

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



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: csulb.edu/caps

DROP-IN SUPPORT SPACES

Drop-in spaces are hosted by CAPS to provide a supportive space for students to connect with similar experiences. 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: \[http://bit.ly/CAPS_Drop-In\]\(http://bit.ly/CAPS_Drop-In\)](#)

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-Anich

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/95017139440
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](https://www.instagram.com/csulbshs)

Mindfulness

- Wed. 12/2/20
- 12:15-12:45 PM
- Instagram Live & IGTV [@csulbshs](https://www.instagram.com/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](https://www.instagram.com/csulbshs)

Rebooting Productivity

- Wed. 11/4/20
- 12:15-12:45 PM
- Instagram Live & IGTV [@csulbshs](https://www.instagram.com/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](#)



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

DIVISION OF
**STUDENT
AFFAIRS**

09/28/20

HOME

YOU @ CSULB



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.



You @ CSULB

[HOME](#)





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



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](https://www.lumosity.com/en/): Free online exercises that are designed by neuroscientists to improve core cognitive functions, including memory, problem solving, and attention.
- 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.

BEACH BUDDY

[HTTPS://LINKTR.EE/CSULBBEACHBUDDY](https://linktr.ee/csulbbeachbuddy)

PEER MENTORING HOURS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DROP IN HOURS

8 a m - 2 p m

DROP IN HOURS

9 a m - 10 a m
2 p m - 5 p m

DROP IN HOURS

10 a m - 12 p m
1 p m - 3 p m

DROP IN HOURS

No drop in
hours
available

DROP IN HOURS

No drop in
hours
available

RSVP

9 a m - 11 a m

RSVP

1 p m - 3 p m

RSVP

8 a m - 11 a m
2 p m - 5 p m

RSVP

2 p m - 5 p m

RSVP

2 p m - 3 p m

CHHS STUDENTS

8 a m - 12 p m
1 p m - 4 p m

CHHS STUDENTS

8 a m - 3 p m

CHHS STUDENTS

10 a m - 12 p m

CHHS STUDENTS

1 p m - 4 p m

CHHS STUDENTS

8 a m - 9 a m
10 a m -
11:30 a m

[HOME](#)



Virtual Classes & Personal Training



**zoom VIRTUAL
PERSONAL TRAINING**



Sign up for a 1-on-1 experience with a **Certified Personal Trainer**. No equipment or limited spacing at home? No problem! Our trainers will work with you to discover accommodations that still provide a fulfilling workout. For more information, visit www.asirecreation.org/fitness.

ONE-ON-ONE TRAINING			BUDDY TRAINING	
sessions	student	non-student	student	non-student
1	\$22	\$31	\$28	\$37
3	\$61	\$82	\$79	\$100
5	\$99	\$131	\$129	\$161
10	\$186	\$246	\$246	\$306





[@CSULBSRW](#)
[@CSULBAS](#)
[#MySRWC](#)



Beach Balance Events



GOAL SETTING WEIGHT LOSS WEIGHT GAIN SPORTS NUTRITION INTUITIVE EATING HEALTH IMPROVEMENT

VIRTUAL PEER NUTRITION COUNSELING

Monday, Sept. 28 & onward

Free 30 min. – 1 hr sessions for SRWC members





**zoom
GUIDED
ART THERAPY
PAINT A PUMPKIN**

STUDENT RECREATION & WELLNESS CENTER | asirecreation.org/beach-balance | @CSULBSRWC | @CSULBASI | #JAYSRWC | BEACH PRIDE EVENTS

**Wednesday, October 21
6 - 7 PM**

Meeting ID: 961 • 4738 • 5839
Password: Fall2020

De-stress and discover your creative side at Guided Art Therapy! Join us via Zoom where an instructor will break down the steps to creating a unique piece of art.

Image Theme: Donut

Items Needed: Pumpkin, various colored paints and brushes





**zoom
GUIDED
ART THERAPY
DIY MUGS**

STUDENT RECREATION & WELLNESS CENTER | asirecreation.org/beach-balance | @CSULBSRWC | @CSULBASI | #JAYSRWC | BEACH PRIDE EVENTS

**Wednesday, November 18
6 - 7 PM**

Meeting ID: 961 • 4738 • 5839
Password: Fall2020

De-stress and discover your creative side at Guided Art Therapy! Join us via Zoom where an instructor will break down the steps to creating a unique piece of art.

Image Theme: Abstract Watercolors

Items Needed: White mug, Sharpies, Rubbing Alcohol, Q-tips



Rock & Outdoor Events



**zoom
Wilderness
WORKSHOP**

Meeting ID: 976-4621-8186 | Password: 463238

Perfecting Your Backpacking Setup
Oct. 7 | 3 - 4 PM

Join ROA in learning about the basics of backpacking, and what you can do to maximize your space and weight when preparing for a backpacking trip.

How to Plan a Camping Trip
Oct. 28 | 4 - 5 PM

Come learn all the components that go into planning a killer overnight campin trip! We'll discuss things like meals, equipment, locations, permits, and more!

Camping Meals on a Budget
Nov. 6 | 5 - 6 PM

Learn to price and prepare some simple and cost-effective meals for any given camping or backpacking trip!






VIRTUAL

**OUTDOOR
SKILL**

LEARNING

Learn valuable outdoor skills at home, taught by our experienced Outdoor Adventure staff at the SRWC!

For more information, visit
asirecreation.org/rock-events

[f](#) [i](#) [t](#) [s](#) [@CSULBSRWC](#) [@CSULBASi](#) [#MySRWC](#)






**SRWC
EQUIPMENT
RENTALS**

Reservations open Aug. 24, 2020

Looking to go on an adventure but don't have the gear?
We've got you covered!

We have an extensive list of items available that you can rent for:

Climbing	Water Sports
Cycling	Yard Games
Camping	Recreation
Hiking	

For information on equipment rental process, pricing, and availability, please visit asirecreation.org/rock-outdoor



STUDENT RECREATION & WELLNESS CENTER

Rock & Outdoor

**TECH
TALKS**

Refer to asirecreation.org/calendar

[f](#) [i](#) [t](#) [s](#) [@CSULBSRWC](#) [@CSULBASi](#)

How to Buy Rock Climbing Gear

Tuesday, Oct. 20 ♦ 4 - 5 PM

Interested in rock climbing, but don't know how or where to purchase the equipment? Join ROA and learn what factors to consider before you purchase your own rock climbing equipment.




Aquatics & Safety Events




Ask a Trainer

Meeting ID: 972 9754 7515
Password: Fall2020

zoom
@recreation.org/aquatics
@CSULBAS1 AMJ/SRWC

* **Don't Squat Your Hinge** *

Tuesday, Sept. 1 | 6 - 7:15 p.m.

* **Morning Mobility for Stretching Ability** *

Wednesday, Dec. 1 | 6 - 7:15 p.m.

* **Push Your Plank** *

Tuesday, Oct. 6 | 6 - 7:15 p.m.

* **Womxn & Ally Night** *

Wednesday, Sept. 30 | 6 - 7:15 p.m.

Items Needed
Yoga Mat
Resistance Bands


Special Meeting ID | Meeting ID: 910 9697 4939
Password: Fall2020

zoom

How a Pool Works

Meeting ID: 226 - 857 - 3966 | Friday, October 23
Password: SRWCBTS | 12 - 12:45 p.m.

As we wait to get back to swimming, let's take a look under the cover of the SRWC aquatics facility to see how it all works and learn tips for your pool at home.




zoom

SOCIAL DISTANCE STUDENT FIRST AID/CPR/AED

LEARN HOW TO
SAVE A LIFE AND
GET CERTIFIED
FROM THE COMFORT
OF YOUR HOME!

\$59*
MANNEQUIN PICKUP AND
RENTAL INCLUDED!
*Current CSULB Students only at this time

**1:30 - 3:30PM: SEPT. 25,
OCT. 23, NOV. 13, DEC. 11**

MEETING ID: 226 857 3966 | PASSWORD: SRWCCPR

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

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Wednesday, October 14

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-122276007831>

password: asibeachpantry

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

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.



LifeFit



If you would like to request accommodations, please contact the Bob Murphy Access Center at least 72 hours before the event. 562.985.5401

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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

and OMAR GONZALEZ



Join on Zoom:

csulb.zoom.us/j/97917820926



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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 STUDENTS, FACULTY & STAFF

FOR QUESTIONS, EMAIL: wellness@csulb.edu

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