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## **Student Health and Wellness Center Newsletter 2/24/2021**

*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.**

Next week's Anxiety Workshop will be held on Tuesday, March 2 from 11 a.m. to noon:

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

**By attending an online workshop, PLEDGE students will receive credit towards their PLEDGE workshop requirement.**

### **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 related to mental health and wellness while incorporating activities, tips, resources and discussions to help you become the best version of yourself! The upcoming weekly workshop session of this series will focus on anxiety, the difference between normal and excessive anxiety, and simple strategies to help you manage anxiety.

**“Spring Into Wellness” workshops will be held online on Tuesdays from 11 a.m. to noon.**

### **Mental Wellness Tip: Managing Anxiety**

The Student Health and Wellness Center hopes that you are feeling positive during these ongoing complicated times, as well as taking care of yourselves and doing your best to be worry free. However, we understand that being worry free is sometimes easier said than done, especially when life throws curveballs at us that are out of our control. If you find yourself experiencing an excessive amount of worry lately, having racing thoughts or unrealistic fears, or are feeling anxious more than usual, you may be experiencing some level of anxiety.

To help you better understand and manage anxiety, the Student Health and Wellness Center encourages you to check out [21 Quick Tips to Change Your Anxiety Forever](#).

### **Physical Wellness Tip: Diagnosing Anxiety**

Everyone experiences anxiety from time to time, but chronic anxiety can take a toll on everyday life and our physical health. Typical signs of anxiety may include a rapid heartbeat and shallow, quick breathing; however, there are also some not so obvious signs that we may be overlooking when diagnosing anxiety, as well as some health conditions that can cause anxious symptoms. Anxiety is diagnosed by a mental health or healthcare professional, so if you think you may be experiencing anxiety, it is recommended to schedule an appointment with one of our mental health specialists or with your own healthcare provider. To learn more, visit this article on [diagnosing anxiety](#).

### **Self-Care Wellness Tip: Creative Ways to Manage Anxiety**

Let’s face it – managing anxiety itself can be anxiety inducing! Oftentimes, students feel alone and may find unhealthy ways to cope; however, there are a number of easy and [creative ways to help soothe anxiety](#) when it arises. Remember that you are not alone in how you feel and that the College’s Student Health and Wellness Center is here for you.

### **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.*