

WELLNESS NEWSLETTER

*Provided by SRJC
Student Health PEERS*

12/08/2023

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This newsletter offers wellness-related information, events, and resources on campuses bi-weekly.

SPS

THERAPIST

Profile for December

SARAH VAN DE WEERT



Sarah Van De Weert, MS, MA, is a therapist at the Student Psychological Services. She is in her 4th year in the clinical psychology PhD program at Palo Alto University. Her clinical interests include feminist and dialectical behavior therapies and working with students with food and body image, self-harm, and suicidal thoughts. In her free time, she enjoys listening to music and taking care of her many plants.

Did You Know...



DIMENSIONS OF WELLNESS



Wellness Reflection

1. Which dimension (s) did you do well this semester?

2. Which dimensions(s) do you need to improve?

3. Which dimensions(s) do you plan to focus on next semester?

4. Do you have any strategies to achieve your wellness goals?

Healthy habits to adopt for better overall wellness

- **Eat nutritious meals**
- **Get 7-8 hours of sleep**
- **Engage in physical activity**
- **Manage stress levels**
- **Have 4-6 cups of liquid per day**
- **Eat real, whole foods daily**
- **Eat a healthy breakfast**
- **Set a morning and night routine**
- **Set a schedule**
- **Track your progress**
- **Reward yourself**
- **Add variety**
- **Show yourself compassion**

For More

[Changing Your Habits for Better Health](#)

[74 Healthy Habits That Will Improve Every Aspect of Your Life](#)

[These 8 habits could add up to 24 years to your life](#)

[16 Lifestyle Habits to Adopt for Better Mental & Physical Health](#)

[20 Daily Habits for a Happier, Healthier You!](#)

Self-care Practices to Incorporate into Daily Routines

5 easy ways to incorporate self-care into your daily routine

5 DAILY SELF-CARE PRACTICES FOR YOUNG ADULTS

8 Ways To Incorporate Self-Care Into Your Daily Routine

8 Simple Ways to Practice Self-Care Every Day.

10 simple self-care practices to incorporate into your daily routine

5 Self-Care Practices for Every Area of Your Life

15 Daily Self-Care Habits That Will Inspire Joy & Happiness In Your Life

45 Simple Self-Care Practices for a Healthy Mind, Body, and Soul

How To Start a Self-Care Routine

How To Create A Daily Self-Care Routine That You'll Actually Stick To

How To Build a Quick and Simple Self-Care Routine For Every Day of the Week



ENJOY YOUR *Intersession*

How will you rest and recover during the intersession?

Hello SRJC students!

Student Health Services wants to share some 24-hour crisis hotlines. If you could use someone to talk to anonymously now, please feel free to call any of the hotlines listed below any time and any day.

As always, if you are worried about your safety and need emergency help, please call 911 or go to the nearest emergency room.

24 HOUR LINES/CRISIS INTERVENTION



Call or Text 988

if in crisis or suicidal thoughts.



Other hotlines, warm lines, and community agencies can be found at

shs.santarosa.edu/sonoma-county-mental-health-resources.



[SHS.SANTAROSA.EDU](https://shs.santarosa.edu)



SRJC Student Health Services closed
from 12/16/23 through 1/15/24





Holiday Blues



WHAT ARE THE HOLIDAY BLUES?

In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.



So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

Fatigue
Tension
Frustration

Loneliness or isolation
Sadness
A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.





Holiday Blues



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>

Resource: www.nami.org/Blogs/NAMI-Blog/November-2015/Tips-for-Managing-the-Holiday-Blues

More Tips for Holiday Blues

The Holiday Blues:

Professional Tips on How to Cope

www.psychology.org/resources/the-holiday-blues-how-to-cope/

Housecall:

10 tips for coping with holiday stress

[newsnetwork.mayoclinic.org/discussion/housecall](http://newsnetwork.mayoclinic.org/discussion/housecall-10-tips-for-coping-with-holiday-stress/)

[1-10-tips-for-coping-with-holiday-stress/](http://newsnetwork.mayoclinic.org/discussion/housecall-10-tips-for-coping-with-holiday-stress/)

Avoid the holiday blues with tips to help you manage stress and anxiety

[www.apwuhp.com/avoid-the-holiday-blues-with-](http://www.apwuhp.com/avoid-the-holiday-blues-with-tips-to-help-you-manage-stress-and-anxiety/)

[tips-to-help-you-manage-stress-and-anxiety/](http://www.apwuhp.com/avoid-the-holiday-blues-with-tips-to-help-you-manage-stress-and-anxiety/)

Holiday Blues: Managing Your Mental Health During the Holidays

[truecare.org/blog/holiday-blues-managing-your-](http://truecare.org/blog/holiday-blues-managing-your-mental-health-during-the-holidays/)

[mental-health-during-the-holidays/](http://truecare.org/blog/holiday-blues-managing-your-mental-health-during-the-holidays/)

10 Ways to Deal with the Holiday Blues & Seasonal Depression

[www.familyhconline.com/ways-to-deal-with-](http://www.familyhconline.com/ways-to-deal-with-holiday-blues-seasonal-depression/)

[holiday-blues-seasonal-depression/](http://www.familyhconline.com/ways-to-deal-with-holiday-blues-seasonal-depression/)

WELCOME TO



SRJC STUDENT HEALTH SERVICES

Hours:

Santa Rosa Campus

In-Person & Zoom

Mon - Thu: 8:30 AM - 5:00 PM

Friday: 9:00 AM - 3:00 PM

Petaluma Campus

In-Person

Mon 9:00 AM - 12:00 PM

Wed 9:00 AM - 4:00 PM

Call for after-hours appointments



FOR MORE INFORMATION PLEASE
CALL OR VISIT OUR WEBSITE:

707.527.4445

SHS.SANTAROSA.EDU



SANTA ROSA
JUNIOR COLLEGE

WEBSITE: shs.santarosa.edu

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