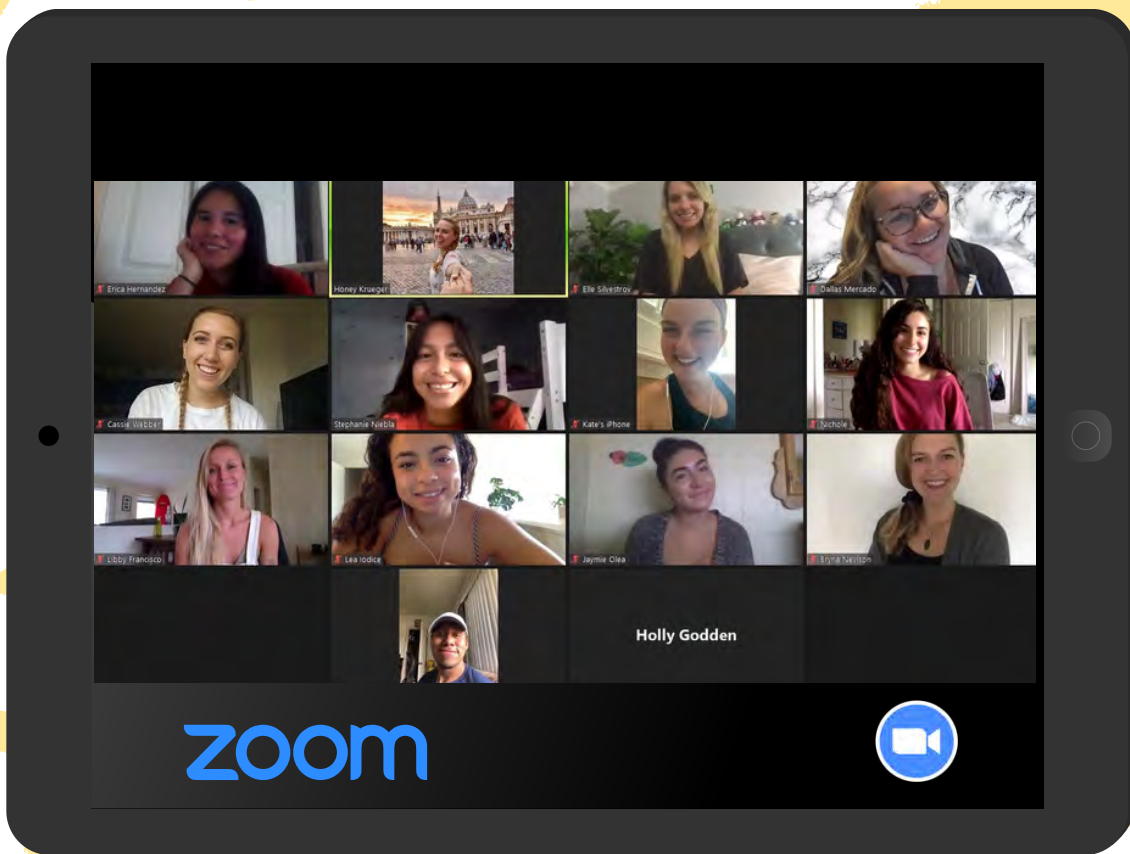


SUMMER 2021

Newsletter

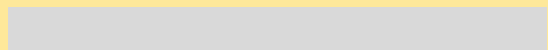




Index



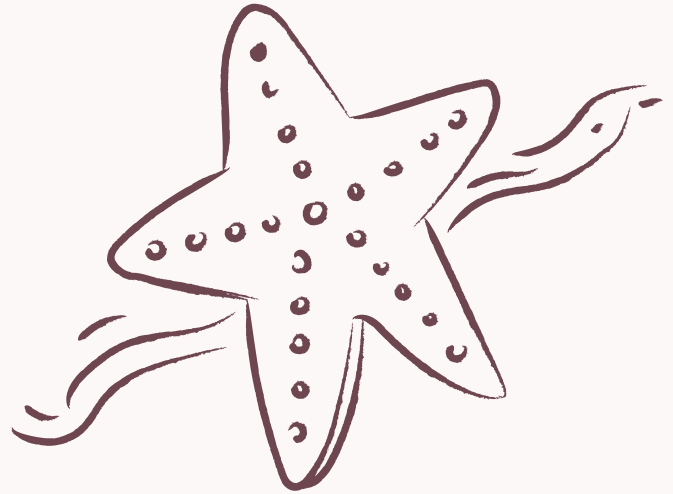
• WHO WE ARE	3
• EVENTS & SOCIAL MEDIAS	4
• FUN SUMMER PLANS	5
• PEER SPOTLIGHT	6
• WE'RE RECRUITING!	7
• CONGRATS GRADS!	8
• JUNE HEALTH AWARENESS TOPICS	9
• JULY HEALTH AWARENESS TOPICS	10
• SMART GOALS	12
• OPINION ARTICLE	14
• CLINICIAN'S CORNER	18



WHO WE ARE

Purpose

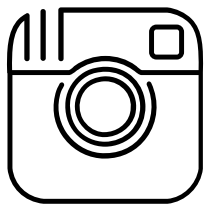
WPE utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental, and spiritual well-being.



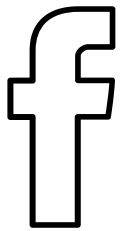
What We Do

- 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



Follow us on Instagram :
[@CI_Wellness](https://www.instagram.com/CI_Wellness)



Follow us on **facebook**:
[@CIWPE](https://www.facebook.com/CIWPE)

FUN IDEAS FOR THE SUMMER!

Get outside this summer!

Sunlight increases your vitamin D intake and serotonin and decreases your blood pressure. It is a well-rounded mood booster!

Beach Volleyball	Go Camping
Bike Ride	Garden
Go for a Hike	Learn a New Skill
Host a Bonfire	Outdoor Tie-Dye
Picnic in the Park	Meditate Outside
Read a Good Book	Mini golf
Spike Ball	Water Balloon Fight

Physical activity is incredible for your mental health & well being too. It has been shown that even just a 10-minute brisk walk can increase alertness, positivity, & energy!

PEER SPOTLIGHT

Stephanie

MAJOR:

Environmental Science &
Resource Management



About me

I am a first-gen college student, and I grew up in La Puente, California, which is part of LA county. I am about to enter my sophomore year at CSUCI and am excited to step foot on campus for the first time in the upcoming semester. I love trying new things, especially food. I am a fan of horror movies and K-dramas.

Describe what wellness means to you.

Wellness to me is education and access to resources that improve a persons quality of life. Of course, wellness includes mental, spiritual, sexual, financial, nutritional, and physical health, along with many more, wellness wouldn't be possible without education. Learning about wellness is the first step towards reaching wellness.

Hobbies

I enjoy reading, baking (especially chocolate chip cookies and lemon bread) and going to the beach. I could listen to music all day and never get bored. To stay active, I like going on runs with my dog and (badly) following along to K-Pop dance practices with my 2 younger sisters.

Favorite Quote

"Hold onto hope if you've got it, and don't let it go for nobody" - 26, Paramore

Wellness Promotion & Education

Join Our Team!



Become a Wellness Peer Educator for Fall 2021!



***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 2 semester (1 year) commitment.

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

Deadline:
July 31st @ 11:59PM

Have questions? Email us at wpe@csuci.edu



Congrats

TO OUR GRADS!



Jaymie Olea

Jaymie plans to become a licensed clinical social worker & soon will pursue her Masters in Social Work.

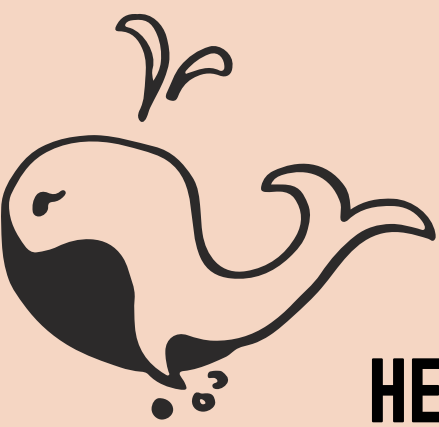


Erica Hernandez

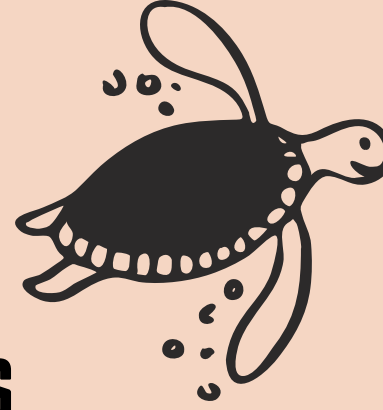
Erica plans to gain experience in the public health sector & pursue her Masters with a focus on applied epidemiology.

We wish you all the best in your future endeavors along with the entire class of





June



HEALTH AWARENESS TOPICS

ALL TOPICS HAVE "CLICKABLE" LINKS!

MEN'S HEALTH MONTH

In June, we raise awareness about health care for men, encouraging them to implement healthy lifestyle decision, like exercising and eating healthy.

ALZHEIMER'S & BRAIN AWARENESS MONTH

This opens up an opportunity to talk about and learn facts about the brain. Everyone is at risk for Alzheimer's, so it is important to educate yourself. Wear purple to support!

NATIONAL CANCER SURVIVOR'S DAY (JUNE 6)

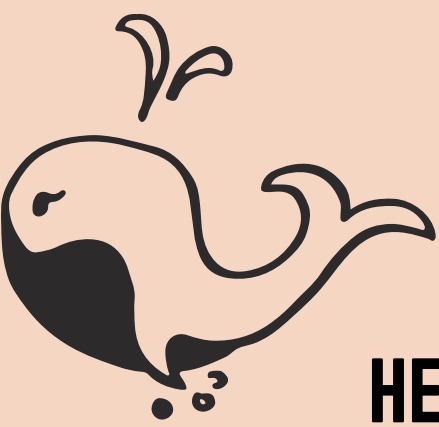
June 6th is a "celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community."

AUTISITIC PRIDE DAY (JUNE 18)

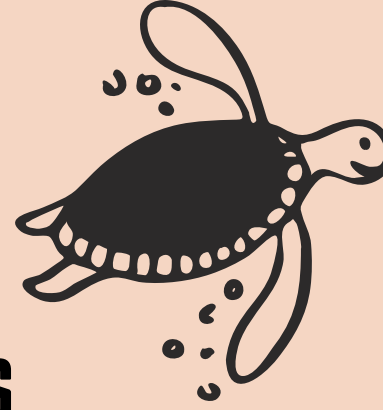
A wide variety of events occur on June 18th worldwide with the goal of raising awareness among individuals who are on the autism spectrum disorder so that they see autistic people as unique individuals.

FAMILY HEALTH & FITNESS DAY (JUNE 12)

This day occurs the second Saturday of June each year to promote the importance of parks and recreation to continue keeping communities healthy. Go for a run or host a workout in the park with your loved ones to celebrate!



July



HEALTH AWARENESS TOPICS

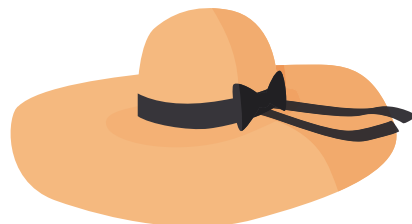
ALL TOPICS HAVE "CLICKABLE" LINKS!

UV SAFETY AWARENESS MONTH

Skin cancer is the most common cancer in the United States, and too much sun can cause it. Ultraviolet rays from the sun can damage skin cells. While sunlight and vitamin D is very good for us, it is also important to protect our skin from the sun all year round (not just in the summer!).

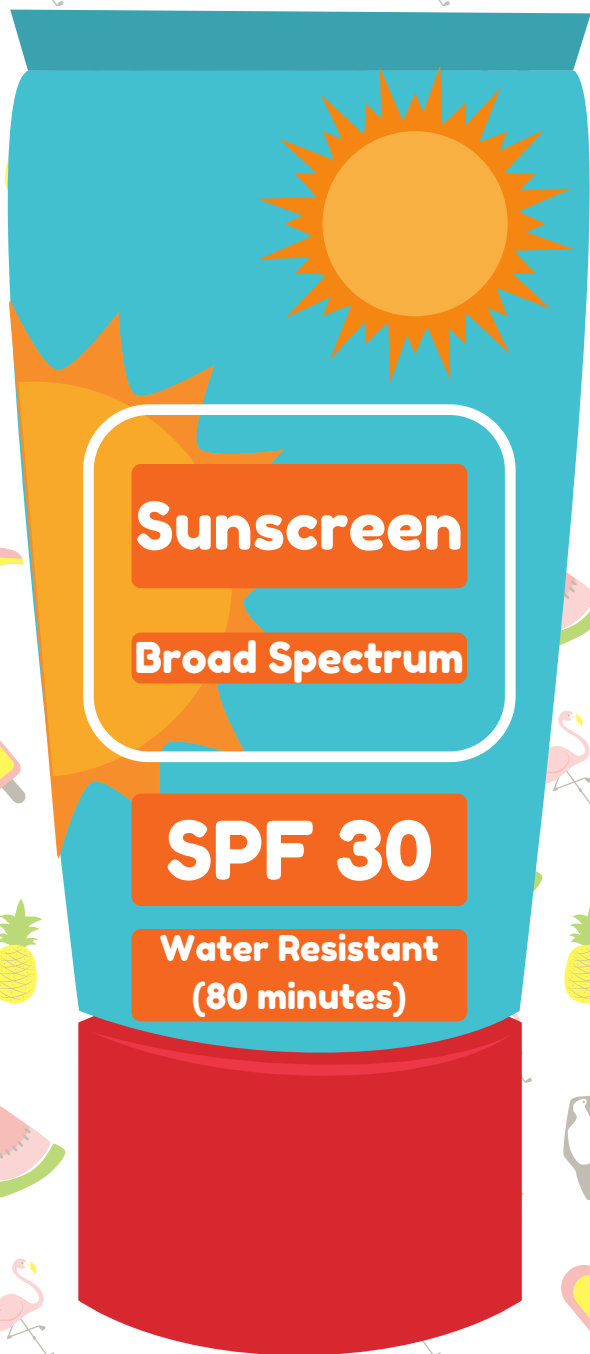
Ways to Protect Yourself from the Sun

- Utilize shade/umbrellas
- Wear a wide brim hat
- Protect your eyes with sunglasses
- Use broad spectrum sunscreen & reapply



FUN IN THE SUN THIS SUMMER?

PROTECT YOURSELF AND YOUR SKIN BY ALWAYS HAVING SUNSCREEN ON YOU



DECODING YOUR SUNSCREEN LINGO

BROAD SPECTRUM

FDA meaning: The sunscreen can protect you from the sun's harmful ultraviolet A (UVA) and ultraviolet B (UVB) rays. Helping prevent skin cancer, early skin aging, and sunburn.

SPF: SUN PROTECTION FACTOR

FDA meaning: How well a sunscreen protects you from sunburn.

The number that follows "SPF" tells you how much UVB light (the burning rays) a sunscreen can filter out.

Research shows:

SPF 15: 93% of the sun's UVB rays

SPF 30: 97% of the sun's UVB rays

The AAD recommends using an SPF 30 or higher.

WATER RESISTANT

Note: No sunscreen is waterPROOF- only water resistant

FDA meaning: How long (either 40 or 80 minutes) the sunscreen will stay on wet skin. Even if your skin remains dry while using a water resistant sunscreen, you'll need to reapply the sunscreen every 2 hours.

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?

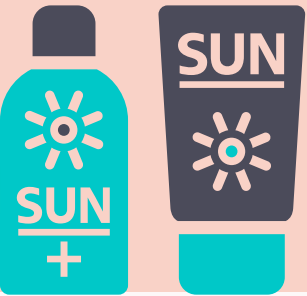
Meet one on one with one of our friendly certified peer educators to discuss your goal. Using the SMART Goals framework, you'll carve out your goal and set rewards for when you achieve them!

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!



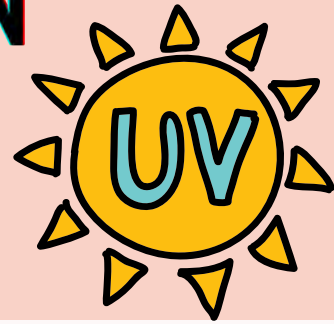
PEER EDUCATOR COLUMN



UV Safety Awareness

By: Stephanie Niebla

Wellness Peer Educator



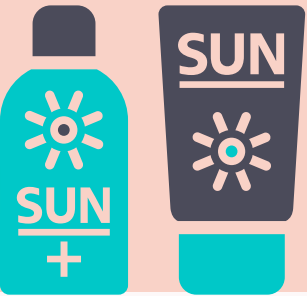
UV Safety Awareness Month is in July, and is the perfect time to remind everyone to wear sunscreen. With everyone headed to the nearest beach or pool, it is important to remember that the sun emits harmful radiation that can damage your skin and eyes.

There are two types of UV rays that are harmful: UV-A and UV-B. UV-A rays can penetrate the middle layer of your skin, and UV-B rays penetrate only the outer layer of your skin. By not wearing sunscreen, you are left unprotected and leave your skin vulnerable. Both UV-B and UV-A rays can contribute to sunburn, loss of vision and damage to eyes, a weakened immune system, premature skin aging, and even skin cancer (UV Safety Awareness Month, 2014).

Of course, there are ways to avoid overexposure to UV rays. When outside in the sun, cover up by wearing lightweight long sleeve shirts, pants, and/or wide brimmed hats. Also, consider wearing sunglasses that block both UV-A and UV-B rays. Although it might be hard to avoid in the summer months, remaining in the shade, or away from the sun, limits UV exposure. Experts recommend staying away from the sun between 10 a.m to 4 p.m., when the sun is most intense. It is important to note that even on cloudy days UV rays can still penetrate through the clouds and damage your skin and eyes (Holman, 2016).

Article by: Stephanie Niebla,
Wellness Peer Educator

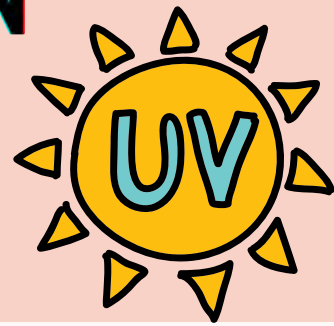
PEER EDUCATOR COLUMN



UV Safety Awareness

By: Stephanie Niebla

Wellness Peer Educator

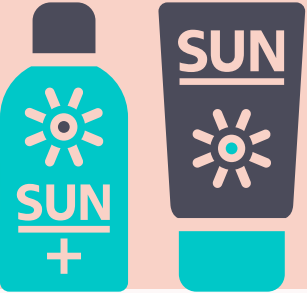


Applying the right sunscreen correctly is crucial if you do choose to bare more skin whilst in direct sunlight. According to the FDA, your sunscreen should be at SPF of 15 or higher and should be broad spectrum. SPF stands for Sun Protection Factor and it tells how well it protects your skin from the Sun. So, the higher the SPF, the better protected you are. There is a common misconception that SPF is an indicator of how long you can stay protected under the sun without reapplication, but that is simply not true. Some sunscreens only protect against one type of UV ray, but broad spectrum sunscreen protects against both UV-A and UV-B rays.

Of course, applying SPF won't do you any good if you don't apply it correctly. It should be applied in a thick layer and evenly across your body to function properly. Some experts suggest that an ounce, about the size of a shot glass, should be the amount of sunscreen you apply to evenly cover your body from head to toe. Sunscreen should be applied 15 minutes prior to sun exposure. Reapplication should occur at least every 2 hours, or more often when sweating or exposed to water (Center for Drug Evaluation and Research, 2019). Remember to check the expiration date for your sunscreens, and if there is no label, the general rule of thumb is to toss it after 3 years of use.

Article by: Stephanie Niebla,
Wellness Peer Educator

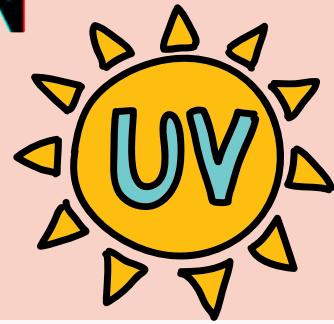
PEER EDUCATOR COLUMN



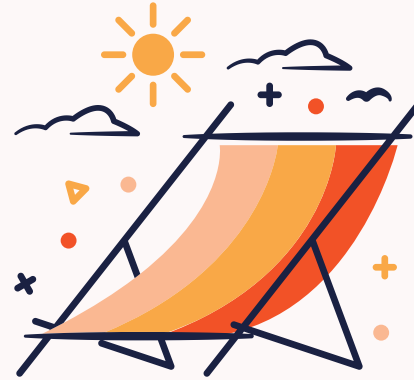
UV Safety Awareness

By: Stephanie Niebla

Wellness Peer Educator



It is important to remember, no amount of sunscreen, no matter how high the SPF is, can protect against all UV radiation. The best way to avoid sun damage is to avoid the sun, or cover up. So, remember to stay safe, cover up from the sun, wear sunscreen, and have fun!



References

Center for Drug Evaluation and Research. (2019, August 29). Sunscreen: How to Help Protect Your Skin from the Sun. U.S. Food and Drug Administration. <https://www.fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun>

Centers for Disease Control and Prevention. (2020). UV Radiation. Centers for Disease Control and Prevention. <https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html>

Holman, T. (2016, August 10). Can You Get a Sunburn on a Cloudy Day? And Other Less-Obvious Sun Safety Scenarios. Dignity Health. <https://www.dignityhealth.org/articles/can-you-get-a-sunburn-on-a-cloudy-day-and-other-less-obvious-sun-safety-scenarios>

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Article by: Stephanie Niebla,
Wellness Peer Educator

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.

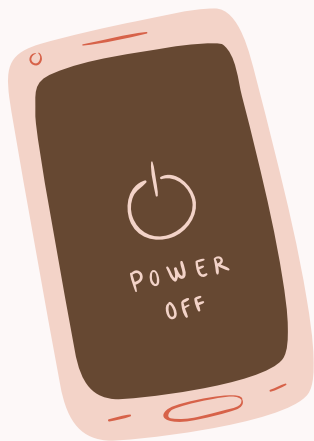
<https://www.csuci.edu/dass/>





Finals are over, summer has started and there is no better time to incorporate self-care into our daily routine! We know that the practice of self-care is essential for our overall well-being and making it a part of your routine can help you manage your stress and feel more at ease.

Self-care is the act of tending to ourselves mentally, physically, spiritually, and psychologically. Self-care can be anything that brings you joy and feels nourishing. When we take time to nurture ourselves, we are better able to take care of others and our responsibilities.



Two points to keep in mind when planning your summer self-care plan is that 1) self-care looks different for everyone, and 2) self-care does not need to cost anything!

CLINICIAN'S CORNER



Here are a few ideas for your summer self-care plan:

Spend time outdoors.

Whether it be a backyard or a nearby park, grab a blanket, your lunch or a snack and take in the fresh air.



Declutter.

Decluttering can help bring feelings of calm to your environment.



Listen to your favorite playlist.

Music can be great medicine!



Practice yoga videos.

You can find many examples on YouTube.



Stay connected.

Spend time with a friend, in person, through face time, or a phone call.



Try a new exercise.

Take your workout outside by going for a walk, a jog, or a hiking trail with a friend.



Practice mindfulness.





Check out the CAPS website for more mindfulness resources! <https://www.csuci.edu/caps/info-and-resources.htm>

Don't forget to schedule your self-care activities into your schedule and make YOU a priority.

Start now - this is the time!

For more information about coping or to speak with a clinician for support, please contact CAPS at (805) 437-2088. CAPS is offering telehealth services over the summer and we will be open on campus as well as telehealth in Fall 2021! For further information about CAPS, please visit: <https://www.csuci.edu/caps/>.

