

# WHAT'S HAPPENING IN WELLNESS

*Monthly Newsletter from Campolindo Wellness Center*



## MONTHLY UPDATES

**Wellness supply table – located outside the Wellness Center**

**Queer Hang:  
Fridays @ lunch  
Zoom ID: 835 1979 3017**

**Make a referral:  
<http://bit.ly/chswell>  
referral**

**Tuesday & Thursday  
Lunchtime Hangouts –  
coming in December**

## NOVEMBER IS...

### **International Survivors of Suicide Day**

**November 21st is International Survivors of Suicide Day.**

Grieving over a loved one lost to suicide can be complicated and devastating. This day is for survivors of suicide loss to come together to find connection, understanding, and hope through their shared experience. Find an event here: [isosld.afsp.org](http://isosld.afsp.org). Do you know someone who has lost a loved one to suicide? Reach out and offer support.

### **Native American Heritage Month**

**Want to learn more about and honor Native Americans?**

Know the land you are on. Learn what people were there, what their history is and acknowledge their care of the land. Head to [native-land.ca](http://native-land.ca) to find out. Appreciate - don't appropriate - Native culture. And continue to educate yourself on the history and heritage of Native Americans and Indigenous peoples. Head to [nativeamericanheritagemonth.gov](http://nativeamericanheritagemonth.gov) to learn more. Join the conversation on social media by using these hashtags: #IndigenousHeritageMonth and #NativeAmericanHeritageMonth.

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## NEED TO CALM DOWN? TRY THIS!

**Take a moment to ground yourself by identifying...**

- 5 things you can see**
- 4 things you can feel**
- 3 things you can hear**
- 2 things you can smell**
- 1 thing you can taste**



## INSTAGRAM GOT YOU DOWN?

Instagram can be a great way to connect with others, get support, and feel seen. It can also do the exact opposite. Check out these tips from The Trevor Project to preserve your well-being on Instagram!

1. **Protect your space:** Switch to private so you can control who follows you and views your content.
2. **Be picky about sharing:** Want to share something with just a few friends or followers? Share through the Close Friends feature!
3. **Mute the noise:** Need a break from someone's posts that you follow? Use "mute" to hide their content and unmute when you're ready to re-engage!
4. **Own your feed:** Feel empowered to unfollow someone who may be making you feel bad about yourself. A small way to practice self-care!
5. **Block negativity:** If someone is negatively impacting your experience, you can block them. They will not be notified and will no longer be able to see your posts or search for your account.
6. **Look out for others:** If you see a post that makes you worry for someone's well-being, you can let Instagram know. The next time that person opens the app they will see a message connecting them to support resources. This is anonymous!
7. **Find your community:** Follow hashtags and accounts that connect you to positive content and communities of support!



## STUDENT SELF-CARE TIP

"Whenever I need a break I go on walks or talk with friends. When dealing with stress or anxiety I drink some tea or draw something to get my mind at ease."

—Camille Nielsen, Senior

## BIRT WHO?

Have you been wondering what the Bias Incident Reporting System is? Need a quick refresher on its purpose and how to utilize it? Read on!

**BIRT** is a system to "promote safe environments where all students can learn." Each high school in the district has a team who responds to all of the reports. The teams are made up of administrators, teachers, counselors, and Wellness staff. This helps ensure that there are many perspectives when discussing incidents. The team works together to talk through each report and recommend appropriate actions that are preventative and responsive.

One of the main goals of BIRT is to give care and support to the reporter or to anyone who has been harmed. Have you experienced or witnessed a bias incident? Here is how to report:

- Go to the **Campolindo homepage**
- Scroll down and on the left hand side there will be a link called "**Bias Reporting**"
- It will take you to a new page where you can then click on the link "**Report an Incident of Bias**"
- Fill out the form accordingly!

You can choose to report anonymously or to include your name. If you choose to remain anonymous the team will not be able to follow-up with any updates or support. If you choose to include your name you will only be known to the response team. Someone from the team will contact you to listen to your experience, discuss resources available, and options for follow-up and restorative conversations. This system is NOT for students who are in physical danger or in a mental health crisis. In those cases please use the Say Something App.

## APP OF THE MONTH

"With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide."

