

WINTER 2021-2022

newsletter



Wellness Promotion and
Education



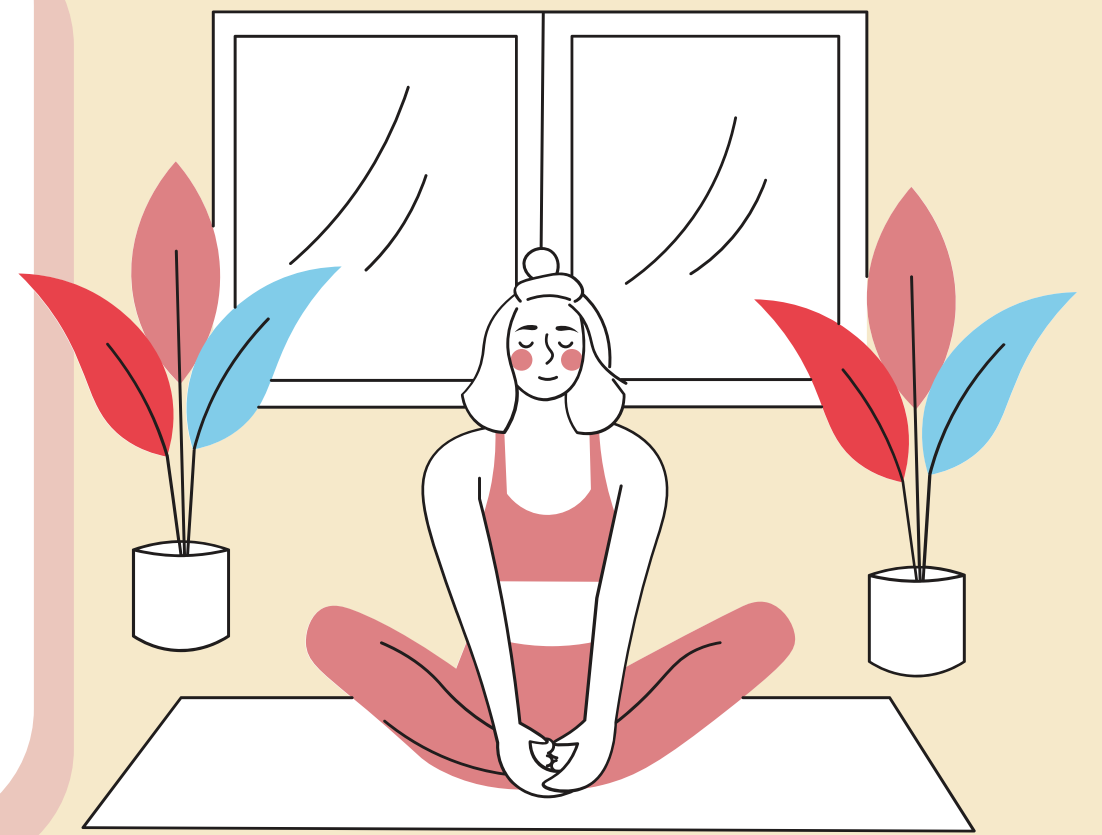
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WHO WE ARE

Purpose

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

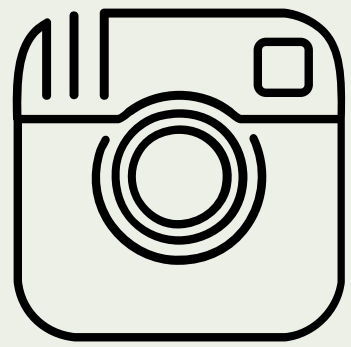


What We Do

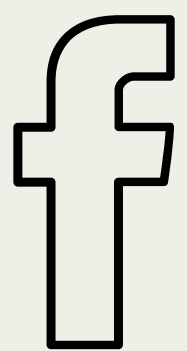
- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to online resources
- Hosts campus-wide & national awareness campaigns
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)

EVENTS & SOCIAL MEDIA

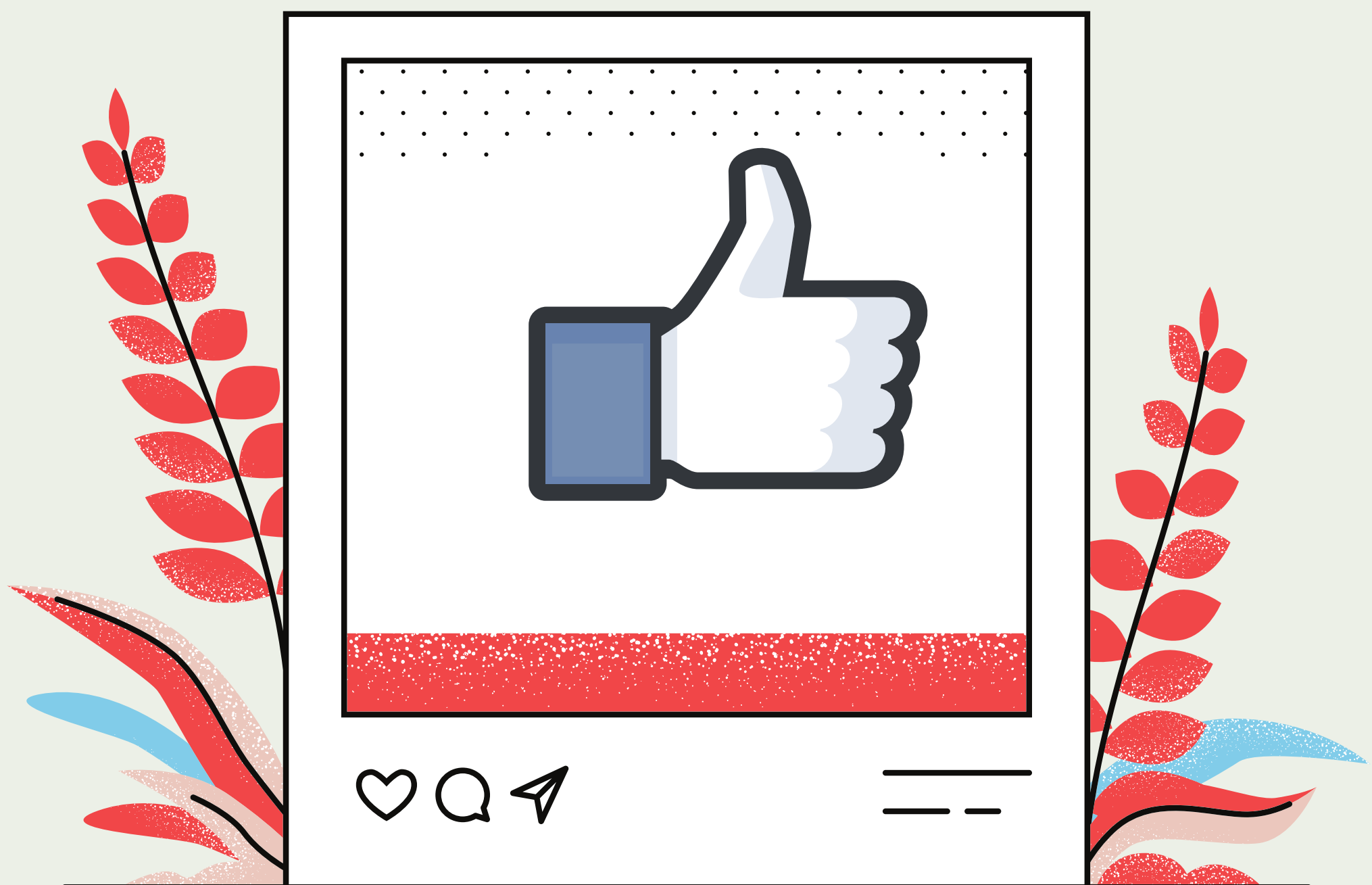
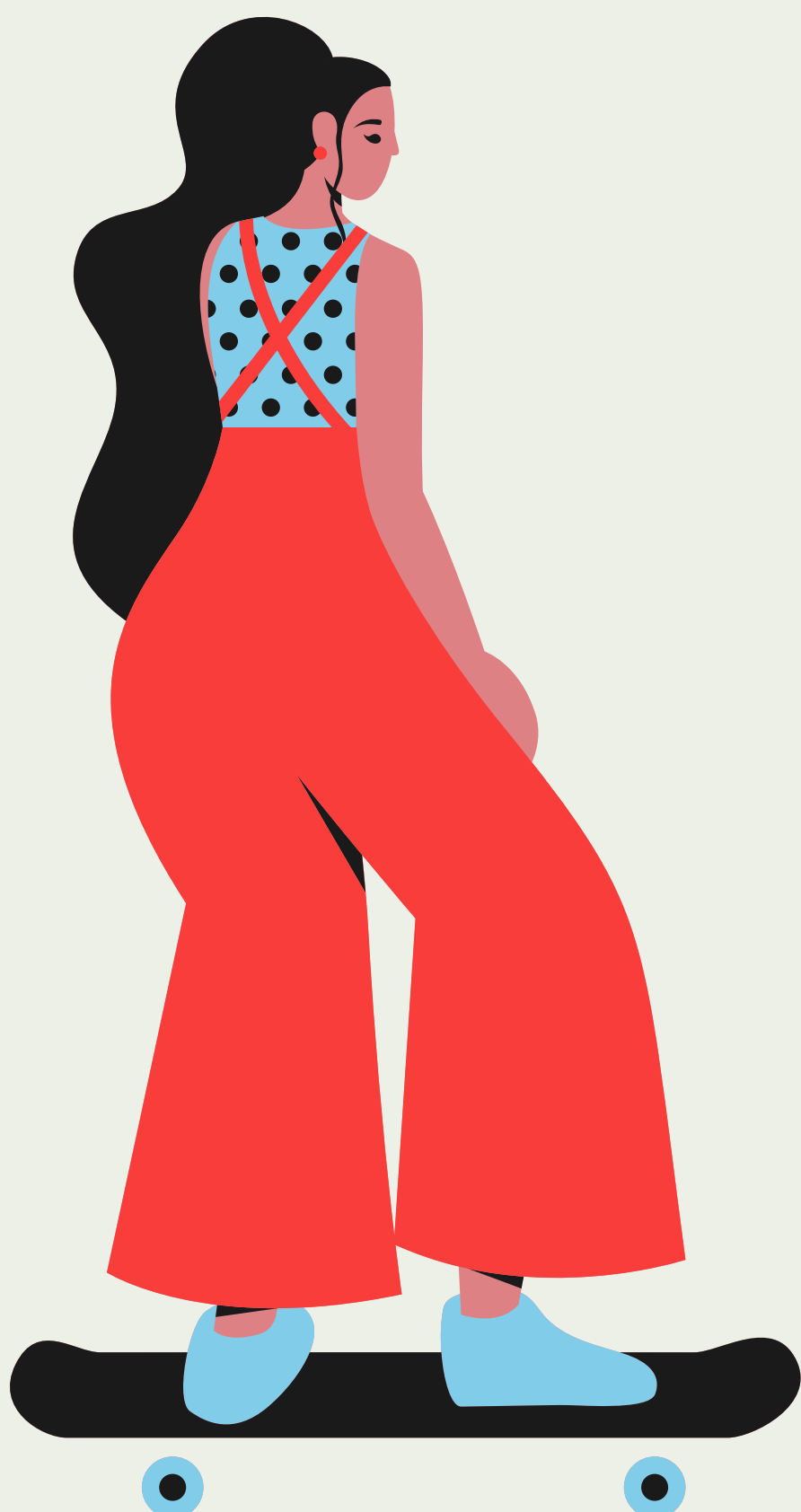
• November •



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[@CI_Wellness](#)



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[@CIWPE](#)



PEER SPOTLIGHT

**CASSIE
WEBBER**

**MAJOR:
HEALTH
COMMUNICATION**



About me

I am from San Clemente, CA & love exploring beaches, especially in Laguna. I am a senior at CI & will be graduating in December 2021. I am looking to pursue a career in social media marketing & management preferably with a company encompassing health & wellness.

Describe what wellness means to you

To me, wellness is feeling great, mentally & physically. This can look different for everyone, but for me that means being physically active in some way daily (walking, going to the gym, etc.) & cooking meals at home. I also take time for myself daily as well, implementing self care.

Hobbies

Going to the gym, walking outside & listening to a podcast, playing with my cat, catching up on my favorite TV shows, & Sunday brunch

Favorite Quote

"The sun will rise, & we will try again."

Winter

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

#WORLDIDAIDSDAY

DECEMBER 1

**THE RISK
IS NOT
KNOWING**

Get yourself tested.

For more info
www.worldaidsday.org



HOW TO FOCUS *While Studying*

PLAY MUSIC
THAT CAN
INCREASE
THE SPIRIT OF
LEARNING

SIT IN THE RIGHT
POSITION
SO YOU DON'T
FALL ASLEEP

AVOID
STUDYING IN
YOUR BED

USE ADEQUATE
LIGHTING WHEN
STUDYING

TURN OFF
YOUR PHONE



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?

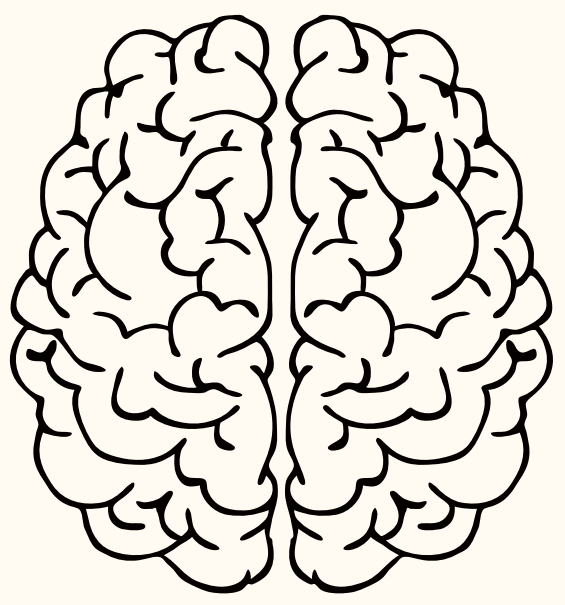


Meet one on one with one of our friendly certified peer educators to discuss your goal. Using the SMART Goals framework, you'll carve out your goal and set rewards for when you achieve them!

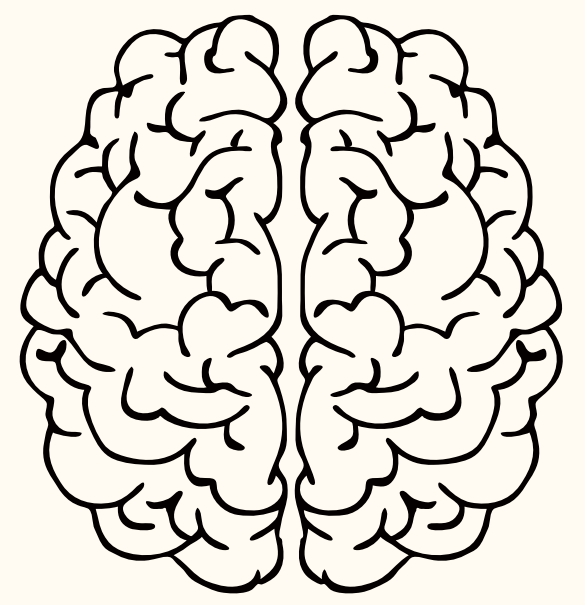
How Do I get Started?!



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!



OPINION

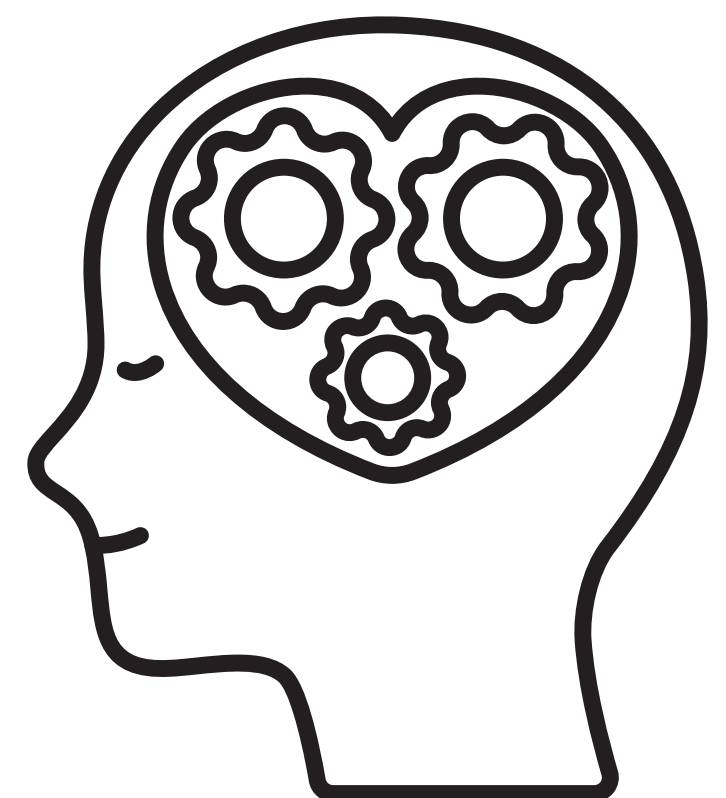


Nature's Impact on Mental Health During COVID-19

Article by: Avani Modha, Wellness Peer Educator

During the pandemic, it was a time where everyone stayed indoors whether it was work, school, or even a celebration. Allowing us to be safer and aware of our health; one thing that had an effect was our mental health. It is vital for humans to get some sunlight exposure for about 10-30 min, several times in the week (Raman, 2018).

Throughout COVID-19 people started to go outside and do more natural related activities as it lowered the risk of getting COVID as well as better their mental health. Some of these activities consisted of walking, hiking, picnics, outdoor fitness classes, and many more (Mayo Clinic, 2021). Doing these activities weekly will, "including reduction of stress, increases in social cohesion or physical activity, or replenishment of cognitive capacities, to name just a few (G. Bratman 2019)." Getting access to the outdoor help one's mental health to a great extent, it will help reduce stress, which many of us are due to our personal, social, academic responsibilities. About 26% of Americans from the ages 18 and above are prone to be diagnosed with a mental disorder every year; a ratio of 1 in 4 adults (Johns Hopkins Medical n.d.).

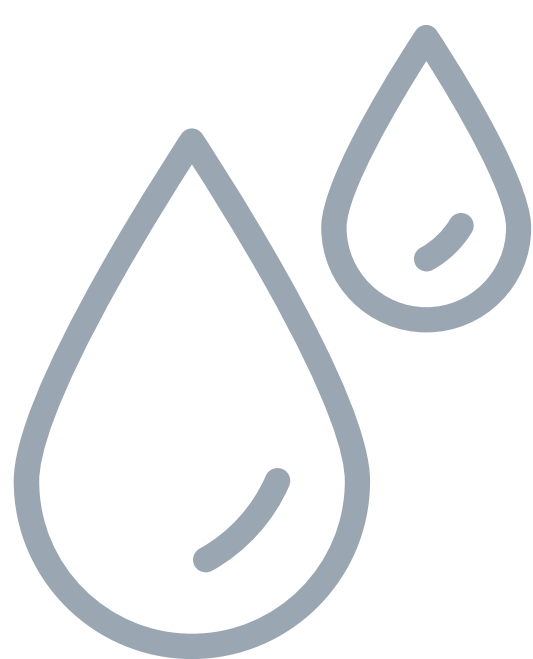


OPINION



Nature's Impact on Mental Health During COVID-19

Since these numbers are high there are many ways adults can help ease their mental disorders. Researcher Jerome Sarris talks about the four important elements of mental health; which being Fire, water, Earth and Air (Manincor, Hargraves, Tsonis, 2019). The element fire is focused on heat therapy or UV light therapy. The next element water is considered in hydrotherapy, such as spas or a sauna. Earth as our third element focuses on the natural exposure we have throughout the day. And lastly air, this can connect with different breathing techniques and getting outside to fuel your body with oxygen-rich/clean air. These can be elements included in our day to day life to help better our mental health. Some self-care of taking daily walk, taking a spa day, or going for a swim can help ease your mind.



References

Soga, Masashi, et al. "A Room with a Green View: The Importance of Nearby Nature for Mental Health during the COVID-19 Pandemic." (2020) The Ecological Society of America, John Wiley & Sons, Ltd, <https://esajournals.onlinelibrary.wiley.com/doi/full/10.1002/eap.2248>.

Bratman, G. N., Anderson, C. B., Berman, M. G., Cochran, B., de Vries, S., Flanders, J., Folke, C., Frumkin, H., Gross, J. J., Hartig, T., Kahn, P. H., Jr, Kuo, M., Lawler, J. J., Levin, P. S., Lindahl, T., Meyer-Lindenberg, A., Mitchell, R., Ouyang, Z., Roe, J., Scarlett, L., ... Daily, G. C. (2019). Nature and mental health: An ecosystem service perspective. *Science advances*, 5(7), eaax0903. <https://doi.org/10.1126/sciadv.aax0903>

"Stay Safe, Have Fun during the Covid-19 Pandemic." (2021) Mayo Clinic, Mayo Foundation for Medical Education and Research, <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art-20489385>.

Manincor, Hargraves, Tsonis, Harnessing the Four Elements for Mental Health. *Frontiers in psychiatry* (2019) 10 (256). <https://doi.org/10.3389/fpsy.2019.00256>

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

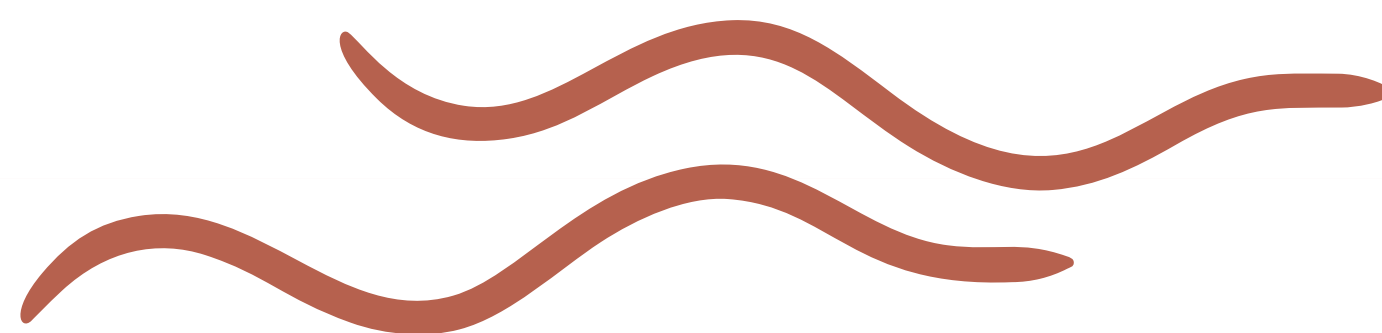
The purpose of CI Disability Accommodations and Support Services (DASS) is to encourage a learning community in and beyond the classroom that promotes academic excellence, success, personal development and self-advocacy skills that will empower and support students with physical, learning or psychological 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

Article written by: CAPS clinician Taj-Zsa Hower



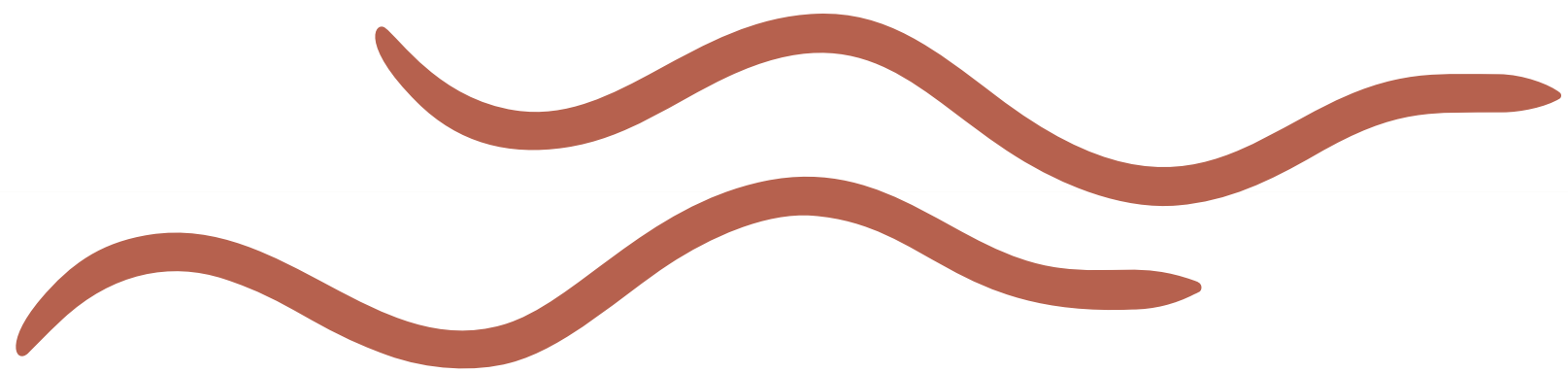
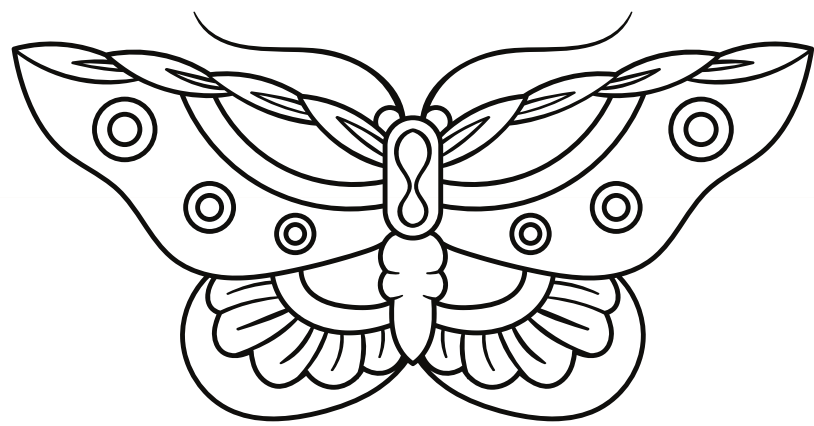
My mission in life it is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

-Maya Angelou

Counseling & Psychological Services (CAPS) is excited to welcome our newest clinician, Taj-Zsa Hower. Taj-Zsa Hower is a compassionate and wholehearted Licensed Clinical Social Worker (LCSW), proud US veteran, and loving wife and mother, who is overjoyed to bring her enthusiasm for mental health to the CSUCI CAPS program. Hower's goals in helping others align with the mission Maya Angelou shares in the quote above, which is reaching beyond surviving to thriving. Hower considers it her mission, as an LCSW, to support and guide her clients toward healthier and improved mental health, as this essentially leads to enhanced self-love, self-efficacy, self-compassion, personal empowerment, and enlightened empathy. Hower began her higher educational journey at CSUCI, graduating with a Bachelor of Arts in Sociology in 2009, later earning her Master of Social Work from CSUN in 2016. However, she found her purpose in mental health services in 2006, when she accepted a position as a Youth Correctional Counselor serving youthful offenders (ages 12-25). It was there that she witnessed the impact that mental health had on one's trajectory and overall ability to live a happier life. From that point Hower's drive for providing mental health services only grew, as did her experience.

CLINICIAN'S CORNER

Article written by: CAPS clinician Taj-Zsa Hower



Hower has served a multitude of diverse populations through past positions, practicum sites, and volunteer opportunities, including providing counseling services to youthful offenders, mentoring teens at the Boys and Girls Club, behavioral services to Autism Spectrum Disorder youth, social work services for geriatric and special needs adults, community based psychotherapy services to children and their parents, community based psychotherapy and support services to foster youth and their caregivers, in-office/telehealth psychotherapy to combat Veterans and Military Sexual Trauma (MST) survivors, and in-office/telehealth psychotherapy to all populations ages 6- 76. Taj-Zsa Hower's passion for providing mental health services is great, but even greater when she has the opportunity to serve young adults. Her well-rounded, creative, open-minded, humorous, and relatable therapeutic approach is essential to this population. Thus, she is thrilled to bring her unique style to the students of CSUCI seeking CAPS program services.





Happy Holidays



from the WPE team

