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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
Describe what wellness means to you

To me, wellness is balancing the health of one’s mind and body. Working towards wellness is constant and never stops.

About me

I’m from La Puente, California. I am the oldest of four siblings, 5 if you include my Miniature Bull Terrier, Captain. My favorite colors are lavender and light blue. I can’t wait to move into the dorms on campus and walk along the beach near CI.

Hobbies

Listening to music like 24/7, walking my dog, Watchin K-Dramas, running, and baking

Favorite Quote

“Hold on to hope if you’ve got it and don’t let it go for nobody” - Paramore
Health Awareness Topics

CLICK THE LINK IN THE TITLES FOR MORE INFORMATION

**THYROID AWARENESS MONTH (JANUARY)**
The thyroid is a gland in the neck in charge of your metabolism and creating new proteins. The gland is part of the endocrine system, which directly affects almost every single organ.

**NATIONAL HAND WASHING AWARENESS WEEK (12/6-12/12)**
According to the CDC, keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

**CERVICAL HEALTH AWARENESS MONTH**
More than 13,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

**NATIONAL RADON ACTION MONTH**
The U.S. Environmental Protection Agency (EPA) has designated January as National Radon Action Month. EPA and the U.S. Surgeon General urge everyone to protect their health by testing the indoor air in their homes and schools for radon.

**WORLD AIDS DAY (DEC. 1)**
December 1 is World AIDS Day, a day to come together to end the HIV epidemic across the globe. We all have a role to play, so let’s stop HIV together. #WorldAIDSDay #WAD2020 #StopHIVTogether #EndHIVEpidemic #HIV
National Week Hand Washing Awareness

December 6 - December 12

**Handwashing Steps**

1. Wet
2. Lather
3. Scrub
4. Rinse
5. Dry

Washing hands with soap and water can reduce diarrheal disease-associated deaths by **50%**.

Handwashing can reduce the risk of respiratory infections by **16%**.

39% of people do NOT wash their hands after sneezing, coughing, or after blowing their nose.

For more info: [www.cdc.gov](http://www.cdc.gov)
#WORLD_AIDSDAYDAY
DECEMBER 1

THE RISK IS NOT KNOWING

Get yourself tested.

For more info
www.worldaidsday.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!
According to Bazaz et al. (2019), cervical cancer is one of the most common causes of death in women worldwide. Taking this into consideration, one would assume there would be more awareness about cervical health within our society but there isn’t. The point is, cervical cancer is preventable (CDC, 2014). As reported by the Centers for Disease Control and Prevention (2020), more than 12,000 women get cervical cancer every year and up to 93% of cervical cancers are preventable. Promoting awareness about cervical health and encouraging screenings are ways of preventing more deaths from happening.

It is important to understand where cervical health begins and that can be with receiving a Papanicolaou Test, also known as a Pap Test. During this examination a doctor or health care provider will collect a sample of cells from an individual’s cervix and send them to a laboratory to be tested. To be more specific, a Pap Test looks for cancers and precancers in the cervix (Office on Women’s Health, 2019). If results from the cells are abnormal, which can possibly be due to a number of factors such as Human Papillomavirus (HPV) or other infections, further testing is required. Some of these tests include a Colposcopy, an HPV Test, or another Pap Test within 6 to 12 months (The Children’s Hospital at Montefiore, 2020).

Article by: Jaymie Olea,
Wellness Peer Educator
Human Papillomavirus (HPV) is highly related to cervical health because certain types can lead to cancer. HPV is a very common sexually transmitted infection that can be present in the body without one knowing, which is why getting a Pap Test done is very important (Office on Women’s Health, 2019). One symptom from HPV can be warts on the genitals or the skin. Overall, bringing more awareness about the infections that may contribute to cervical cancer, like HPV, and promoting cervical health may result in more screenings being done.

References
http://dx.doi.org.summit.csuci.edu/10.1007/s13187-017-1270-z

https://www.cdc.gov/vitalsigns/cervical cancer/index.html#:~:text=Up%20to%2093%

https://www.cham.org/health-library/articleid=hw27574#hw27576

https://www.womenshealth.gov/a-z-topics/pap-hpv-tests

Article by: Jaymie Olea, Wellness Peer Educator
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/

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/

The 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 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/

Disability Accommodation & Support Services

Academic Advising

Career Development

Counseling & Psychological Services

Disability Accommodation & Support Services
It is Okay to Feel (worried, anxious, stressful, fearful, disappointed, happy, relieved, angry, sad, doubtful, and any other emotion an individual could feel). Emotions may come and go as quickly and intensely as the ocean waves. We are all called to ride the waves and be responsible for how to best manage our emotions, thoughts, and behaviors. We are called to say yes to healthy coping. Below are strategies and tips to help us all navigate stress, and cope with our emotions in helpful ways.

1. Remember to take time to sleep. Sleep is essential to managing stress and regulating emotions. We can all practice sleep hygiene by: limiting viewing habits before bed, writing down dreams and processing them at a later time, and creating a space better zoned for sleeping. If having difficulty sleeping, consider a grounding technique. Focus on a section in your room, a wall, a plant, a comfortable blanket. Focus on a sound, a smell, or touch that provides comfort and orients the self to the present moment.
2. Acknowledge the Uncertainty. There is so much going on in the world today. In particular, the protests, election, fires, COVID-19, changes at the university level and the seemingly endless array of negative news can impact our mental health. In these times, it is not uncommon to feel anxious or overwhelmed. The more we can check in with the self, the better able we can cope. For coping tips and strategies, check out: https://www.psychologytoday.com/us/blog/inpractice/201503/50-strategies-beat-anxiety.

3. Say “Yes” to Self-Care. Actions that are unnoticed and are part of our day, routine, and well-being are part of how we can all say yes to self-care. From making the bed to re-watching a Netflix favorite, or drinking your favorite tea, self-care is an important investment to make. For additional self-care practices, visit Active Minds. For CAPS and CI post-election resources, visit CAPS webpage.
4. Wise Mind. Dr. Marsha M. Linehan, a psychologist who developed Dialectical Behavior Therapy, suggests that a wise mind is a balance between the part of the mind that reacts based on logic and fact, and the part of the mind that responds to emotions or the way one feels about something. During stressful times, reactions that incorporate wise mind will be helpful in responding to the self and others in a way that supports coping and enhances mental health. There are many forms of healthy coping with stress and anxiety. Indeed, sometimes, more than one coping strategy is needed to reduce and minimize stress. As individuals, we can all learn to say yes to healthy coping strategies.

For more information about coping and/or to connect with CAPS, please call or visit the CAPS webpage

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