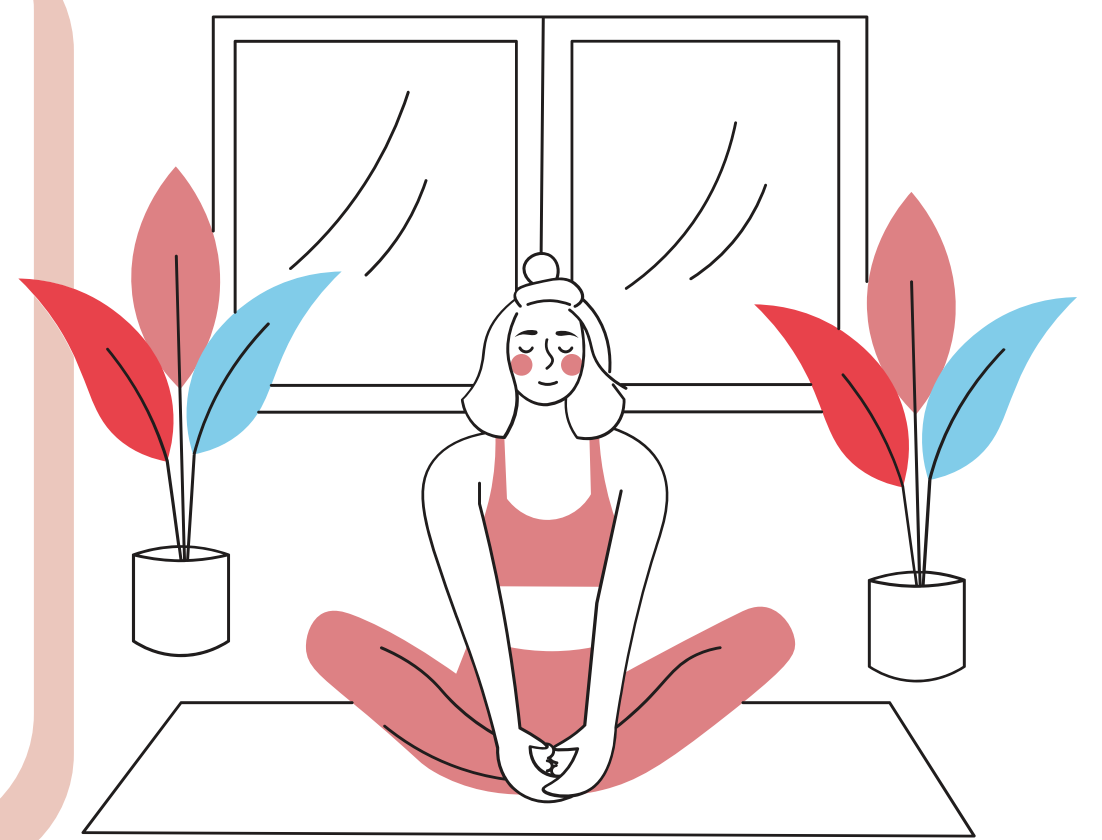
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WHO WE ARE

Purpose

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



What We Do

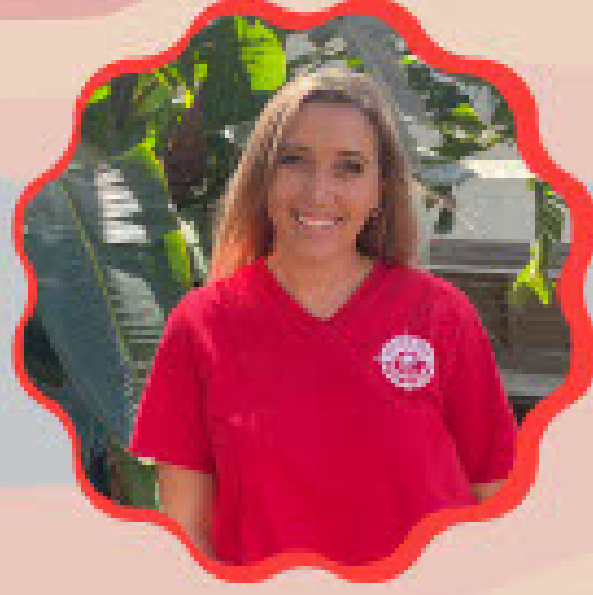
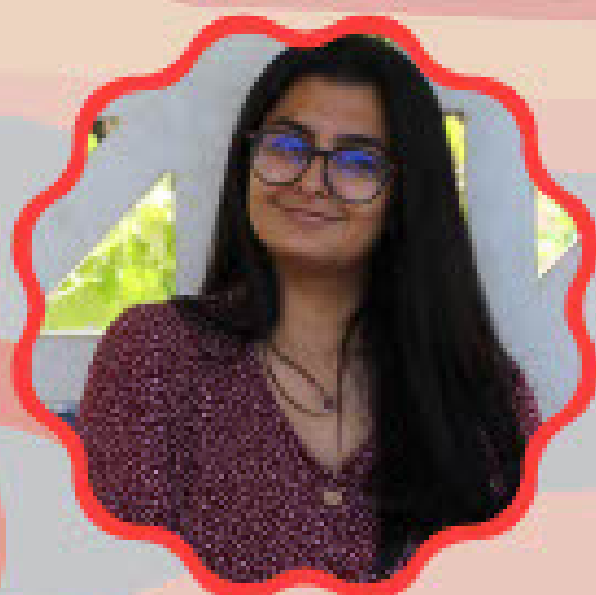
- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to online resources
- Hosts campus-wide & national awareness campaigns
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)

Wellness Promotion & Education

Join Our Team!



Become a Wellness Peer Educator for Spring 2022!



*Want to be more involved on campus?
Is health & wellness your passion?
Are you seeking professional growth?*

All class levels and majors
are eligible to apply!
Requires a 1 semester
commitment.

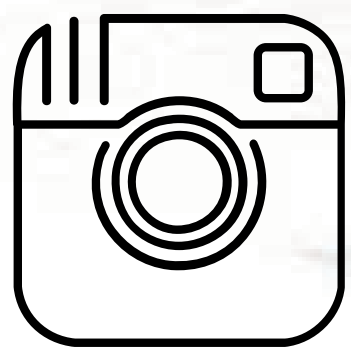
**Apply early for priority
consideration!**
**[csuci.edu/wpe/wellness-
program.htm](https://csuci.edu/wpe/wellness-program.htm)**

**Application Deadline:
October 31st by
11:59PM**

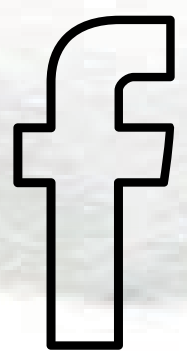
Questions? Email us at wpe@csuci.edu

EVENTS & SOCIAL MEDIA

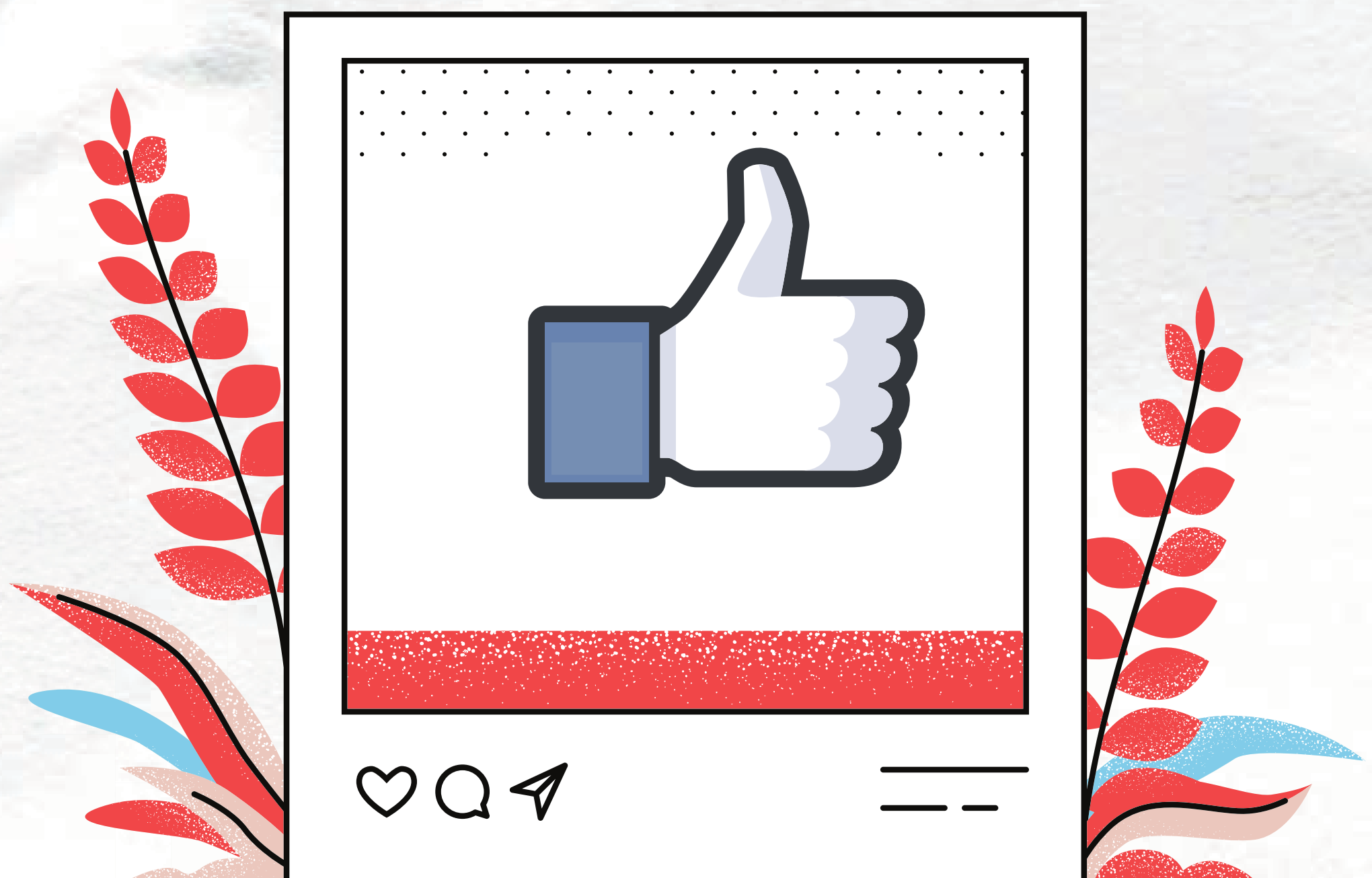
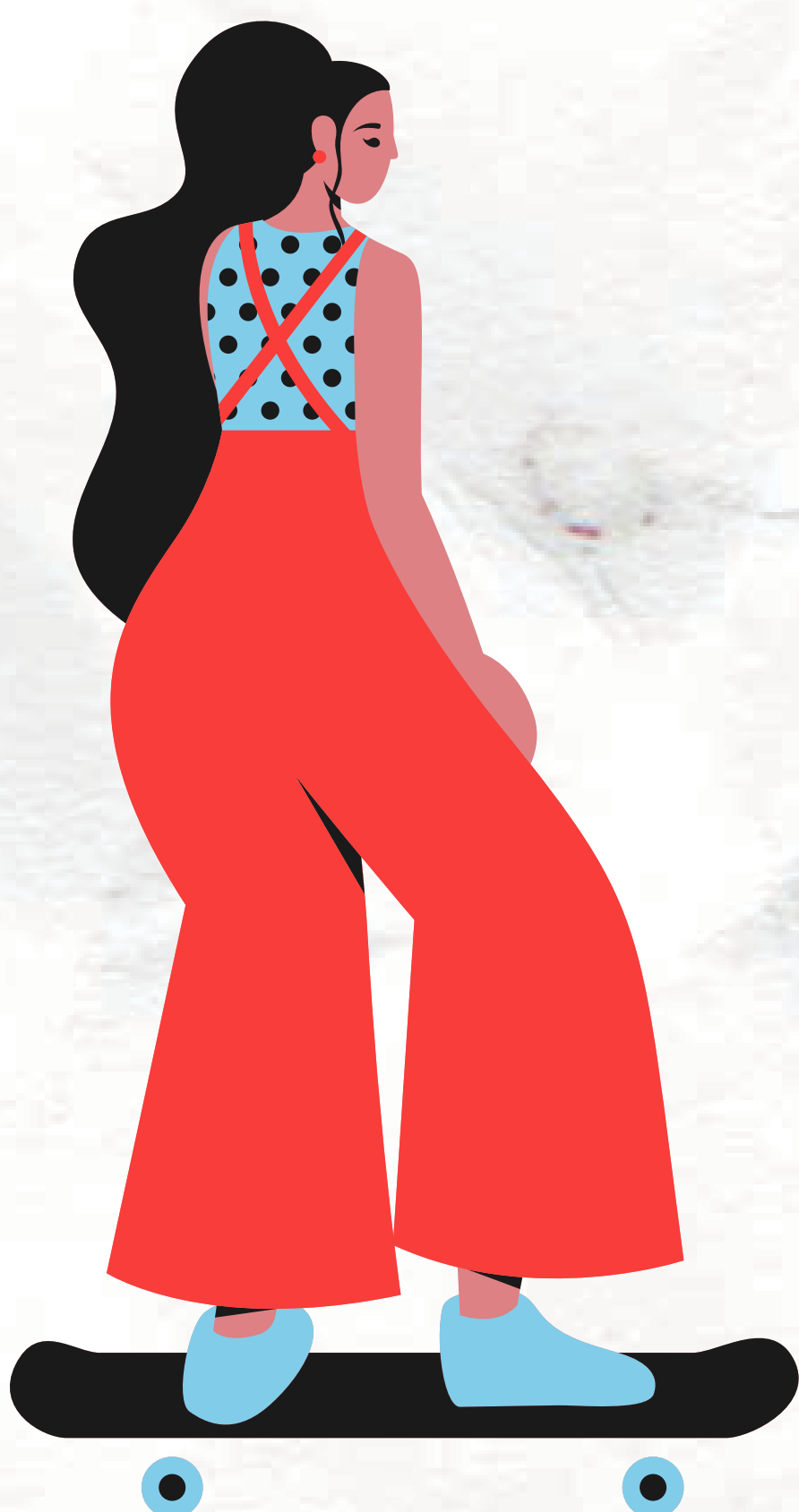
October



Follow us on Instagram :
@CI_Wellness



Follow us on **facebook**:
@CIWPE





Boo'd Up

FALL 2021

A 4-PART HEALTHY RELATIONSHIP SERIES

*Thursdays 3 - 4 p.m.
Bell Tower 2810*

Oct. 14th Part 1: Boo'd up (starting a relationship)

Oct. 21st Part 2: Pizza & Fries (Conversation about Consent)

Oct. 28th Part 3: Thank U, Next (Ending Relationships)

Nov. 4th Part 4: Swipe Right (Technology & Relationships)

RSVP:

Jean Watkins - jean.watkins@csuci.edu

Kate Powers - kate.powers929@myci.csuci.edu

LGBTQ + Heritage Month

**Belonging and Empowerment in the
LGBTQ+ Community**

Mental Health in LGBTQ+ Communities

Many in the LGBTQ+ community face discrimination, prejudice, denial of civil and human rights, harassment and family rejection, which can lead to new or worsened symptoms, particularly for those with intersecting racial or socioeconomic identities. Strong evidence from recent research supports that members of this community are at a higher risk for mental health conditions — especially depression and anxiety disorders compared to heterosexuals.

Source: [https://www.jaacap.org/article/S0890-8567\(19\)30127-3/fulltext](https://www.jaacap.org/article/S0890-8567(19)30127-3/fulltext)

Spiritual Health in LGBTQ+ Communities

Different religious and/or spiritual traditions hold various beliefs and attitudes about LGBTQ+ people. This can be a factor influencing a youth's risk of experiencing stigma. Other unique developmental challenges of LGBTQ+ youth, such as conflicts over identity and disclosure also can be influenced by religious/spiritual factors. However, religious and spiritual beliefs and practices can provide strong support for LGBTQ+ individuals during difficult times.

Thankfully, there are accepting communities who aim to promote embracing their religious and spiritual beliefs regardless of how they identify. The link below consists of several outlets for LGBTQ+ individuals seeking a safe religious and spiritual community.

lgbtq.unc.edu/resources/exploring/-identities/religion-and-spirituality



Physical Health in LGBTQ+ Communities

LGBTQ+ individuals face an increased risk of HIV and STI exposure. Men, especially men who have sex with men (MSM), have the highest risk of acquiring HIV and STIs.

In order to prevent the spread of HIV and STI's, stay protected by wearing a condom! Condoms prevent the spread of STI's and limit chances of pregnancy by 85%. Additionally, stay educated, informed, and updated on your own sexual health by getting tested frequently.

This increased risk of HIV and STI stems from both biological and social factors. Stigma and discrimination can also encourage unhealthy coping mechanisms such as risky sexual behavior which can impair access to health care, thereby limiting opportunities for screening and prevention.

Resources for LGBTQ+ Community

It is critical for parents, guardians, family members, friends, educators, school administrators and other supporters of LGBTQ+ individuals to have understand these concerns and assist with access to the resources to ensure their LGBTQ+ loved ones are protected and supported.

FREE CONDOMS ARE AVAILABLE IN:

**The Multicultural Dream Center
(Bell Tower 1533)**

**Student Health Services (Yuba Hall)
Wellness Promotion and Education
Office (Arroyo Hall 117)**

**CAPS Group dedicated to LGBTQ+
community: Thrive With Pride
Group (registration link:
[https://csuci.qualtrics.com/jfe/form/
SV_0feRb3TBhbQBVvU](https://csuci.qualtrics.com/jfe/form/SV_0feRb3TBhbQBVvU))**

Source: <https://www.lgbtqiahealtheducation.org/>

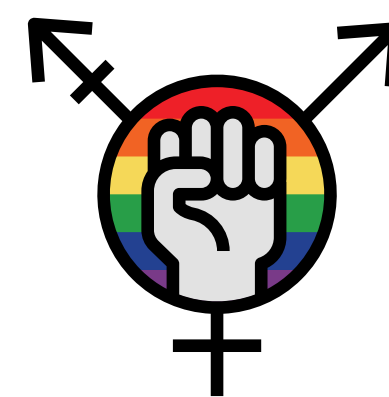
Additional Resources

Advocates For Youth (AFY): LGBTQ Resources for Professionals

<https://www.advocatesforyouth.org/>

LGBTQI | NAMI: National Alliance on Mental Illness

[https://www.nami.org/your-journey/identity-
and cultural-dimensions/LGBTQI](https://www.nami.org/your-journey/identity-and-cultural-dimensions/LGBTQI)



Parents, Families, Friends, and Allies of Lesbian and Gays (PFLAG)

pflag.org

Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/lgbthealth/youth-resources.htm>

UPCOMING TABLING EVENTS

ON-CAMPUS

O C T O B E R

1. Tuesday, October 5th 2021: "Exam Your Mams"

Located: South Quad, In Front of Islands Cafeteria

Time: 2:00pm - 4:00pm

2. Thursday, October 14th 2021: "Healthier Diet"

Location: Central Mall

Time: 2:00pm - 4:00pm

3. Wednesday, October 27th 2021: "ADHD Awareness"

Located: Central Mall

Time: 11:00am - 1:00pm



More details and updates will be on
our Instagram: @CI-WELLNESS

PEER SPOTLIGHT

**KATE
POWERS**

**MAJOR:
HEALTH SCIENCE (SENIOR)
LEAD PEER EDUCATOR**



About me

I was born in Seattle, Washington and I moved to California when I was sixteen. Currently I am living in Newbury Park, but I will be moving to Texas to start graduate school in January. I truly love spending time with family and friends and being outside. When I'm not busy with school or work, you could find me dancing and singing my heart out. Facts about me: I am a triplet, I love cheese, and my favorite color is purple.

Describe what wellness means to you

When I think of the word wellness, I think of balance. Wellness is not only about managing and maintaining your physical health, but also looking at ways to improve your mental, and social and financial health. Wellness is apart of every aspect of our everyday lives, and like you water a plant, we must make time to care for our wellness.

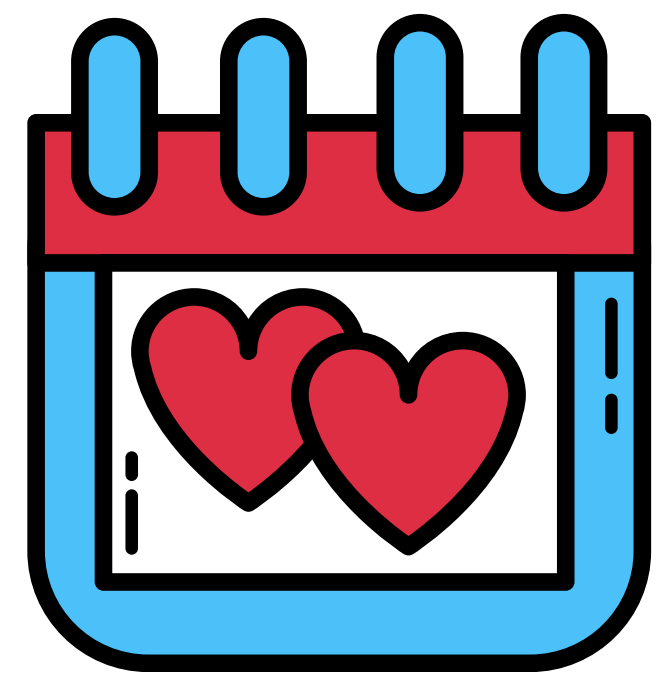
Hobbies

My hobbies include: knitting, writing music, dancing, and going on long walks

Favorite Quote

‘When given the choice between being right and being kind, choose kind’

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.

NATIONAL Breast Cancer AWARENESS MONTH

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.

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.

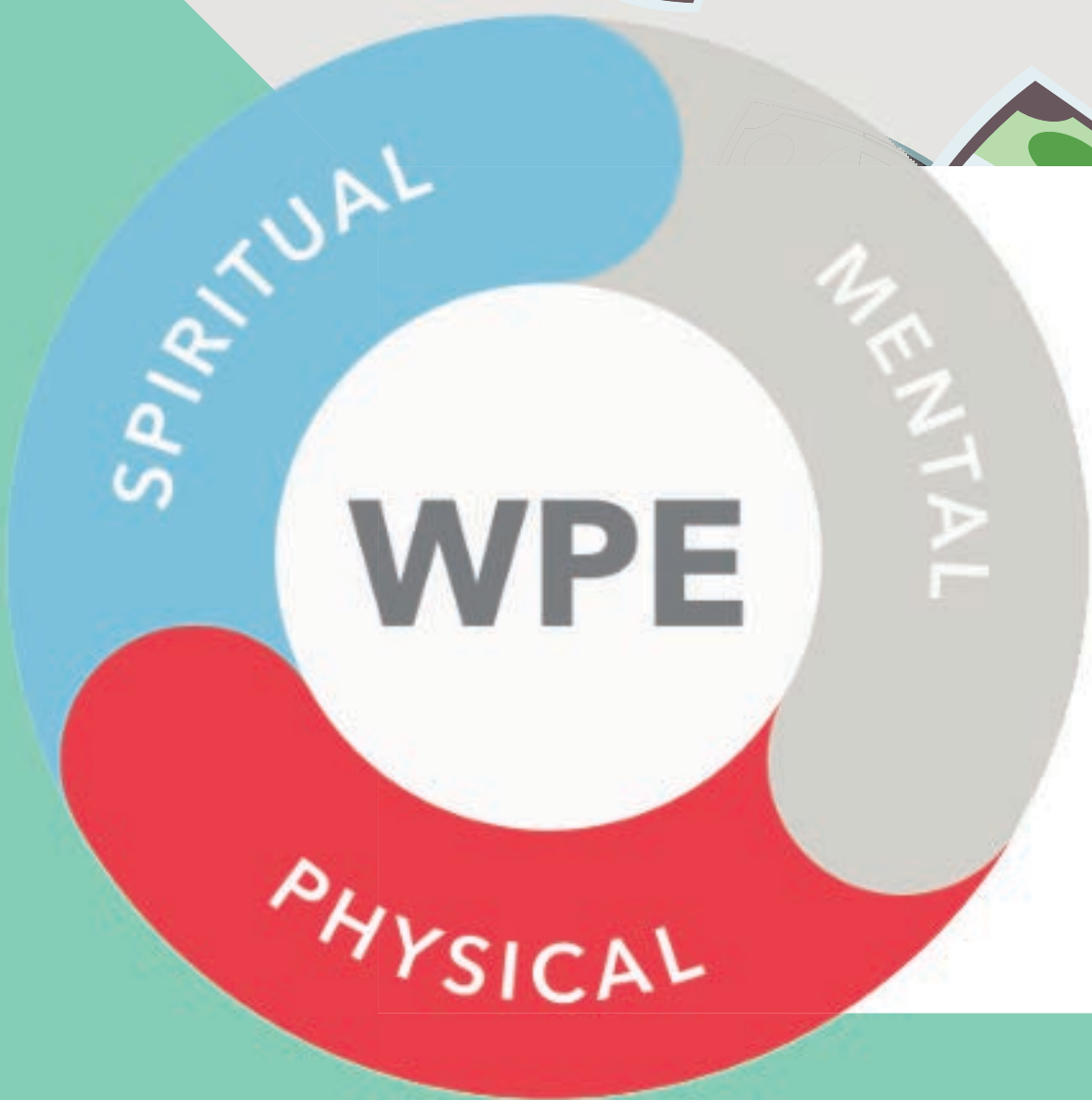


3

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



FINANCIAL WELLNESS WORKSHOP

The first and third Wednesday of every month

October 6th & 20th

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



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!

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

Relationships and Loss

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

RELATIONSHIPS AND LOSS

From creative online dates to socially distance meet-ups, life after the pandemic has shown an increase in new relationships and newfound appreciation for existing relationships. However, the pandemic has also resulted in varying forms of break-ups from the sudden to the mutually derived decision to break-up. Additionally, loss of loved ones from the pandemic, other life circumstances, and general relationship break-ups are all part of the collective experiences on and off campus. The pandemic and life itself have given pause for reflection, change, loss, and grief.



CLINICIAN'S CORNER

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RELATIONSHIPS AND LOSS

ACKNOWLEDGEMENT

1. Acknowledge and discuss your feelings-Relationship changes illicit emotional reactions and it important to acknowledge these feelings to the self and/or a supportive, non-judgmental person. There is power in being able to articulate the varying emotions that come with loss.

EDUCATE

2. New routine-Routine wellness of maintaining hygiene, sleep, and eating habits is essential to coping. Relationship endings can bring about new opportunities to incorporate new aspects to our routine that we may find interesting whether that be trying out new foods or taking up a new hobby.

MAKE A LIST OF HEALTHY COPING SKILLS

3. We all have ways of maintaining our overall well-being in mind. After loss, it can be important to refer to both those coping skills that typically benefit the self while also making room for new coping skills. Check out this resource for further healthy coping strategies:
<https://www.csuci.edu/caps/documents/coping.pdf>.

CLINICIAN'S CORNER

Relationships and Loss

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RELATIONSHIPS AND LOSS

TIME

- 4 The platitude “Time heals all wounds” typically does not bring comfort or peace after the pain of loss. It can feel like the process of loss can last forever. However, it is important to acknowledge that healing can take time and that time itself can lessen the intensity of the loss.



CLINICIAN'S CORNER

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RELATIONSHIPS AND LOSS

If you or anyone you know would benefit from talking to someone about changes to your relationship status and/or loss, contact CAPS at caps@csuci.edu or (805) 437-2088. CAPS provides individual, group, couple's, and urgent care counseling.

Resources

Kübler-Ross, E. (1970). *On death and dying*. Collier Books/Macmillan Publishing Co.

The University and CAPS 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 (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.

This article does not constitute treatment or replace the provision of mental health professional service. The links and articles above are not affiliated with CAPS and for user discretion.

