



WELLNESS NEWSLETTER

Provided by SRJC
Student Health PEERS

10/27/2023



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



SHS *Services*

Free Flu & Covid Shots

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**Call Student Health
Services at 707-527-
4445 to make an
appointment
for flu and Covid
vaccines & rapid
Covid test at the
Student Health Clinic.**



.....
Stay healthy this winter



Why Flu shot?

- **Protect your family**
- **Reduces risk of going to the doctor with flu by 40-60%**
- **Getting sick = staying home from school and work**
- **It is free**

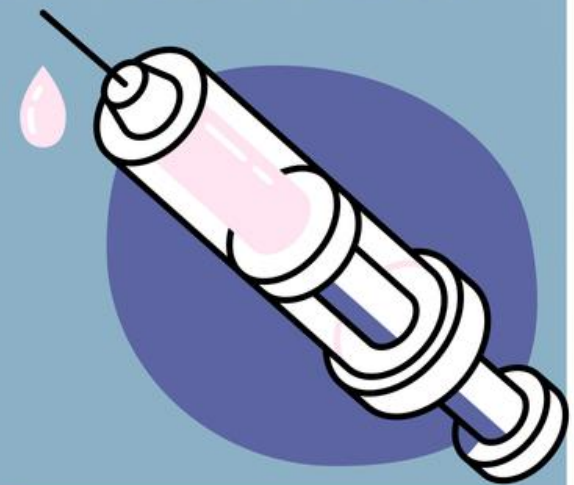


Keep Loved Ones Safe This Winter



Updated Vaccine for 23-24 Variants

Student Health Services now has updated COVID vaccines for students. Call 707-527-4445 to make an appointment.



Keep Loved Ones Safe This Winter



SPS THERAPIST

Profile for October

JEN EMMETT



Jen Emmett, MPH, MA, is a therapist at Student Psychological Services. She is in her 3rd year of a doctoral program in clinical psychology at the Wright Institute. Her clinical interests include cognitive behavioral therapy and mindfulness. She has experience working with students facing challenges related to depression and anxiety, as well as financial and housing insecurity. In her free time, she enjoys practicing yoga and playing with her cat.

PEERS Event

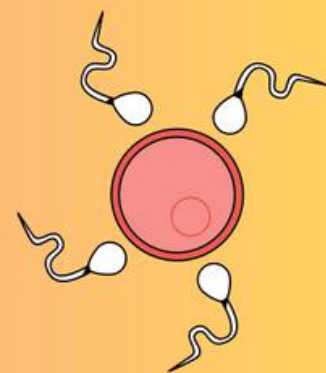
PLAY IT SAFE

Sexual Health

TRIVIA



Come learn about safer sex practices and where to get free STI testing, treatment, and contraceptive care on campus!



Tuesday November 7th

Starts at 5:30PM

Polly O'Meara Doyle Hall (Student Housing)

Kaiser Permanente, Great Room



Student Health PEERS



SRJC STUDENT HEALTH SERVICES

Did you know...



Dimensions of Wellness

Social wellness:

the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.

Why Social Wellness Important?

Maintaining an optimal level of social wellness helps:

- Build healthy relationships with others.
- Develop assertive skills and become comfortable with who you are in social situations.
- Increases your self-esteem.
- Create boundaries that encourage communication, trust, and conflict management.
- Build emotional resilience.
- Practice empathy and active listening.

Suggested Route to Social Wellness

- Reflect on yourself and your social needs.
 - What aspects of your social life do you enjoy?
 - What parts would you like to improve?
- Make an effort to keep in touch with supportive friends and family.
- Practice self-disclosure.
- Participate in group discussions and practice active listening.
- Join a club or organization.

Fun Outdoor Activities to do with Friends for a break

1. Nerf War or Paintball
2. Swimming
3. Mini or Crazy Golf
4. Go Camping
5. Visit a Petting Zoo
6. Take a Bike Ride
7. Go on a Photography Tour
8. Ga-Ga Ball
9. Go Hiking
10. Join the Army Cadets
11. Make a Bird Feeder
12. Attend an Outdoor Performance
13. Be a Tourist in Your Town
14. Build a Sandcastle
15. Check out Local Farmers Markets
16. Stargaze

For More:

bucketlistjourney.net/outdoor-activities



armycadets.com/features/10-fun-things-to-do-with-friends-outside



Resources

Social Wellness Toolkit



Social Wellness: What Is It & Why Is It Important?



Social Wellness: What Is It & Why Is It Important?

Social wellness is about not becoming complacent with relationships. We are all stronger and happier together.

What Is Social Wellbeing? 12+ Activities for Social Wellness



What Is Social Wellbeing? 12+ Activities for Social Wellness

In this article, we discuss social wellbeing at the levels of positive relationships and larger systems such as

Improving Social Wellness to Strengthen Mental Health



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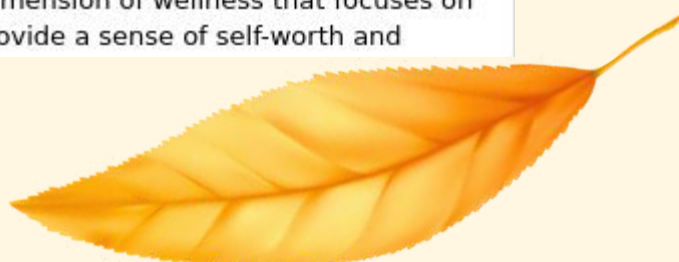
Social wellness is a dimension of wellness that focuses on connection to help provide a sense of self-worth and

Social Wellness in 8 Easy Steps



Social Wellness in 8 Easy Steps

Social wellness can improve overall health. People who have healthy relationships and a strong social network tend to live longer and respond better to stress.





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



WEBSITE: shs.santarosa.edu

TEL: (707) 527-4445

EMAIL: studenthealthservices@santarosa.edu



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