Wellness Catalog

A list of current wellness presentation and workshop topics are listed below. Please contact WPE if you would like to request a subtopic or a topic not listed.

- **Alcohol, Tobacco and Other Drugs (ATOD)**
  - Contains information on the risks of heavy drinking, the various forms of smoking tobacco, signs of addiction, and how to avoid the dangers of substance abuse. Also covers California's Good Samaritan Law and how to assist a person experiencing alcohol poisoning.

- **Healthy Eating (Nutrition 101)**
  - Includes topics such as composition of food, food groups, recipes, how food influences and interacts with the body, body positivity, and campus resources.

- **Safer Sex & Condom Sense (Sexual Health)**
  - Provides comprehensive educational information on topics such as defining sexual health, gender identity, local and national statistics of sexual health practices, consent, contraceptives, strategies for safer sex, and campus resources.

- **Sleep Hygiene**
  - Focuses on the stages of sleep, how lack of sleep affects your academic and work performance, sleep disorders, benefits and types of napping, and some tips for a good night’s sleep.

- **Stress Less & Mindfulness**
  - Covers the different types of stress, signs and symptoms of stress, time management tools, tips and resources, mindfulness strategies, and an interactive group activity.

- **Financial Wellness**
  - Educates students on how to budget, understanding student loans and debt, tips on becoming financially well, and campus resources.
• **Kognito (Suicide Prevention)**
  - Promotes our free online training module, *At-Risk Kognito*, which educates students on suicide prevention. It also contains topics on mental health, the benefits and features of Kognito, as well as step-by-step instructions on completing the course.

• **Being Well at CI (General Wellness)**
  - Combines key aspects of our other wellness presentations in order to educate students on achieving overall wellness here at CI. There will also be information on the various programs and services that Wellness Promotion & Education (WPE) has to offer.

• **Overview of Wellness Services at CI**
  - Provides information on multiple CI services that assist in improving students’ overall wellbeing. The services include Student Health Services, Counseling & Psychological Services (CAPS), Disability Accommodations & Support Services (DASS), Campus Recreation, and Wellness Promotion & Education (WPE).

• **Helping Students of Concern: How to Recognize & Refer (Active Bystander Training)**
  - The goal and purpose of this presentation is to recognize the warning signs of distress, disruptive and threatening behaviors, gain tools and strategies for responding to such behaviors, and learn how to report behaviors of concern. This is the only presentation that will always be facilitated by a CAPS clinician or a CARE team member.