

BEACH *Wellness* **CARE PACKAGE**

Inside this care package, you will find tools and resources to support your physical and mental wellbeing. The interactive table-of-contents allows you to easily click throughout the document. Some highlights of this document include:

- COVID-19 Information and Resources
- Mental Health & Wellness Resources available on campus
- YOU at CSULB, a 24/7 resource that is completely customized to fit your needs.
- Self-care micro power breaks – short videos or ideas to help you relax or recharge.
- Quarantine Activities you can do from your home or dorm room



BEACH WELLNESS CARE PACKAGE

WINTER 2021

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BEACH WELLNESS

Beach Wellness, a one-stop shop for all of your health and wellness needs. Please also visit us on our Beach Wellness website for information, programs, and resources at www.csulb.edu/beachwellness.

Beach Wellness is a collaboration of the following departments:

- [Basic Needs Program](#)
- [CARES \(Campus Assessment, Response & Evaluation for Students Team\)](#)
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Click here for a complete list
of Health & Wellness Events
on BeachSync





MENTAL HEALTH & WELLNESS SERVICES

Basic Needs Program

562.985.2038 • www.csulb.edu/basicneeds

The Basic Needs Department provides services for students related to food and housing security. Programs include the Student Emergency Intervention & Wellness Program, CalFresh Outreach Program, the ASI Beach Pantry, and the Beach Bites mobile application.

Counseling and Psychological Services (CAPS)

562.985.4001 • www.csulb.edu/caps

CAPS provides students with brief individual counseling, group counseling, referrals services, psychoeducational workshops, and crisis intervention to help students meet their personal challenges associated with identifying and accomplishing academic, career, and life goals.

Student Health Services

562.985.4771 • wellness@csulb.edu • www.csulb.edu/shs

Student Health Services is your on-campus clinic and is open for virtual and in-person appointments. We offer general primary care, reproductive health care, sports medicine, behavioral health services, case management, immunizations, laboratory, radiology, and pharmacy.

Behavioral Health Services

562.985.2671 • SHS-Behavioralhealth@csulb.edu

An integral part of Student Health Service, our behavioral health team currently includes a Psychiatrist, Case Manager who is a Licensed Clinical Social Worker (LCSW), ATOD/Violence and Sexual Misconduct counselor who is a Licensed Marriage and Family Therapist (LMFT), Referral Nurse, and Confidential Victim's Advocate.

Office of Wellness & Health Promotion

562.985.4609 • www.csulb.edu/wellness

Located within Student Health Services, the Office of Wellness & Health Promotion offers health events throughout the semester including virtual health fairs and Wellness Wednesdays. We also offer workshops for students including birth control 101, sexual health, sleep health, and nutrition basics. In addition, we have mind & body wellness programs including body positive, koru mindfulness, and yoga for healing.

Bob Murphy Access Center (BMAC)

562.985.5401 • bmac@csulb.edu • www.csulb.edu/bmac

BMAC assists students with disabilities by providing support services including accommodations for classroom and campus life activities, career development resources, and disability-related counseling.

Project OCEAN

www.csulb.edu/ocean

Peer program that aims to educate the campus on suicide prevention, reduce stigma associated with mental illness, and promotes mental wellness through resource fairs, QPR suicide prevention training, volunteer opportunities, and mental health workshops and outreach

CARES

(Campus Assessment, Response & Evaluation for Students Team)

562.985.8670 • www.csulb.edu/cares

The purpose of the CARES Team is to provide a centralized structure for the campus community in our support of students. We provide early intervention and crisis mitigation for students through collaboration with campus departments, faculty, and staff. In collaboration with students, the CARES Team will review all information available on the students' behavior and background, to develop an individual action plan and provide on-going case management support.

Not Alone at the Beach

www.csulb.edu/natb

Resource for sexual misconduct issues: sexual assault, stalking and dating/domestic violence

Confidential Campus Primary Advocate

Jacqueline Urtez, Student Health Services, 562.985.2668

Office Hours: 8AM-5PM Mon-Fri

Additional Confidential Sources

Linda Peña, Student Health Services, 562.985.1732

Division of Student Affairs Beach Wellness

562.985.1109 • www.csulb.edu/beachwellness

Beach Wellness is an initiative to coordinate our health and wellness efforts in the Division of Student Affairs. The accompanying website aims to serve as a hub for resources, programs, and events to inform our campus community and highlight the importance of wellness, self-care, and community.

YOU AT CSULB

562.985.4771 • www.YOUatCSULB.com

YOU at CSULB is a digital platform designed to promote health and overall well-being for each and every student at CSULB. YOU at CSULB helps students design their ideal college experience. Succeed in your academic success and career preparedness; Thrive in your physical and mental health; Matter in your purpose and connection to campus.

Case Management Team

Basic Needs Program/CARES: Jill Porzucki, LCSW

424.250.8205 • jill.porzucki@csulb.edu

Dean of Students/CARES: Jolene Sagan, LCSW

562.985.2804 • jolene.sagan@csulb.edu

CAPS: Rachelle Ang, LCSW

562.985.4001 • rachelle.ang@csulb.edu

Student Health Services: Kristen Hutchcroft, LCSW

562.985.5825 • kristen.hutchcroft@csulb.edu

Bob Murphy Access Center:

Karen Kinsley, MSW

562.985.5401 • karen.kinsley@csulb.edu

Domonique Rood, LMFT

562.985.5401 • Domonique.Rood@csulb.edu

Office of Equity & Diversity / Title IX

562.985.8256 • OED@csulb.edu • www.csulb.edu/equity

Equity & Diversity reviews and investigates allegations of discrimination, harassment, and retaliation related to protected status as well as sexual misconduct, sexual harassment, dating/domestic violence, and stalking at CSULB. Equity & Diversity also handles accommodations for employees, including student workers, provides trainings to campus constituents, and manages related Federal and State legal compliance requirements for students, employees, and University third parties.

Faculty & Staff Assistance Program

562.985.4001 • www.csulb.edu/FSAP

Free, confidential resource to help you resolve personal, family, or work-related problems before they disrupt your life. Services directly provided by FSAP are available only by appointment at no cost to you

Community Clinic for Counseling and Educational Services

562.985.4991 • ced-ccces@csulb.edu • www.csulb.edu/cedclinic

Services for Adults: individual, couple, or family counseling Services for Children (ages 6-17): intensive academic interventions for reading/writing & math, youth counseling, psychoeducational assessments, and developmental assessments for 3-6 year olds.

Long Beach Trauma Recovery Center

562.985.1366 • lbtrc@csulb.edu • www.csulb.edu/lbtrc

1045 Atlantic Avenue, Suite 801, Long Beach, CA 90813

Therapy, psychiatry, and case management provided for those affected by trauma.

Beach Buddies

562.985.4001 • <https://www.csulb.edu/college-of-health-human-services/students/beach-buddy>

Beach Buddy is a peer program that provides effective drop-in peer-to-peer mentoring services for students who are experiencing questions and difficulties while pursuing academic degrees at CSULB. We also host drop-in workshops focusing on mental health and wellness for all students to attend.

Beach Balance/Student Recreation & Wellness Center

562.985.0763 • ss-beachbalance@csulb.edu

www.asirecreation.org/beach-balance

Part of the Student Recreation and Wellness Center, Beach Balance offers various educational opportunities including nutrition, stress management, biofeedback, and overall health education programs.

PT @ the Beach

562.985.8286

www.csulb.edu/college-of-health-human-services/pt-at-the-beach

A University faculty practice that educates, consults, and provides expert physical therapy evaluation and treatment of movement dysfunction to optimize health, wellness, function, and quality of life for our campus and local community.

Club Sports and Recreation

562.985.2570

www.csulb.edu/clubsports

Recreational and competitive clubs, fitness classes, and educational programs.

OFF-CAMPUS RESOURCES

Long Beach Mental Health (County Services)

562.256.2900 • **Emergency Line: 800.854.7771**

2600 Redondo Avenue 3rd floor, Long Beach, CA 90906

South Bay Empowerment Center, Local Branch of YWCA Sexual Assault Services

562.590.6400

920 Atlantic Avenue Ste. 100 Long Beach, CA 90813

Starview Behavioral Health and Urgent Care Center (No Fee)

562.548.6565 • 3210 Long Beach Blvd., Long Beach, CA 90807

626.626.4997 • 18501 Gale Avenue, Ste 100, City of Industry, CA

24-hour mental health urgent care. Psychiatry, crisis intervention and case management services available.

Support for International Students: Morneau Shepell

866.743.7732

us.myissp.com

and type California State University, Long Beach

24-hour support with international student advisors to assist with adapting to new cultures, relationships with friends & family, and stress, sadness, and loneliness.

Free My SSP app available in the App Store

ADDITIONAL PHONE NUMBERS AND HOTLINES

COVID-19 Safety Line

562.985.1900 • covidsafety@csulb.edu

2-1-1

Health and Human Services resources

CSULB University Police Department

Non-Emergency Line: 562.985.4101

Anonymous Crime Tip Line: 562.985.0042

Crisis Text Line

Text HOME to 741-741

Domestic Violence Hotline

562.594.4555

YWCA Greater LA Sexual Assault Crisis Services

877.943.5778

Suicide Prevention

800.273.8255

Trans Lifeline

(Peer-led support hotline 7 am – 1 pm)

877.565.8860

Trevor Project LGBTIQ Lifeline

866.488.7386



YOU AT CSULB



Succeed. Thrive. Matter. Those are the cornerstones of your experience at CSULB. YOU at CSULB helps students design their ideal college experience.

***Succeed** in your academic success and career preparedness*

***Thrive** in your physical and mental health*

***Matter** in your purpose and connection to campus*

YOU at CSULB is a personalized online platform based on your interests, goals, and needs.

Once logged into YOU at CSULB, you can explore the content in each area including programs on campus, workshops, Ted Talks, articles, and more.

In *Succeed*, explore Learning Strengths, Degree & Career Options, Academics & Grades, Internships & Career Path, Leadership & Professional Development, Finances & Basic Needs, and more.

In *Thrive*, explore Fitness & Nutrition, Sexual Health, Body Positivity, Sleep, Managing Anger, Stress & Anxiety, Alcohol & Substance Use, Loneliness & Depression, and more.

In *Matter*, explore Relationships & Making Friends, Mindfulness & Balance, Purpose & Meaning, Clubs & Volunteering, Personality Style, Diversity & Identity, and more.

Login to YOU at CSULB to start exploring and connect to your BEACH community.





www.csulb.edu/beachwellness

CALIFORNIA STATE UNIVERSITY LONG BEACH

SELF-CARE MICRO POWER BREAKS

While focus is important during the day, too long spent in a focused state can start to backfire. Our mind naturally wanders when our energy levels dip. Our bodies start to crave movement and our attention falters. Micro breaks impose small interruptions in your focus to ease your body and reboot your brain.

MIND



| | | |
|--|-----------------------|---|
| 3 Mental Wellness Tips for COVID 19 (3:17 min) | You @ CSULB | https://youtu.be/tC-p5cvFM20 |
| SOS S Tool - Stress test | Dr. James H. Amirkhan | https://bit.ly/CSULB_SOSS |
| Mindful Breathing (6:08 min) | Bert Rivera | https://bit.ly/34hb1G0 |
| Mindfulness (13:43 min) | Bert Rivera | https://bit.ly/3kXNmIT |

BODY



| | | |
|----------------------------------|-------------|---|
| Sleeping (1:37 min) | You @ CSULB | https://youtu.be/tfPTrTT2Ya0 |
| Computer Micro breaks (2:02 min) | Dr. Hoover | https://youtu.be/e8K8G7af-48 |
| Tai Chi (1:27 min) | Dr. Hoover | https://youtu.be/Rz3LFR-8EUI |
| Move your body (1:36 min) | You @ CSULB | https://youtu.be/ZEw1-6Si3Hk |

SPIRIT



| | | |
|---|-------------|---|
| Yoga Breathing (10:27 min) | CAPS | https://youtu.be/Y7w65zo7jyo |
| Staying Stimulated During Quarantine (1:06 min) | YOU @ CSULB | https://youtu.be/69I3-Ex9yGo |
| Guided Imagery and Gratitude (12:18 min) | CAPS | https://youtu.be/367hG04rHh8 |
| Dive into Relaxation (11:59 min) | CAPS | https://youtu.be/skxDI_p_S9Ik |

NUTRITION

| | | |
|-----------------------------------|-----|---|
| Healthy Snacks (6:22 min) | SHS | https://youtu.be/U3syqbWTrJs |
| Healthy eating on a budget (1:18) | EWG | https://bit.ly/2GxEC3Y |
| Foods for Immunity (4:34 min) | SHS | https://youtu.be/kOxfnMkspUE |
| Beverages for Immunity (4:18 min) | SHS | https://youtu.be/bI7loWPsOd0 |
| Pantry Staples COVID (6:00 min) | SHS | https://youtu.be/2Pwa5LsNZUo |
| Vitamin D COVID (1:49 min) | SHS | https://youtu.be/0yFs3mAxxCE |



[Home](#)

ENERGIZING

- Try doing some desk stretches to reverse that computer hunch.
- Head outside and walk two laps around your block/building or get the same energizing effect by walking up and down a few flights of stairs.
- Go on a Zoom coffee chat with person you have been meaning to reach out to. You'll get the break you need—plus some good catching up done.
- Need to make some phone calls? Step outside or walk around the room and do them while walking back and forth. The combination of movement and chatting will be a boost of energy before you head back to your desk.
- Take a quick, 15-minute nap, you'll feel much more awake and ready to get back to the grind.
- Eat an energizing snack – try a handful of nuts and dried fruit, fresh fruit and nut or seed butter, wholegrain crackers and string cheese, or berries and dark chocolate.
- Find some inspiring stories to read to get you motivated and excited. These TED Talks are a great place to start and will get you revved up to do just about anything
<https://www.themuse.com/advice/10-inspirational-ted-talks-perfect-for-anyone-having-a-rough-day>

SOCIAL

- Send an email to your 10 closest friends/family members/co-workers, asking for the best joke they've ever heard.
- Send a [thank you note](#) to someone who's helped you out recently—your friend who's gone above and beyond or a co-worker who proofread a paper for you. It doesn't even have to be something big—in fact, bonus points if it's not.
- See if a roommate or friend needs a break too and go grab a snack or have a phone walking chat/meeting. For bonus points, use the time to pick this person's brain on something you've been thinking about whether it's dealing with a difficult solution to something or just daily life.
- Spread some cheer and send a friend a funny e-card.
- Step outside and call your mom, dad, grandparent, sibling, or other family member just to say hi and see how the day is going. They'll appreciate it!

RELAXING & SLEEP

- Wind down with a cup of herbal tea – chamomile tea is particularly calming.
- Stop consuming caffeine at least 6 hours before bedtime.
- Eat your evening meal at least 2 hours before bedtime to decrease risk of indigestion.

BRAIN BOOSTING

- Check out [Lumosity](#): Free online exercises that are designed by neuroscientists to improve core cognitive functions, including memory, problem solving, and attention. <https://www.lumosity.com/en/>
- Head over to your folders/piles a catch up on some of those articles you've been meaning to read. You'll get a nice break—a maybe even learn something you can apply when you get back to school/working.
- Watch the seven to 10 minute opening sequence of a late night talk show from the night before for a quick news recap and a quick laugh.
- Keep a non-school/work book on hand to read from on short breaks. It'll feel good to not stare at a computer screen for 15 minutes, and a good book can be totally inspiring.
- Write something! Crank out a blog post. Check out your [list of topics](#) to get you thinking, pen a short story about the happenings in your world, or hey, even get started on that novel/blog/post you've always wanted to write.
- Download the language learning app [Duolingo](#) and take a lesson or two. Even if you don't remember much more than "¿Dónde está la biblioteca?" from your high school Spanish class, the app will have you easily increasing your international vocabulary in just a couple minutes a day.

PRODUCTIVE

- [Organize your smartphone](#). Take a few minutes to delete any apps you never use, Shift any apps you use daily to the front screen. And hey, why not update your background photo while you're at it?
- Pick one project that's on your plate, and do a 10-minute brainstorm on it. Grab a stack of Post-its and a marker, and let your brain get to business.
- It's a good idea to update your online passwords every so often, and a slow afternoon is a great opportunity. Try not to use the same password for your email and social networks. Keep track of the new passwords using a tool like [1Password](#), [PassPack](#), or [Password Genie](#).
- Organize your drawers. Clear out old gum, dried pens, and anything else that you don't need.
- Unsubscribe from 10 newsletters in your inbox. That daily deals newsletter you haven't actually read in six months? Get it out of there. Anything you haven't read in a month or more? You probably don't need to be getting it every day.

DOWN RIGHT DISTRACTING

- Listen to a humorous podcast you enjoy.
- Play games with friends via smart phone game or trivia apps.

QUARANTINE ACTIVITIES

Calming/ Relaxation

| Activity | Supplies | Links for directions |
|------------------------|--|---|
| Mindfulness meditation | Alone time, mindfulness worksheet or guided meditation | https://www.therapistaid.com/therapy-worksheet/how-to-practice-mindfulness-meditation |
| Gardening | Pots, seeds, and water to grow a small plant | https://www.wikihow.life/Grow-Plants-from-Seed#:~:text=How%20to%20Grow%20Plants%20from%20Seed.%201%201.,together%20equal%20amounts%20of%20perlite%2C%20...%20More%20items |
| Learn a new skill | LinkedIn Learning (free for students) | Single Sign on or https://www.linkedin.com/learning/ |

Media Consumption

| Activity | Supplies | Links for directions |
|----------------------|--|---|
| Podcast | Internet connection, podcast application (Soundcloud, Spotify, etc) | |
| Read | Book | |
| Audiobook | Internet connection, audiobook application (Audible, etc) | |
| Music Playlist | Create a playlist for you and your loved ones to jam Spotify, Pandora, Apple Music, Soundcloud out together. | |
| Netflix Party | Netflix account, Google Chrome, Netflix Party extension | https://www.netflixparty.com |
| Learn a TikTok dance | Internet connection, device, TikTok | TikTok |

Arts/Crafts

| Activity | Supplies | Links for directions |
|-----------------|---|---|
| Writing | Laptop or writing supplies (paper, pen/pencil) | https://thinkwritten.com/365-creative-writing-prompts/ |
| Adult Coloring | Coloring utensils, coloring books or sheets | https://www.crayola.com/free-coloring-pages/adult-coloring-pages/ |
| Sewing Projects | Sewing machine or hand sewing materials, fabric | https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/ |
| Knitting | Learning how to knit | https://www.thesprucecrafts.com/learn-to-knit-2116465 |
| Origami | Paper, instructions | https://www.thesprucecrafts.com/top-origami-for-beginners-2540688 |
| Kite | Building a kite from paper, string, and sticks | https://www.instructables.com/Homemade-Kites/ |
| Macramé | Cotton twine, jute, hemp, yarn, etc | https://www.yarnspirations.com/rh-20160411-how-to-make-6-common-macrame-knots-and-patterns.html |
| Drawing | Paper or other material, drawing utensils | |

Games

| Activity | Supplies | Links for directions |
|------------------------|---|---|
| Draw Something Classic | Social drawing and guessing game | https://apps.apple.com/us/app/draw-something-classic/id488628250 |
| Among Us | Internet connection, device, game | http://www.innersloth.com/gameAmongUs.php |
| Minecraft | Internet connection, device, game | https://www.minecraft.net/en-us |
| Mario Kart | Go-kart style racing video games via cellular device | https://apps.apple.com/us/app/mario-kart-tour/id1293634699 |
| Animal Crossing | Internet connection, device, game | https://www.nintendo.com |
| Jackbox TV | Internet connection, device, at least one person with Jackbox TV game | https://www.jackboxgames.com/ |
| Uno Friends | Uno Friends app will allow you to play the classic cards game | https://play.google.com/store/apps/details?id=uno.friends.card.ono&hl=en_US&gl=US |