

**COLLEGE OF SAN MATEO**

# WELLNESS WEEK SPRING 2021

**Learn about more ways to take care of  
yourself, physically, mentally, & socially!**

**FEBRUARY 8TH-11TH**

***SCROLL DOWN TO SEE ALL SESSION DETAILS***

***DESIGNED BY: MILENA ORTEGA-PAGANINI,  
CSM MENTAL HEALTH PEER EDUCATOR***

## **MONDAY 2/8 @ 1PM-1:45PM**

### **UNDERSTANDING YOUR STRESS - MIND AND BODY CONNECTION**

**PRESENTER: MAKIKO UEDA, CSM MARRIAGE AND FAMILY THERAPIST**

**LET'S START THE WEEK WITH SELF-CARE! WE WILL TALK ABOUT HOW TO KEEP YOURSELF HEALTHY AND STAY POSITIVE BY EXPLORING HOW YOUR BODY AND MIND ARE CONNECTED. THE NEUROLOGICAL SYSTEM IN YOUR BRAIN HAS THE NATURAL ABILITY TO HELP YOU STAY BALANCED AND HEALTHY. BY FOCUSING ON THE MOMENT, YOU WILL LEARN TO LISTEN TO YOUR BODY AND LEARN FROM IT.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/89721243754](https://smccd-hipaa.zoom.us/j/89721243754)**

**MEETING ID: 897 2124 3754  
PASSCODE: 377553**

## **MONDAY 2/8 @ 2PM-3PM**

### **ALCOHOL AND DRUG ABUSE IN COLLEGE**

**PRESENTER: GEORGETTE DAKIS, CSM NURSE PRACTITIONER**

**JOIN CSM'S EXPERIENCED NURSE PRACTITIONER, GEORGETTE DAKIS, TO LEARN ABOUT ALCOHOL AND DRUG USE DURING COLLEGE AND HOW TO AVOID ABUSE AND MANAGE PEER PRESSURE.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/83531500197?](https://smccd-hipaa.zoom.us/j/83531500197?)**

**[PWD=RJU2L3HTKZC1ZFJZUFK0MGIZSGW0ZZ09](#)**

## **TUESDAY 2/9 @ 12PM-1PM**

### **CORONAVIRUS RESOURCES**

**PRESENTER: EMILY BARRICK, CSM PHYSICIAN ASSISTANT**

**JOIN CSM'S PHYSICIAN ASSISTANT, EMILY BARRICK, TO LEARN MORE ABOUT CORONAVIRUS - SYMPTOMS TO LOOK FOR, HOW IT SPREADS, FREE TESTING RESOURCES, INFORMATION ABOUT THE VACCINE, AND USEFUL INTERNET SITES TO CHECK FOR UP-TO-DATE INFORMATION.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/86959845091?](https://smccd-hipaa.zoom.us/j/86959845091?pwd=Z2RIK2FKSKL2Y3LUMLRkWfQWMVFZQT09)  
[PWD=Z2RIK2FKSKL2Y3LUMLRkWfQWMVFZQT09](#)**

## **TUESDAY 2/9 @ 1PM-2PM**

### **WHAT IS CALFRESH - AND HOW CAN I USE IT TO BUY GROCERIES?**

**PRESENTER: NICOLE SALVIEJO, CSM SPARKPOINT COORDINATOR**

**CALFRESH PROVIDES DIRECT MONTHLY FOOD BENEFITS TO INDIVIDUALS AND FAMILIES. CALFRESH IS THE LARGEST FOOD PROGRAM IN CALIFORNIA AND PROVIDES AN ESSENTIAL HUNGER SAFETY NET. JOIN US TO LEARN MORE ABOUT THE PROGRAM, YOUR ELIGIBILITY, THE APPLICATION PROCESS AND HOW TO EARN UP TO \$700 IN SPARKPOINT INCENTIVES (WHILE SUPPLIES LAST).**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD.ZOOM.US/J/86978126512](https://smccd.zoom.us/j/86978126512)**

## **TUESDAY 2/9 @ 2PM-3PM**

### **AM I IN A HEALTHY RELATIONSHIP?**

**PRESENTER: LYNN HAYDEN, CSM NURSE MIDWIFE**

**JOIN CSM'S NURSE MIDWIFE, LYNN HAYDEN, WHO WORKED FOR PLANNED PARENTHOOD FOR 15 YEARS TO TALK ABOUT ROMANTIC RELATIONSHIPS. THIS PRESENTATION WILL HELP YOU IDENTIFY IF YOU ARE IN A HEALTHY RELATIONSHIP. IT WILL ALSO HELP YOU IDENTIFY THINGS THAT MAKE A RELATIONSHIP UNHEALTHY AND WHAT STEPS YOU CAN TAKE TO GET HELP IF YOU NEED TO.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/83459938527?](https://smccd-hipaa.zoom.us/j/83459938527?pwd=K1LLCK1ODNVTOGTZTXI1SLEXCWTOZZ09)  
[PWD=K1LLCK1ODNVTOGTZTXI1SLEXCWTOZZ09](#)**

## **TUESDAY 2/9 @ 3PM-4PM**

### **CONNECTING THROUGH THE SCREEN: VIRTUAL SOCIAL SCENE FOR CSM STUDENTS**

**PRESENTERS: CSM MENTAL HEALTH PEER EDUCATORS**

**SOCIALIZING IS ONE WAY MANY STUDENTS MAINTAIN THEIR MENTAL HEALTH. HOWEVER, BUILDING SOCIAL RELATIONSHIPS WITH OTHER STUDENTS CAN BE CHALLENGING IN AN ONLINE LEARNING ENVIRONMENT AMIDST A SPRING SEMESTER WITH COVID-19 AND SOCIAL DISTANCING. STUDENTS NEED MORE OPPORTUNITIES TO COME TOGETHER AND HAVE THE SPACE TO GET TO KNOW EACH OTHER. JOIN CSM'S MENTAL HEALTH PEER EDUCATORS AS THEY LEAD AND FACILITATE A VARIETY OF FUN, EASY, AND ENGAGING COMMUNITY BUILDING ACTIVITIES THAT GIVE YOU A MOMENT IN YOUR DAY TO HANG OUT AND GET TO KNOW OTHER CSM STUDENTS AND DEVELOP WAYS TO SAFELY STAY CONNECTED WITH ONE ANOTHER.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/86449085356?](https://smccd-hipaa.zoom.us/j/86449085356?pwd=MY9DZGDIDVHSQYSZWXNJEUIORME1UT09)  
[PWD=MY9DZGDIDVHSQYSZWXNJEUIORME1UT09](#)**

**MEETING ID: 864 4908 5356  
PASSCODE: 945180**

## **WEDNESDAY 2/10 @ 2PM-3PM**

**DO YOU WANT BEAUTIFUL SKIN? IT IS POSSIBLE.**

**PRESENTER: NANCY MULLINS, CSM NURSE PRACTITIONER**

**EXPERIENCED NURSE PRACTITIONER, NANCY MULLINS, WILL DO A PRESENTATION THAT COVERS SECRETS TO BEAUTIFUL SKIN, HOW TO TAKE GOOD CARE OF YOUR SKIN, AND WHAT HEALTHY FOODS TO EAT TO HELP MAINTAIN A BLEMISH-FREE LOOK.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/81101402098?](https://smccd-hipaa.zoom.us/j/81101402098?pwd=awfcnzdkzhlhsnf5q2f6c3brae51ut09)**

**PWD=AWFCNZDKZHLHSNF5Q2F6C3BRAE51UT09**

## **WEDNESDAY 2/10 @ 3PM-4PM**

**A GENTLE EXPLORATION OF OUR INDIVIDUAL AND COLLECTIVE GRIEF THROUGH ART**

**PRESENTER: ALEXANDRA CALDEIRA, CSM PERSONAL COUNSELOR**

**JOIN CSM PERSONAL COUNSELOR, ALEXANDRA CALDEIRA, FOR A GENTLE ACKNOWLEDGMENT AND EXPLORATION OF OUR INDIVIDUAL AND COLLECTIVE GRIEF DURING THIS TIME. WE WILL EXPLORE THE DIFFERENT WAYS GRIEF CAN SHOW UP IN OUR LIVES AND HOW WE CAN HONOR EACH OF OUR PROCESSES. THIS WORKSHOP WILL INVOLVE DRAWING AND WRITING SO PLEASE HAVE AT LEAST 2 PIECES OF PAPER AND SOME DRAWING MATERIALS READY SUCH AS PENS/MARKERS/CRAYONS - WHATEVER YOU HAVE AROUND THE HOUSE WORKS!**

**ZOOM LINK: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/85465772377?](https://smccd-hipaa.zoom.us/j/85465772377?pwd=de9hng41shbxumxwdy9wug13d09iut09)**

**PWD=DE9HNG41SHBXUMXWDY9WUG13D09IUT09**

## **THURSDAY 2/11 @ 1PM-2PM**

### **A HANDS-ON STRESS MANAGEMENT WORKSHOP**

**PRESENTER: DR. JENNIFER YANG, CSM COLLEGE PHYSICIAN**

**LEARNING TO MANAGE STRESS CAN HELP YOU BECOME A MORE RESILIENT PERSON. COME JOIN CSM'S COLLEGE PHYSICIAN IN THIS PRESENTATION TO LEARN SOME PRACTICAL TECHNIQUES SUCH AS: SELF-CARE, TIME MANAGEMENT, LEARNING TO SAY "NO," YOGA, AND GUIDED IMAGERY.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/82325950943?](https://smccd-hipaa.zoom.us/j/82325950943?pwd=EMVUTDLFEFVXAZDIL3BJOUDKM0DLUT09)  
[PWD=EMVUTDLFEFVXAZDIL3BJOUDKM0DLUT09](#)**

## **THURSDAY 2/11 @ 2PM-3PM**

### **HEALTHY LIFESTYLE TIPS TO LIVING YOUR BEST LIFE IN 2021**

**PRESENTER: LIA TJANDRA, CSM NURSE PRACTITIONER**

**JOIN CSM'S EXPERIENCED NURSE PRACTITIONER, LIA TJANDRA, TO DISCUSS HEALTHY LIFESTYLE HABITS, INCLUDING DIET, EXERCISE, AND ILLNESS PREVENTION SO THAT YOU CAN LIVE YOUR BEST LIFE THIS NEW YEAR!**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-HIPAA.ZOOM.US/J/83120687699?](https://smccd-hipaa.zoom.us/j/83120687699?pwd=UGIREXDHTMTLDE8RRJHCQ3VZWHNJZZ09)  
[PWD=UGIREXDHTMTLDE8RRJHCQ3VZWHNJZZ09](#)**

**THURSDAY 2/18 @ 11:10AM-  
12:30PM**

**WELLNESS: GETTING BEYOND THE BUZZWORD**

**PRESENTER: GIL PEREZ, CSM PERSONAL COUNSELOR**

**WHAT DOES WELLNESS MEAN EXACTLY? WELLNESS IS OFTEN ASSUMED TO BE SELF-CARE OR TAKING A VACATION OR THAT THING YOU DO ON THE SIDE. IN REALITY, WELLNESS IS INTEGRAL TO A PERSON'S WHOLE WELL-BEING. JOIN CSM'S PERSONAL COUNSELOR GIL PEREZ AS HE PROVIDES A WELLNESS FRAMEWORK FOR IMPROVING YOUR FUNCTIONING IN THE NOW AND LEARNING HOW YOU CAN THRIVE IN THE CIRCUMSTANCES WHERE YOU ARE USING YOUR OWN UNIQUE STRENGTHS AND RESOURCES YOU ALREADY HAVE.**

**ZOOM LINK TO JOIN: [HTTPS://SMCCD-  
HIPAA.ZOOM.US/J/82203904057?](https://smccd-hipaa.zoom.us/j/82203904057?pwd=BWHKdmmZU1LMBi9YTW1iSHZUMUYZZZ09)  
[PWD=BWHKdmmZU1LMBi9YTW1iSHZUMUYZZZ09](#)**

**MEETING ID: 822 0390 4057  
PASSCODE: 532438**

**TO SCHEDULE AN APPOINTMENT WITH THE CSM  
PHYSICIAN, NURSE PRACTITIONERS, OR  
PERSONAL COUNSELORS, EMAIL:  
CSMWELLNESS@SMCCD.EDU OR CALL 650-574-  
6396**

