

**From:** [Curt Luttrell](#)  
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## **Student Health and Wellness Center Newsletter**

### **2/11/2021**

*A Message from College of the Desert's Student Health and Wellness Center*

### **Important Workshop Dates**

**Weekly Tuesday interactive "Spring Into Wellness" workshops will be held using the reoccurring zoom meeting link below.**

- Spring Into Wellness Zoom Meeting Link:  
<https://cccconfer.zoom.us/my/Springintowellnessworkshop>
- Workshop Meeting ID: 670 627 4073

### **Workshop Information**

The Student Health and Wellness Center is holding weekly online workshops to discuss topics regarding mental health and overall wellness. Each week, the interactive "Spring Into Wellness" workshop series will focus on different topics of mental health and wellness while incorporating activities, tips, resources and discussions to help you become the best version of yourself! The first workshop of the series will focus on overall wellness, what that looks like and what it means to you. **"Spring Into Wellness" workshops will be held online on Tuesdays from 11 a.m. to noon.**

### **Mental Wellness Tip: Improving Your Wellness**

Roadrunners, we hope the beginning of the Spring 2021 Semester is treating you well. During the ongoing pandemic, many are still adjusting to the new 'norm' of living, working and being a student at home. Between attending Zoom meetings all day long, completing required assignments on

time, managing work and family life in the same domain, social isolation, financial concerns and the constant exposure to anxiety-inducing media, when is the last time you REALLY checked-in on your overall wellness?

With the increased life stressors that we are all experiencing, the Student Health and Wellness Center believes it is important for your success and overall well-being to understand wellness, reflect on what wellness looks like in your own life and to learn how to tend to your personal wellness needs daily. For more information and tips on wellness, visit [How to Improve Your Wellness](#).

## Physical Wellness Tip: Caring For Your Heart

February is American Heart Month, so why not give a Valentine's Day gift to yourself by taking care of your heart? Statistics show that heart disease and heart-related issues are on the rise among young adults. While most of us know avoiding cigarette smoke and vaping is a way to avoid heart disease, there are many other ways to improve cardiovascular health now to maintain well-being throughout your life. Northwest Primary Care provides great [heart health tips](#) that specifically apply to young adults in their late teens and twenties.

## Self-Care Wellness Tip: Getting Proper Sleep

Starting the semester off right includes getting proper sleep. Sleep affects every aspect of our lives from physical well-being to mental sharpness. If you have a few nights of bad sleep or chronic sleep issues, check out these [sleep hygiene habits](#) that may boost your energy and possibly your grades as well.

## Contact the Student Health and Wellness Center

- Contact the Student Health and Wellness Center by calling 760.776.7211 or emailing [hservices@collegeofthedesert.edu](mailto:hservices@collegeofthedesert.edu) for health-related questions, like advice on symptoms you may be experiencing or help working out where you can go for health concerns. Please call the Health and Wellness Center for an appointment. A registered nurse is available Monday through Friday, 9 a.m. - 3 p.m.
- Mental health and medical health services are also available using our [online platform](#)
- Students can also check out [Wellness Central](#) for additional wellness and

health information

- For the latest on COVID-19 resources, please visit the [Riverside County website](#), the [California Department of Public Health](#) and the [Centers for Disease Control and Prevention](#)

*Stay healthy and safe, Roadrunners.*