

WHAT'S HAPPENING IN WELLNESS

Monthly Newsletter from Campolindo Wellness Center



MONTHLY UPDATES

Wellness supply table – located outside the Wellness Center

**9th Grade Hang:
Tuesdays @ lunch
Zoom ID: 811 4112 7686
Password: 406 463**

**Mindful Meditation:
Thursdays @ lunch
Zoom ID: 863 7721 3981
Password: 439 432**

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

DECEMBER IS...

International Day of Persons with Disabilities

December 3rd was the International Day of Persons with Disabilities. This day is to help everyone become more compassionate and understanding of the challenges faced by people who are differently abled. Accessibility requires non-disabled, hearing, and able-bodied people to make the effort. Become an advocate and look around your communities to make sure accommodations are in place for people with disabilities.

Human Rights Day

Human Rights Day was December 10th. This year's theme is Recover Better - Stand Up for Human Rights and relates to the Covid-19 pandemic. It focuses on the need that human rights are central to recovery efforts. This day advocates for the end of discrimination of any kind, addresses inequalities, encourages participation and solidarity, and promotes sustainable development. Learn more here: www.un.org/en/observances/human-rights-day.

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"COOL" DOWN TECHNIQUES

Feeling anxious or ungrounded?

- Run cool water over your hands
- Hold ice cubes
- Place an ice pack over your eyes for 30 seconds
- Rinse your face with cool water



SELF-CARE, SAFETY, & SAY SOMETHING

The holidays can be a much needed break for many, but can also be a tough time of the year for others. You may be feeling exhausted from the pandemic, stay at home orders, and extra time with family. Your holiday celebrations may even look different this year! Here are some ways to take care of yourself and keep an eye on friends!

Self-care tips:

1. Set boundaries with family if you need to. It's okay if you need space from parents, siblings, or other family members during the break. Ask for alone time and communicate your needs.
2. Prioritize your health and well-being during finals. It's always a stressful week, especially during a pandemic! Make sure you are taking care of your mental health and take breaks when possible.
3. Make time for friends. With two weeks off from classes, take time to FaceTime people who make you feel good.
4. When you're feeling stressed or anxious do something distracting. Clean your room, water houseplants, do the dishes, or listen to a podcast!
5. When things get hard, practice gratitude. Write down one positive thing that happened at the end of each day. Tell a friend or family member something you appreciate about them. These small acts can make a big difference!

Keep yourself and others safe:

1. Do a mental health check-in. How are you doing? Do you need extra support? If so, do you know how to get it?
2. If you are having an especially hard time, having thoughts of self-harm, or suicidal ideation ask for help! You can talk to your parents, a trusted adult, or access the Suicide Prevention Lifeline which is listed at the bottom of this newsletter.
3. Check-in on friends who you think may be struggling. Ask if they are okay or need support. Connect them with resources!

Say Something:

1. Did you see or hear something concerning?
2. Does it involve assault, abuse, depression, gun violence, harassment, substance abuse, suicide threats, self-harm, or weapons?
3. Submit an anonymous tip 24/7 through the Say Something Reporting App.
4. The tip will be received by a crisis center who will review, assess, and process all submissions.
5. The crisis center sends all submissions to law enforcement and/or school administration for intervention.
6. Head here to make a report:
<https://www.acalanes.k12.ca.us/Page/3345>.



STUDENT SELF-CARE TIP

"In my opinion, I believe the best self-care activity is to lay down, drown out the white noise of your surroundings, and listen to music. Put on your favorite playlist with the songs you love and zone out."

—Elliott Pelter, Sophomore

APP OF THE MONTH

"Meditation and mindfulness for any mind, any mood, any goal. Learn to manage feelings and thoughts with the lifelong skills of meditation."

