

WHAT'S HAPPENING IN WELLNESS

Monthly Newsletter from Campolindo Wellness Center



MONTHLY UPDATES

Paint and Hang:
Wednesdays @ lunch
Zoom ID: 856 7340 6565

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

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

Need a 15 min check-in?
calendly.com/lhmccann/15min

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OCTOBER IS...

National Bullying Prevention Month

Make friends with someone you don't know at school!

If you've ever been isolated from others at school or you were new and it took time to make friends, you know what it feels like to be left out. Even if you were never isolated, imagine how it would feel. Make friends with someone at school who you don't know. You probably wish someone had done that for you.

National LGBTQ+ History Month

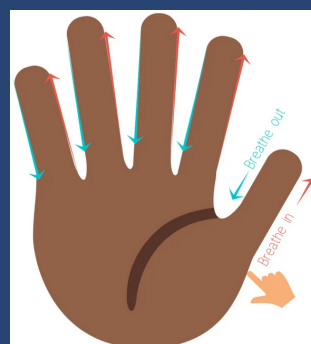
October 11th was National Coming Out Day! Let's celebrate our LGBTQ+ friends and peers. See second page for tips on pronouns and ally-ship. Rainbow Community Center is hosting a Virtual Pride 2020! Check out rainbowcc.org/pride2020 for more information.

World Mental Health Day (October 10th)

Do one thing today for your mental health. Take a walk, eat something yummy, reach out to a friend, or ask for the support you need!

NEED TO CALM DOWN? TRY THIS!

Stretch one hand out so you have space between your fingers. Using your pointer finger, start at the bottom of your thumb and trace up as you slowly breathe in through your mouth. When you get to the top of the thumb, slowly breathe out your nose as you trace down. Repeat for all fingers.



DID YOU KNOW...?

You can add your pronouns to your Canvas account! Just go to account --> settings --> pronouns.

Using pronouns creates safer and more inclusive spaces for people to be themselves knowing that others are going to respect their identity. Pronouns are for EVERYONE.

Want to do better at getting new pronouns right?

1. When you slip up, correct yourself briefly and move on.
2. When someone corrects you, say "thank you" and swiftly move on!
3. Get in the habit of interrupting people with a quick correction.
4. For every time you get it wrong, do it right 3 times.
5. Consider meeting with someone to practice.
6. Don't make anyone feel like a burden for having pronouns you're struggling with.

Pronouns are an important way to affirm our own, and others identities!



WHAT IS ALLY-SHIP?

An 'ally' is someone who has privilege, but chooses to stand for and with marginalized communities by taking tangible, ongoing actions to dismantle systems of oppression.

Here are 10 things you can do as an ally:

1. **Listen:** Listen to what marginalized people are saying – face-to-face, on your social media feed or in the articles you read.
2. **Recognize:** Recognize and be aware of your own implicit biases.
3. **Get educated:** Seek out books, articles, films, etc. about the history and current issues facing marginalized communities.
4. **Get involved:** Join local groups working for social justice.
5. **Show up:** When someone from a marginalized community invites you to an event, go – be there to listen, learn and show your support. Amplify suppressed voices.
6. **Speak up:** When a friend, family member, or stranger says something hateful or ignorant, call them out on it.
7. **Intervene:** When someone is being targeted – intervene only with their permission. Focus on supporting them rather than engaging the aggressor.
8. **Welcome discomfort:** Sit with discomfort and ask yourself "why". This is an opportunity to grow.
9. **Learn from your mistakes:** Learn how to listen and accept criticism.
10. **Stay engaged:** Even when the work gets difficult, don't give up. Un-learning and being an ally is lifelong work.

**Tips thanks to ywca.org*

STUDENT SELF-CARE TIP

"If I'm getting a little anxious I'll sit or lay down and close my eyes. I'll tell myself reality statements to center myself. Instead of dwelling on the past or worrying about the future, I just take this time to think in the now. Reality statements can sound like; 'I'm sitting down right now, I am wearing sweatpants, my feet are touching the floor.'"

–Sarah Tallarico, Junior

APP OF THE MONTH

Calm is the #1 app for sleep, meditation and relaxation! Give it a download and try it out.