

California State University, Long Beach

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:

- CAPS virtual support groups and spaces
- SHS programs, services, and outreach events
- Mental Health & Wellness Resources available on campus
- YOU @ 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.
- SRWC featured events including virtual fitness classes and nutrition counseling

California State University, Long Beach

Beach Wellness Care Package

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Counseling & Psychological Services: Outreach Programs for Fall 2020

All outreach programs will take place virtually via Zoom. For more information, visit: www.csulb.edu/caps

DROP-IN SUPPORT SPACES

Drop-in spaces are hosted by CAPS to provide a supportive space for students to connect on similar experiences and interests. It is not a therapy group. Students are not expected to attend each group meeting but can join the group as often as needed.

Sign-up to participate in a drop-in space here: http://bit.ly/CAPS_Drop-In

Beach Parents

A space to connect with other pregnant and parenting students.

- Fridays: 2pm-3pm | Dr. Abby Bradecich
- E: Abby.Bradecich@csulb.edu

Black Table Talk

A space for conversations about race and other issues impacting Black students, staff, and faculty.

- Tuesdays: 12pm-1pm | Dr. Shelly Collins
- E: Shelly.Collins@csulb.edu

Butterfly Healing Circles

A dreamers/ DACA support group lead UndocuAllies.

- Thursday: 2pm-3pm- biweekly | Dr. Nidia Moran
- E: Nidia.Moran@csulb.edu

International Student Support Group

- Thursdays: 4pm-5pm | Dr. Bongjoo Hwang
- E: Bongjoo.Hwang@csulb.edu

Latinas @ the Beach

A space to connect with other Latina students at CSULB.

- Thursdays: 2pm-3pm | Dr. Rosa Moreno
- E: LatinasAtTheBeach@csulb.edu

Rainbow Café

An inclusive space for CSULB students in support of sexual and gender diversity.

- Monday: 3:30pm-5pm | Dr. Lauren Jensen
- E: Lauren.Jensen@csulb.edu

Sisterfriends

A supportive networking group for Black women Students at CSULB.

- Thursdays: 1pm-2:30pm | Led by WGEC
- E: WGEC@csulb.edu

LET'S TALK: 1-ON-1 DROP-IN CONSULTATIONS

"Let's Talk" provides easy access to informal confidential 1-on-1 consultations with CAPS counselors. Access support, gain perspective, explore resources, and discuss how counseling might be helpful.

RSVP on CAPS BeachSync: <http://bit.ly/CSULBLetsTalk>

Let's Talk

Drop-in consultations for CSULB students.

- Tuesdays: 11pm-12pm | Dr. Nidia Moran
- Wednesdays; 1pm-2pm | Dr. Christine Ricohermoso Shaw

Black Talk

Drop-in consultations for CSULB students who identify as Black or of African descent.

- Thursdays: 11pm-12pm | Dr. Shelly Collins

Fresh Talk

Drop-in consultations for first-year CSULB freshmen & transfer students.

- Tuesdays: 12pm-1pm | Dr. Amanda Trama

Queer Talk

Drop-in consultations for CSULB students who identify as LGBTQIA+.

- Tuesdays: 1pm-2pm | Dr. Nidia Moran

Quarantine Talk

Drop-in consultations for CSULB students who are experiencing stress due to the COVID-19 pandemic.

- Wednesdays: 3pm-4pm | Dr. Clarissa Green-Anicich

CAPS WORKSHOPS

Love Online

Learn about the five love languages and find out which language you speak. Learn how to love yourself, connect with others and nurture relationships in a digital world.

- Mondays; 4pm-5pm | Dr. Shelly Collins
- Zoom Link: <https://csulb.zoom.us/j/98610595639>

BEACH BUDDY: PEER MENTORING

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.

RSVP Mentoring Hours

- Mondays: 9am-11am
- Tuesdays: 1pm-3pm
- Wednesdays: 8am-11am & 2pm-4:30pm
- Thursdays: 1pm-4:30pm
- Friday: 2pm-3pm
- RSVP: <https://calendly.com/csulbbeachbuddy/peer-mentoring-rsvp>

Drop-In Mentoring Hours

- Mondays: 8am-12pm
- Tuesdays: 9am-10am & 2pm-5pm
- Wednesdays: 10am-12pm & 1pm-3pm
- Drop-in Zoom Link: <https://csulb-hipaa.zoom.us/j/98944109846>

College of Health & Human Services Mentoring Hours (CHHS Students Only)

- Mondays: 8am-12pm & 1pm-4pm
- Tuesdays: 8am-3pm
- Wednesdays: 10am-12pm
- Thursdays: 12pm-4pm

- Friday: 8am-9am & 10-11am
- RSVP: <https://calendly.com/csulbbeachbuddy/chhs>

Connect with Beach Buddy!

- Instagram | @csulbbeachbuddy
- Join Beach Buddy on BeachSync

PROJECT OCEAN- PEER EDUCATION

Project OCEAN (On-Campus Emergency Assistance Network) is a peer program that educates the campus on suicide prevention, promotes a climate that reduces the stigma associated with mental health & mental illness and encourages students to seek help when needed.

QPR Suicide Prevention Training:

QPR is a nationally recognized certification training on how to identify symptoms/ warning signs of someone who may be at risk for suicide and how to refer the student to seek help. After attending the training, you will be QPR certified for 3 years as a Gatekeeper.

- 9/10: 1-3pm | 9/24: 12-2pm | 10/9: 10-12pm
- 10/19: 9:30-11:30am | 11/3: 12-2pm | 11/19: 2-4pm
- RSVP for a QPR training date here

Get Involved: Volunteer Opportunities

Are you interested in being involved in Project OCEAN's mission to promote mental health awareness and suicide prevention? Sign up for our mailing list to learn more about how you can join our OCEAN network and virtually volunteer with our peer educators! Get Involved via our Mailing List.

Connect with Project OCEAN!

- Instagram | Facebook | @csulbprojectocean
- Twitter | @csulbocean
- Youtube | BeachSync | @CSULBProjectOCEAN

Student Health Services: Outreach & Programs for Fall 2020

All outreach programs will take place virtually via Zoom or Instagram Live. For more information, visit: www.csulb.edu/shs or email wellness@csulb.edu.

Mindfulness & Meditation

Meditation Mondays

- Every Monday from 12:30-1:00 PM
- Presented by Heidi Girling, MPH, CHES
- For more info, email wellnes@csulb.edu

September

- 9/14/20 <https://csulb-hipaa.zoom.us/j/95017139440>
- 9/21/20 <https://csulb-hipaa.zoom.us/j/95017139440>
- 9/28/20 <https://csulb-hipaa.zoom.us/j/95017139440>

October

- 10/12/20 <https://csulb-hipaa.zoom.us/j/95017139440>
- 10/19/20 <https://csulb-hipaa.zoom.us/j/95017139440>
- 10/26/20 <https://csulb-hipaa.zoom.us/j/95017139440>

November

- 11/2/20 <https://csulb-hipaa.zoom.us/j/95017139440>
- 11/9/20 <https://csulb-hipaa.zoom.us/j/950171394401>
- 11/16/20 <https://csulb-hipaa.zoom.us/j/95017139440>
- 11/30/20 <https://csulb-hipaa.zoom.us/j/95017139440>

December

- 12/7/20 <https://csulb-hipaa.zoom.us/j/95017139440>
- 12/14/20 <https://csulb-hipaa.zoom.us/j/95017139440>

Wellness Wednesdays

Stretching for Stress Relief

- Wed. 10/14/20
- 12:15-12:45 PM
- Instagram Live & IGTV @csulbshs

Mindfulness

- Wed. 12/2/20
- 12:15-12:45 PM
- Instagram Live & IGTV @csulbshs

Lifestyle Mindfulness Techniques

- Incorporating mindfulness throughout the day.
- Thurs. 12/10
- 4:00-5:00 PM
- <https://csulb.zoom.us/j/93956811513?pwd=NzJESkR6ZWdwVWYvdDRXTUd5UTNVQT09>

Improving Study Habits & Focus

Virtual Health Huts

Tips for a good study environment

- Thurs. 9/10/20
- 1:00-2:00 PM
- Zoom Meeting ID: 367 575 5579

Ways to improve your focus

- Tues. 9/22/20
- 1:00-2:00 PM
- <https://csulb-hipaa.zoom.us/j/94439763224>

How to Study without Regrets

- Thurs. 10/29/20
- 2:00-3:00 PM
- <https://csulb-hipaa.zoom.us/j/91399984528>

Connecting from a Distance

- Thurs. 11/12/20
- 2:00-3:00 PM
- <https://csulb-hipaa.zoom.us/j/91003830688>

How to Prepare for online exams (test anxiety)

- Thurs. 12/10/20
- 1:00-2:00 PM
- <https://csulb-hipaa.zoom.us/j/98559953439>

Wellness Wednesdays

Adapting to Online Learning

- Wed. 9/30/20
- 12:15-12:45 PM
- Instagram Live & IGTV @csulbshs

Rebooting Productivity

- Wed. 11/4/20
- 12:15-12:45 PM
- Instagram Live & IGTV @csulbshs

Sleep Health

Virtual Health Hut: How is Your Sleep Being Affected?

- Thurs. 10/15/20
- 2:00-3:00 PM
- <https://csulb-hipaa.zoom.us/j/92060130407>

Nutrition Resources

Nutrition Counseling and Registered Dietitian available at SHS for free! Appointments available via Zoom. To book an appointment, email wellness@csulb.edu

Interview with a Registered Dietitian Series

Sports Nutrition

- Fri. 9/18/20
- 11:00 AM
- Instagram Live & IGTV @csulbshs

Reducing Food Waste

- Fri. 10/16/20

- 11:00 AM
- Instagram Live & IGTV @csulbshs

Mindful Eating

- Fri. 11/20/20
- 11:00 AM
- Instagram Live & IGTV @csulbshs

Eating Around the Holidays

- Wed. 12/11/20
- 11:00 AM
- Instagram Live & IGTV @csulbshs

Virtual Health Huts

Eating on a Budget

- Tues. 12/1/20
- 1:00-2:00 PM
- <https://csulb-hipaa.zoom.us/j/96495038487>

Additional Events

Wellness Wednesday: Party Safe

- Wed. 10/28/20
- 12:15-12:45 PM
- Instagram Live & IGTV @csulbshs

Wellness Wednesday: Coping During Covid

- Wed. 11/18/20
- 12:15-12:45 PM
- Instagram Live & IGTV @csulbshs

Virtual Health Hut: Managing Conflicts at Home

- Tues. 11/3/20
- 1:00-2:00 PM
- <https://csulb-hipaa.zoom.us/j/95050908896>

Virtual Health Hut: Your Financial Health Matters

- Tues. 11/17/20
- 1:00-2:00 PM
- <https://csulb-hipaa.zoom.us/j/98322908031>

Mind & Body Wellness Series

Koru Mindfulness

Begins the first week of October. Meeting day/time TBA

A four-week mindfulness training program specifically designed for college students. For more information or to sign up, email wellness@csulb.edu.

Body Positive at The Beach

Begins the first week of October. Meeting day/time TBA

An eight-week series that helps students build healthier relationships with their bodies. For more information or to sign up, email SHS-BodyPositive@csulb.edu.

Yoga for Healing

Begins the first week of October. Meeting day/time TBA

6-week structured series for survivors of sexual assault, abuse and relationship violence. For more information or to sign up, email SHS-yogaforhealing@csulb.edu.

SHS Workshops

The SHS offers free workshop taught by peer educators via Zoom. To schedule an appointment, or for more information, please email wellness@csulb.edu.

Birth Control 101

During this interactive workshop, we discuss birth control methods, STIs and HIV, the Reproductive Health Exam, safer sex tips, and partner communication.

Stress Less Workshop

Learn about stress reduction, coping techniques, time management, relaxation methods.

Nutrition Basics Workshop

This workshop covers healthy eating on a budget, preparing fast and healthy meals, benefits of eating a healthy diet, and intuitive eating.

Clinic Services at SHS

Primary Care Visits, Immunizations, Reproductive Health Visits, Sports Medicine, Laboratory, Pharmacy, X-ray, Nutrition Counseling and Registered Dietitian, Gender Affirming Medical Services, STI Testing and Counseling, Pregnancy Options, Counseling, Gardasil Vaccine, Family PACT, Behavioral Health, Case Management, Trauma Informed Counseling and Advocacy Services at SHS, Substance Abuse Counseling
For more information, visit: https://web.csulb.edu/divisions/students/shs/available_services.html

California State University, Long Beach

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 huts 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: Rachele Ang, LCSW 562.985.4001, rachele.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 @ CSULB

Video about YOU @ CSULB: Link: <https://bit.ly/2GeK5Nm>

Succeed. Thrive. Matter. Those are the cornerstones of your experience at CSULB. YOU @ 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 @ CSULB is a personalized online platform based on your interests, goals, and needs. Once logged into YOU @ 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 @ CSULB to start exploring and connect to your BEACH community.

www.youatcsulb.com

BEACH BUDDY: PEER MENTORING HOURS

Drop-In Mentoring Hours

- Mondays: 8am-12pm
- Tuesdays: 9am-10am & 2pm-5pm
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- Drop-in Zoom Link: <https://csulb-hipaa.zoom.us/j/98944109846>

RSVP Mentoring Hours

- Mondays: 9am-11am
- Tuesdays: 1pm-3pm
- Wednesdays: 8am-11am & 2pm-4:30pm
- Thursdays: 1pm-4:30pm
- Friday: 2pm-3pm
- RSVP: <https://calendly.com/csulbbeachbuddy/peer-mentoring-rsvp>

College of Health & Human Services Mentoring Hours (CHHS Students Only)

- Mondays: 8am-12pm & 1pm-4pm
- Tuesdays: 8am-3pm
- Wednesdays: 10am-12pm
- Thursdays: 12pm-4pm
- Friday: 8am-9am & 10-11am
- RSVP: <https://calendly.com/csulbbeachbuddy/chhs>

Connect with Beach Buddy!

- Instagram | @csulbbeachbuddy
- Join Beach Buddy on BeachSync

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

- You @ CSULB
- <https://youtu.be/tC-p5cvFM20>

SOS S Tool - Stress test

- Dr. James H. Amirkhan
- https://bit.ly/CSULB_SOSS

Mindful Breathing

- Bert Rivera
- <https://bit.ly/34hb1G0>

Mindfulness

- Bert Rivera
- <https://bit.ly/3kXNmIT>

Body

Sleeping

- You @ CSULB
- <https://youtu.be/tfPTrTT2Ya0>

Computer Micro breaks

- Dr. Hoover
- <https://youtu.be/e8K8G7af-48>

Tai Chi

- Dr. Hoover
- <https://youtu.be/Rz3LFR-8EUI>

Move your body

- You @ CSULB
- <https://youtu.be/ZEw1-6Si3Hk>

Spirit

Yoga Breathing

- CAPS
- <https://youtu.be/Y7w65zo7jyo>

Staying Stimulated During Quarantine

- YOU @ CSULB
- <https://youtu.be/69I3-Ex9yGo>

Guided Imagery and Gratitude

- CAPS
- <https://youtu.be/367hG04rHh8>

Nutrition

Healthy Snacks

- SHS
- <https://youtu.be/U3syqbWTrJs>

Healthy eating on a budget

- Link
- <https://www.ewg.org/goodfood/index.php>

Foods for Immunity

- SHS
- <https://youtu.be/kOxfnMkspUE>

Beverages for Immunity

- SHS
- <https://youtu.be/bl7loWPs0d0>

Pantry Staples COVID

- SHS
- <https://youtu.be/2Pwa5LsNZUo>

VitaminD COVID

- SHS
- <https://youtu.be/0yFs3mAxnCE>

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, whole grain 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 and catch up on some of those articles you've been meaning to read. You'll get a nice break—and 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 smartphone game or trivia apps.

Virtual Fitness Classes & Personal Training:

Virtual Fitness Classes Calendar

- Link: <https://www.asirecreation.org/group-fitness-weekly-schedule#year=2020&month=10&day=1&view=month>

Virtual Personal Training

- Link: <https://www.asirecreation.org/fitness/personal-training>

Beach Balance Events:

Virtual Peer Nutrition Counseling

- Link: <https://www.asirecreation.org/beach-balance/featured-events/28-beach-balance/533-virtual-peer-nutrition-counselling?ml=1>

Zoom Guided Art Therapy: Paint a Pumpkin

- Link: <https://www.asirecreation.org/beach-balance/featured-events/28-beach-balance/531-guided-art-therapy-paint-pumpkin?ml=1>

Zoom Guided Art Therapy: DIY Mugs

- Link: <https://www.asirecreation.org/beach-balance/featured-events/28-beach-balance/532-guided-art-therapy-diy-mugs?ml=1>

Rock & Outdoor Events:

Wilderness Workshop

- Link: <https://www.asirecreation.org/rock-outdoor/featured-events/27-rock-outdoor/528-rock-outdoor-featured-events-wilderness-workshops?ml=1>

Virtual Outdoor Skill Learning

- Link: <https://www.asirecreation.org/rock-outdoor/featured-events/27-rock-outdoor/504-outdoor-skills?ml=1>

SRWC Equipment Rentals

- Link: <https://www.asirecreation.org/rock-outdoor/featured-events/27-rock-outdoor/525-equipment-rental-2?ml=1>

Rock & Outdoor Tech Talks

- Link: <https://www.asirecreation.org/rock-outdoor/featured-events/27-rock-outdoor/516-rock-outdoor-featured-events-belay-a-mile-2?ml=1>

Aquatics & Safety Events:

Ask a Trainer

- Link: <https://www.asirecreation.org/aquatics/featured-events/29-aquatics/512-aquatics-program-management?ml=1>

How a Pool Works

- Link: <https://www.asirecreation.org/aquatics/featured-events/29-aquatics/518-how-a-pool-works?ml=1>

Social Distance Student First AID/CPR/AED

- Link: <https://zoom.us/postattendee?id=2>

CALIFORNIA STATE UNIVERSITY, LONG BEACH
DIVISION OF STUDENT AFFAIRS
REIMAGINE WELLNESS AS ONE BEACH

Monday, October 12

REFRAME REST

11:00AM – 12:00PM

Instagram Live | @csulbprojectocean Presented by: CAPS & Project OCEAN

BEACH BUDDY- MINDFULNESS & MEDITATION MONDAY

12:00PM – 1:00PM

Zoom | Meeting ID: 918 0940 8609 Presented by: CAPS

GUIDED MEDITATION

4:00PM – 5:00PM

Instagram Live | @csulbsrwc Presented by: SRWC

LET' S TALK ABOUT LOVE

4:00PM – 5:00PM

Zoom | Meeting ID: 986 1059 5639 Presented by: DSA & CAPS

POSTURE CORRECTION & MASSAGE TECHNIQUES: MINDFUL MOVEMENT 6:00PM – 7:00PM

Zoom | Meeting ID: 954 0952 1092 Passcode: Fall2020

Presented by: SRWC

Tuesday, October 13

MEET AVERY THE POLICE DOG

10:00AM – 11:00AM

Zoom | Meeting ID: 987 2275 6526

Passcode: 180337

Presented by: University Police

FLU SHOT CLINIC (Drive Through)

10:00AM – 2:00PM

parking lot G1 (across from SHS, next to nursing building)

Presented by: SHS

NOT ALONE @ THE BEACH:

ASK THE ADVOCATE LUNCH HOUR

12:00PM – 1:00PM

Zoom | Meeting ID: 964 6537 6924

Passcode: 425794

Presented by: NATB/SHS

OVERWHELMED? SAYING NO TO
PROTECT YOUR WELLNESS EFFORTS

2:00PM – 4:40PM

Zoom | Meeting ID: 998 7726 7742

Passcode: 328402

Presented by: Faculty /Staff Assistance Program (FSAP)

MEAL PREP 101: LUNCH RECIPES

4:00PM – 5:00PM

Zoom | Meeting ID: 918 7113 1405 Passcode: Fall2020

Presented by: SRWC

TRIVIA TUESDAY: WELLNESS EDITION

6:00PM – 7:00PM

Zoom | Meeting ID: 965 3293 4175 Presented by: Dean of Students

Wednesday, October 14

KEEP CALM & CAREER ON

12:15PM – 12:45PM

Zoom | Meeting ID: 993 6090 4364 Presented by: DSA & CDC

SELF-CARE STRATEGIES

with Exercise is Medicine On Campus (EIMOC)

12:30PM – 1:30PM

Zoom | Meeting ID: 950 8965 8451 Presented by: CAPS

JOIN US FOR BINGO FUN

2:00PM – 3:00PM

Zoom | Meeting ID: 930 7274 8986

Passcode: 869745

Presented by: University Police

COVID-19 CAMPUS UPDATE

w/ CSULB experts

4:00PM – 5:00PM

Zoom | Webinar ID: 979 1782 0926 Presented by: DSA

ECHALE GANAS!

4:00PM – 5:00PM

Zoom | Meeting ID: 994 6290 6621 Presented by: CAPS

WELLNESS LECTURE:

THE SCIENCE OF WELLBEING

4:00PM – 5:00PM

Zoom | Meeting ID: 939 5681 1513 Passcode: Fall2020
Presented by: SRWC

Thursday, October 15

BEACH 911 TRIVIA

11:00AM – 12:00PM

Zoom | Meeting ID: 947 8466 2936

Passcode: 8675309

Presented by: University Police

CARES AT THE BEACH PRESENTATION

1:00PM – 2:00PM

Zoom | Meeting ID: 939 2608 8309 Presented by: DOS

HAPPY HOUR:

GETTING YOUR MINDFULNESS ON

4:00PM – 5:00PM

Zoom | Meeting ID: 993 6090 4364 Passcode: Breathe

Presented by: OWHP/SHS

ZUMBA JAM

6:00PM – 8:00PM

Zoom | Meeting ID: 830 0331 5337 Passcode: dance

Presented by: SRWC

MENTAL HEALTH COLLOQUIUM PRESENTED BY EIMOC

6:00PM – 8:00PM

Zoom | Meeting ID: 939 2608 8309 Presented by: CAPS

Friday, October 16

INTERVIEW WITH A REGISTERED DIETITIAN: REDUCING FOOD WASTE

11:00AM

Instagram Live | follow@csulbshs &

@beachsportsnutrition Presented by: OWHP/SHS

ASI BEACH PANTRY DRIVE-THRU POP-UP 11:00AM – 1:00PM

registration opens 10/13/20 @ 12 PM

[https://www.eventbrite.com/e/asi-beach-pantry-drive-thru-pop-up-october-16-2020-tickets-](https://www.eventbrite.com/e/asi-beach-pantry-drive-thru-pop-up-october-16-2020-tickets-122276007831)

122276007831 password: asibeachpantry

For more information, please visit www.csulb.edu/healthwellness

www.YOUatCSULB.com, is the well-being solution with resources available to you 24/7. It offers personalized tools and platforms created by behavioral health experts to foster campus well-being and help students, staff and faculty thrive.

COVID-19 CAMPUS UPDATE

WED. OCT. 14, 2020

4-5 PM

Moderated by:

MARY ANN TAKEMOTO, PH.D.

Including panel members:

Dr. KIM FODRAN

GEORGE ALFARO,

Dr. JODY CORMACK

Dr. BONGJOO HWANG

OMAR GONZALEZ

Free Drive Thru Flu Shot Clinic

TUES, OCTOBER 13

10AM-2PM

PARKING LOT G-1

(NEXT TO SCHOOL OF NURSING & INTERNATIONAL HOUSE)

Free to all CSULB student, faculty, and staff

For questions, email: wellness@csulb.edu