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Subject: Student Health and Wellness Center Newsletter 3/10/2021
Date: Wednesday, March 10, 2021 3:57:12 PM
Attachments: [image003.png](#)



Student Health and Wellness Center Newsletter

3/10/2021

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

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!

Upcoming Workshop: "My name is Depression, What's yours?"

Next week's workshop will focus on depression, the difference between sadness and depression, what that looks like and how depression can impact your life, if left untreated.

The Depression Awareness Workshop will be held on Tuesday, March 16 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.

Mental Wellness Tip: Identifying Depression

The spring season is quickly approaching and many of us are excited about the change in weather as well as putting our spring wardrobe to use, safely enjoying the outdoors and finishing the semester strong. However, some of us may not share that same enthusiasm and may not be looking forward to the next few weeks or months ahead, let alone the next few days. The current pandemic has brought on many changes to the way in which we live our lives and it is important that we remain mindful of the feelings, actions and behaviors of our friend's and family's as well. Even though there is hope that these ever-changing pandemic conditions will soon be behind us, we are all still managing school, work, family and our social lives from home.

Depression is a rising mental health concern and understanding the difference between the symptoms of someone being sad or someone being depressed is crucial in promoting overall wellness and knowing when to seek treatment. For more information, check out [The Difference Between Sadness and Depression](#).

Physical Wellness Tip: Managing Depression Through Food

What you eat can impact how you feel and depression is no exception to that. Different vitamins, minerals, and other compounds found in foods can increase overall well-being and energy, and some even work on boosting our serotonin levels – the chemical that regulates our mood, sleep and digestion. Other vitamins and minerals work with our body to promote well-being and energy as well. Making some small changes to your diet, along with knowing the signs and symptoms of depression and when to seek professional help, may elevate your mood and increase your energy levels. To learn more, visit [Depression and Diet](#).

Self-Care Wellness Tip: Finding Your Happiness

Finding happiness does not always involve a huge life-changing experience or big changes in your everyday routine. Doing things that you enjoy, finding a purpose and being around others who make you feel good are easy ways to seek inner peace and joy. Follow these [10 simple Ways to Find Happiness](#) to achieve emotional fulfillment in life.

Contact the Student Health and Wellness Center

Contact the Student Health and Wellness Center by calling 760.776.7211 or emailing 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.