

SEPTEMBER 2021

Newsletter





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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.



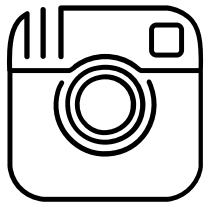
What We Do

- 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).

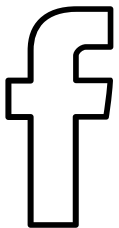


EVENTS & SOCIAL MEDIA

September



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



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

MEET THE NEW TEAM!



Cassie Webber



Kate Powers



Dallas Mercado



Bailey Morris



Arani Modha



Haley Begun



Harrison Powers



Steve Esau

Not pictured: Chloe Grabendike

September

HEALTH AWARENESS TOPICS

ALL TOPICS HAVE "CLICKABLE" LINKS!

NATIONAL FOOD SAFETY EDUCATION MONTH

Every year, 1 in 6 (48 million) Americans get sick from contaminated food. The CDC uses this month to educate on how to prevent food poisoning and show others how to keep food safe.

NATIONAL RECOVERY MONTH

This month is utilized to spread awareness about how substance use treatment and mental health services can lead individuals to live a healthy life.

SPORT PURPLE FOR PLATELETS DAY (9/24)

Sponsored by the Platelet Disorder Support Association, the last Friday of every September, individuals wear purple to raise awareness for platelet disorders. Purple represents bravery and signifies one of the most distinctive symptoms, a spontaneous bruise.

WORLD HEART DAY (9/29)

Cardiovascular Disease (CVD) remains the world's number one killer. This year on world heart day, it is being asked to "use heart to connect" by finding innovative ways to connect people to heart health.

Suicide Prevention Week

September 8 - September 14

ON CAMPUS RESOURCES

Counseling & Psychological Services

Location: Bell Tower East, 1867

Telephone & 24/7 Hotline: 805-437-2088

***Select option 2 if call is directed to voicemail to forward to 24/7 access**

Kognito Educational Course

www.kognitocampus.com/student

udent

Access Code: csuci39

Student Health Services

Location: Yuba Hall

Telephone: 805-437-8828

National Suicide Prevention Lifeline

Telephone: 800-273-8255

Warning Signs

TALK ABOUT:

- Killing themselves
- Feeling Hopeless
- No reason to live
- Being a burden
- Feeling trapped
- Unbearable pain

BEHAVIOR:

- Increased use of alcohol or drugs
- Withdrawing from activities
- Isolating from friends/family
- Sleeping too much or too little
- Calling/visiting to say goodbye

MOOD:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Anger
- Relief/Sudden
- improvement

For more info
www.afsp.org

SEXUAL HEALTH AWARENESS MONTH

.....

Yes means test!

1 in 2 will get an STD by the
age of 25

.....

For more info
www.ashasexualhealth.org

Visit Student Health Services!

- Emergency contraception
- Family planning services
- Pregnancy test
- STI screening/testing

Free condoms in
Arroyo Hall

Location: Yuba Hall
Telephone: 805-437-8828

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/>



CAPS RESOURCES

Mindfulness for Anxiety and Depression

Group members will gain a foundation in mindfulness and self-care practices through guided meditations and group discussion. In this eight-week group, participants will learn how to integrate mindfulness practices into daily life and cope more effectively with stress to promote well-being and academic success.

[Sign Up Link](#)



Working Through Grief & Loss

Working through Grief and Loss Coping with the loss of a loved one can feel overwhelming and isolating. However, you are not alone on this journey. Sharing your own experience with others suffering from a similar loss may provide a special type of understanding and interpersonal connection. While we understand that you may feel like you can never return to the way you were, this six-week group can assist in your healing as you discover your new normal.

[Sign Up Link](#)



Mindful Relationships

Mindful Relationships: Creating Healthier Connections Whether you are struggling with a specific relationship or desire a relationship with parents, significant others, friends, co-workers, or roommates, this six-week group offers a safe and confidential space to discuss your concerns. The goal of this supportive group environment is to assist you with developing better communication skills, improve awareness, and find satisfaction in healthy relationships.

[Sign Up Link](#)

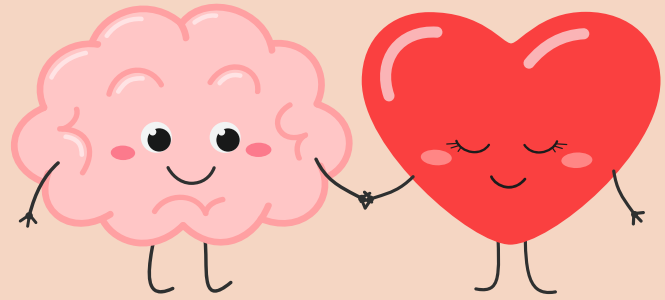


CAPS RESOURCES

Mindfulness for wellness drop in

Looking to start meditating, or just want to find a group to support your mindfulness practice? Join CAPS for drop-in guided meditation classes! This is a great option for individuals who want to start meditating, for those who want to maintain an existing practice, or for those looking for the support of a group, as well as live guidance. Mindfulness and meditation are not difficult to learn but like most things in life, require consistent practice for mastery. Each session includes a 20-30 minute guided meditation practice (with basic instruction given for those new to meditation), a short presentation on a topic related to mindfulness, and group discussion about applying mindfulness to everyday life. No experience necessary!

[Sign Up Link](#)



"Empower" drop in group

This is a support group for students of African Descent to speak openly, check-in with each other, and share their own experiences about how they are impacted by the events in their communities and the world. We intend to create a safe space to share without judgment and bias. Participation may help students feel a sense of community and improve self-care.

[Sign Up Link](#)



Veterans support group

We welcome all CSUCI veterans and military service members to join us for conversation and camaraderie in a confidential setting. This is an opportunity to connect with other service members and find support as you navigate life transitions and strive for academic success! This group is facilitated by a veteran counselor.

[Sign Up Link](#)

BACK TO SCHOOL SELF CARE IDEAS

There are MANY types of
Self-Care



PSYCHOLOGICAL



EMOTIONAL



SPIRITUAL



PERSONAL



PROFESSIONAL



PHYSICAL

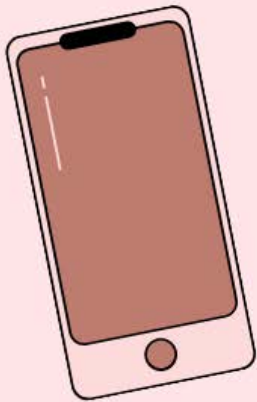


self care is self love * self care is self love * self care is self love *

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



SELF CARE



Social media
detox

face mask &
skincare



30 minutes of
workout



Nap time



get creative



listen to music



journal everyday

