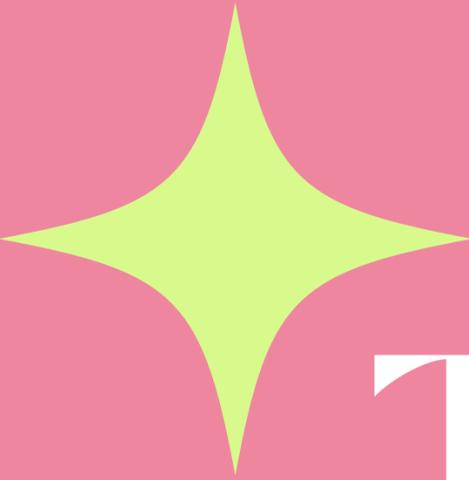


WELLNESS NEWSLETTER

Provided by SRJC Student
Health PEERS

10/13/2023

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



SPS

Therapist

Profile for October

Elyse Shires

SHE/HER

Elyse Shires, MA, is a therapist at Student Psychological Services. She is in her 4th year of a doctoral program at JFK School of Psychology. Clinical interests include CBT, attachment, feminist therapy and working with LGBTQIA+ students. She enjoys playing with her pitbull, Goober, and seeing live music.



SHS EVENT

Love Is Respect

DOMESTIC VIOLENCE
AWARENESS
FOOTBALL GAME



VS



Saturday, October 14th, 2023
5PM @ BAILEY FIELD

**WEAR PURPLE
TO SHOW YOUR SUPPORT**

SHS.SANTAROSA.EDU/DOMESTIC-VIOLENCE



SRJC Athletics



SRJC STUDENT
HEALTH SERVICES

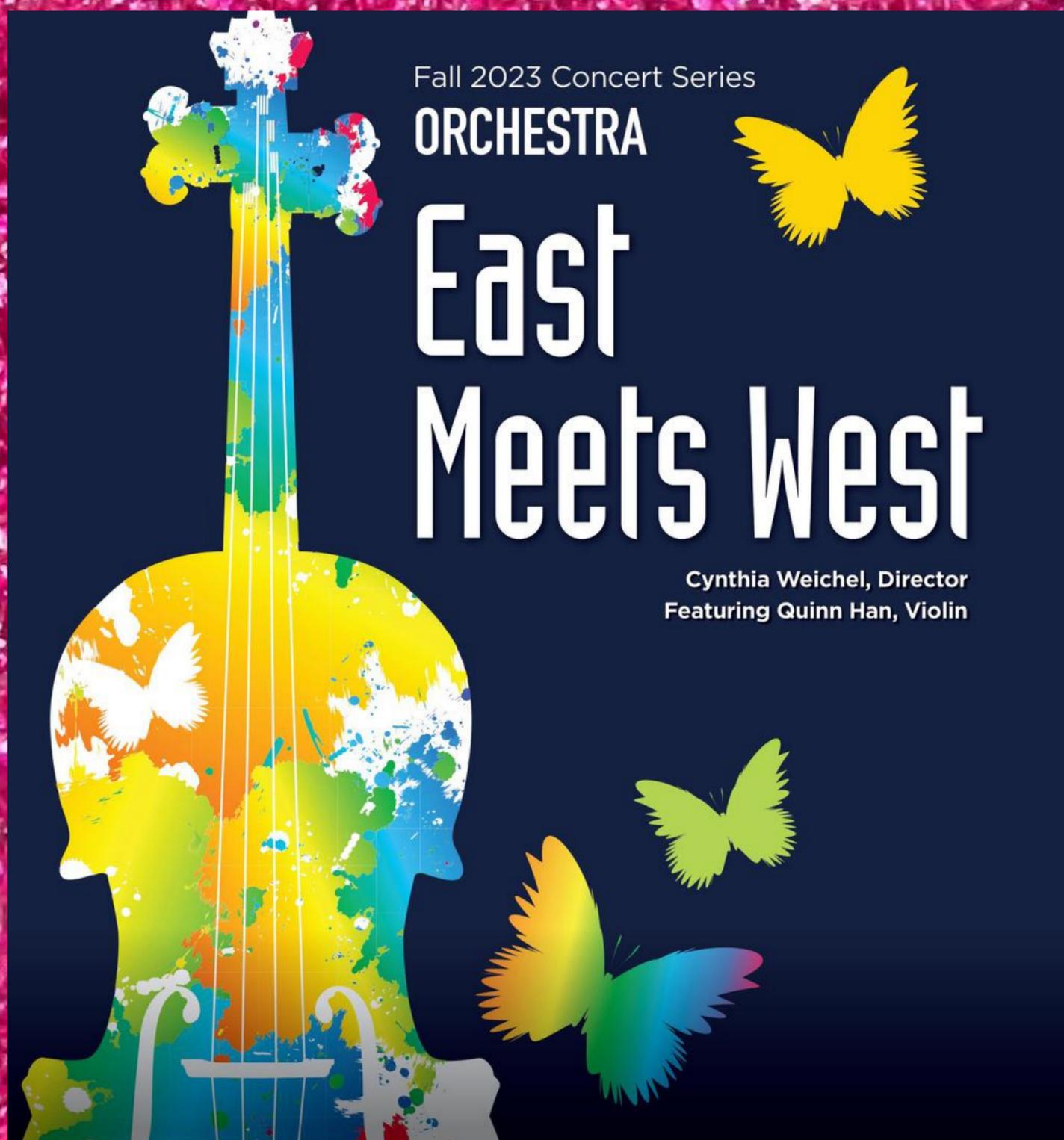
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PEERS PROFILE

QUINN HAN

Quinn Han studies music at SRJC. With a background in somatic depth psychology, council, leadership, performing arts, higher education, and intercultural communication, she taught college courses, led workshops, and created somatic leadership curricula. She is proud of being a first-generation college student, immigrant, and ESL speaker. As a member of Student Health PEERS, Quinn cares about mental health and lead council practices, inspiring and supporting students to give voice to their stories, cultivate compassion towards ourselves and others, as well as strengthens emotional health and resilience. She values and celebrates every small step in a successful journey. She will perform a violin concerto with the SRJC orchestra on October 20th.



Fall 2023 Concert Series
ORCHESTRA
East Meets West
Cynthia Weichel, Director
Featuring Quinn Han, Violin

FRIDAY, OCT 20, 7:30PM

Burbank Auditorium
SRJC Santa Rosa campus



\$12 General/\$6 Students, Seniors & Children ▪ MUSIC.SANTAROSA.EDU ▪ (707) 527-4249



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Did you know...



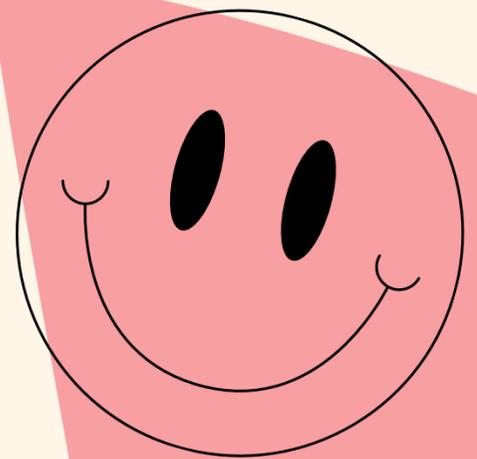
Dimensions of Wellness

SPRITUAL HEALTH:

The basic characteristics of spiritual health are as follows: proper lifestyle, connection with others, asking about the meaning and purpose of life, and transcendence

8 ways to boost your spiritual health

1. Connect with your faith community. According to a Gallup study, 43% of Americans say they belong to a church or other religious body.
2. Volunteer or help others.
3. Practice yoga.
4. Meditate.
5. Keep a journal.
6. Spend time in nature.
7. Focus on your hobbies.
8. Speak with a chaplain or someone you trust.



For More:

fosburit.com/health/how-to-improve-your-spiritual-health

Spiritual Health



Some of the key benefits of spiritual health include:

- **Enhanced spiritual growth and understanding.**
- **Greater peace and calmness.**
- **More meaningful lives.**
- **Connection to a larger community.**
- **Greater physical health.**
- **Improved relationships.**

Why spirituality is important for a student?

- **Growth in spiritual qualities such as Equanimity, Ethic of Caring, and Ecumenical Worldview enhances students' academic achievement and personal development.**

5 Vital Signs of Spiritual Life on a College Campus

- **Curiosity**
- **Wonder**
- **Interconnectedness**
- **Meaning**
- **Resilience**

For More:

day1.org/articles/5d9b820ef71918cdf2003dbc/paul_raushen_bush_5_vital_signs_of_spiritual_life_on_a_college_campus



Videos of Guided Meditation to Help Students Relax & Focus

5 Minute Meditation for Focus

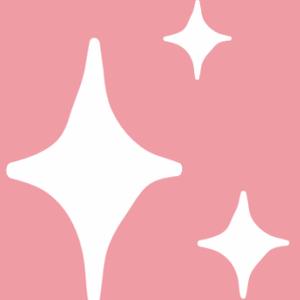
10 Minute Guided Meditation for Students

15 minute Guided Meditation for Studying & Students

20 Minute Guided Meditation for Students

Grounding into Presence, Relaxation, Stress Relief, Focus, Mindfulness

Guided meditation for students



VIDEOS OF YOGA ROUTINES DONE IN SMALL SPACES



[10 Min Yoga For
Small Spaces &
Travel](#)

[30 Minute Yoga
Workout Video for
Small Spaces](#)

[Compact Yoga
Flow for Small
Spaces](#)

[Yoga at Home:
Morning Yoga -
Yoga for Small
Spaces](#)



SPIRITUAL CLUBS

InterVarsity Christian Fellowship @SRJC



Instagram (@srjc_intervarsity)

Instagram photos and videos

 [instagram.com](https://www.instagram.com/srjc_intervarsity)

Bahai Club



Bahai Club of Santa Rosa Junior College

73 followers • 142 following

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WELCOME TO



SRJC STUDENT HEALTH SERVICES

Hours:

Santa Rosa Campus

In-Person & Zoom

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

Friday: 8:30 AM - 12:30 PM

Petaluma Campus

In-Person

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](https://shs.santarosa.edu)



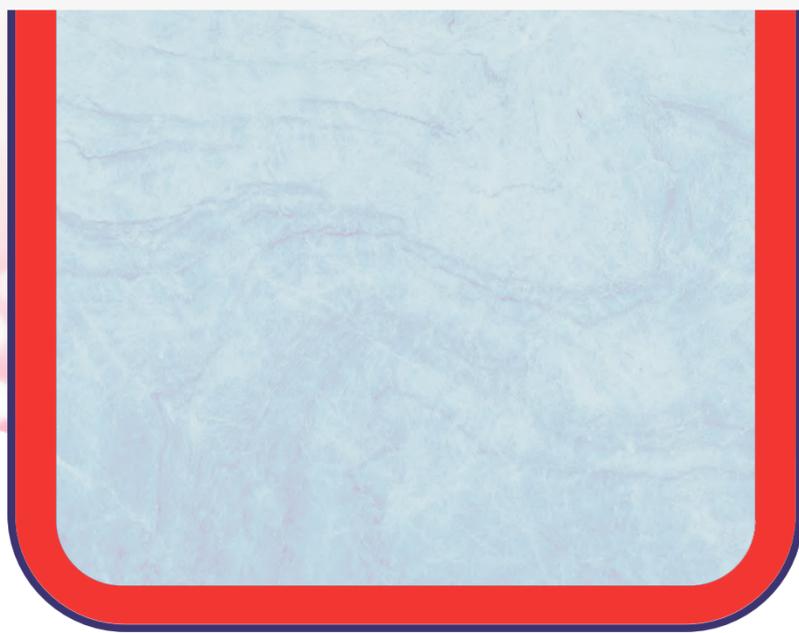
WEBSITE: shs.santarosa.edu

TEL: (707) 527-4445

EMAIL: studenthealthservices@santarosa.edu



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