

2/23/2024



Wellness Newsletter

Provided by SRJC Health PEERS

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

Please forward this to a friend, and they can

SUBSCRIBE HERE



AFTER HOURS

Mental Health Support



SRJC STUDENT
HEALTH SERVICES

Call (707) 527-4445
Press 8

to speak with a
mental health specialist



Call the mental health support line when
Student Health Services is closed.
Multiple languages available.

SHS.SANTAROSA.EDU



SHS STAFF

Profile for February

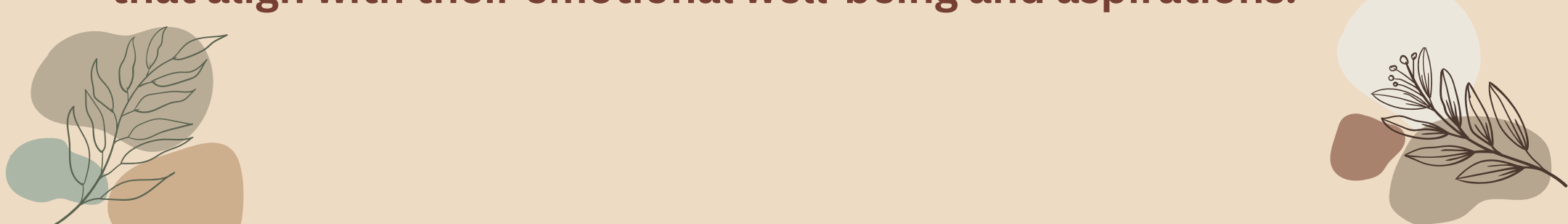


Joseph O. Hancock III,

**Therapist & Outreach Specialist, Black/African-American Focus
Lecturer, Social Work and Human Services**

Joseph, born and raised in San Francisco, has supported diverse students from private and public colleges and universities, including Merritt Junior College, University of Virginia, San Francisco State University (where serves as a lecturer at the Graduate School of Social Work) and Middlebury College.

As an Associate Clinical Social Worker, his training and experience inform his practice to address the unique social and emotional aspects of navigating the college journey. Joseph is well-versed in nurturing students to overcome obstacles, manage stress, and make well-informed decisions. He is committed to fostering an environment of curiosity, self-exploration and love, encouraging students to navigate their options and make informed decisions that align with their emotional well-being and aspirations.





EVENTS

“Space for Multiple Truths” with Joseph Hancock

2/21/2024 & 2/28/2024

WED 12:00 – 1:15 pm

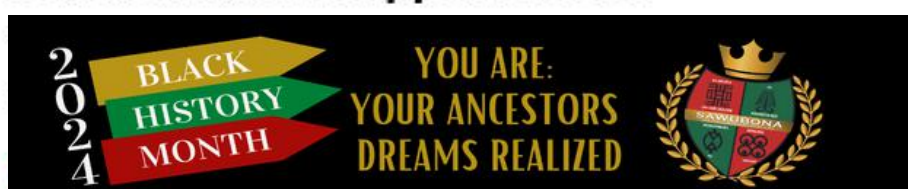
**Sawubona Black Student Center
Pioneer Hall 360**

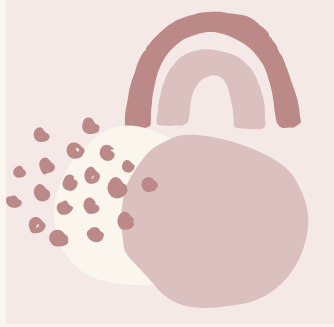


In this two-part interactive series we will discuss the intricate identities of college students, particularly those who identify as Black, African-American, or belonging to the diaspora. This series provides a platform for students to explore, recognize, and validate their multifaceted identities, promoting acceptance. This session also aims to foster conversations around mental health, acknowledging the significant impact identity can have on one's overall well-being.



**Black History Month 2024 | Sawubona
Black Student Support Center**





SHS PEERS

Profile for February



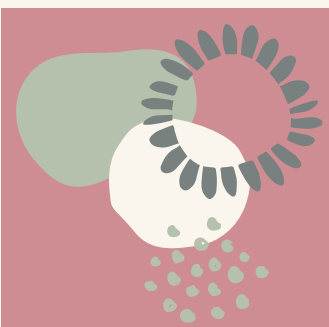
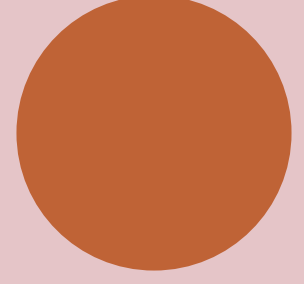
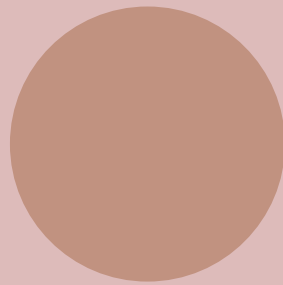
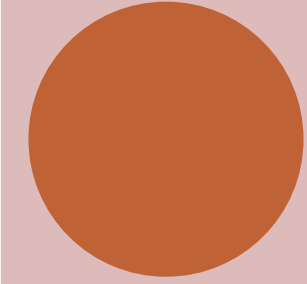
VALERIA CORONA



Valeria Corona is a psychology major. This is her second semester working for SRJC Student Health PEERS.

Valeria loves promoting health related workshops and providing resources to students. Valeria is excited to let people know about mental, physical, and sexual health related resources. Valeria is grateful for the PEERS job and team.

Look forward to meeting you this semester!



Did you know...

Health Issues Impact Academic Success

SRJC NCHA SPRING 2019 SURVEY RESULTS

WHAT IMPACTS YOUR ACADEMIC SUCCESS ?

Stress

35%

Anxiety

31%

Sleep Difficulties

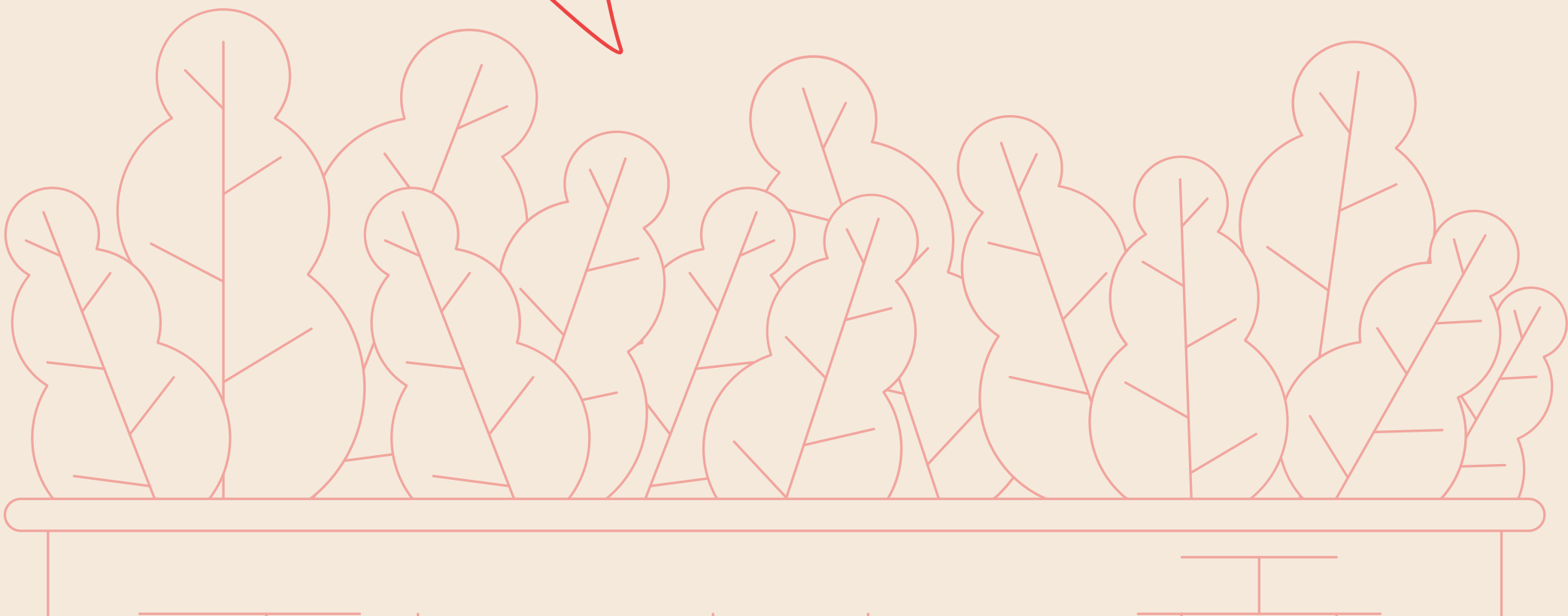
25%

Depression

21%

**Colds/Flu/
Sore Throat**

15%



Stress Affects Our Bodies

How **STRESS** Affects The **BODY**

SKIN

skin problems like acne, psoriasis, eczema, dermatitis, random breakouts, and skin rashes

STOMACH

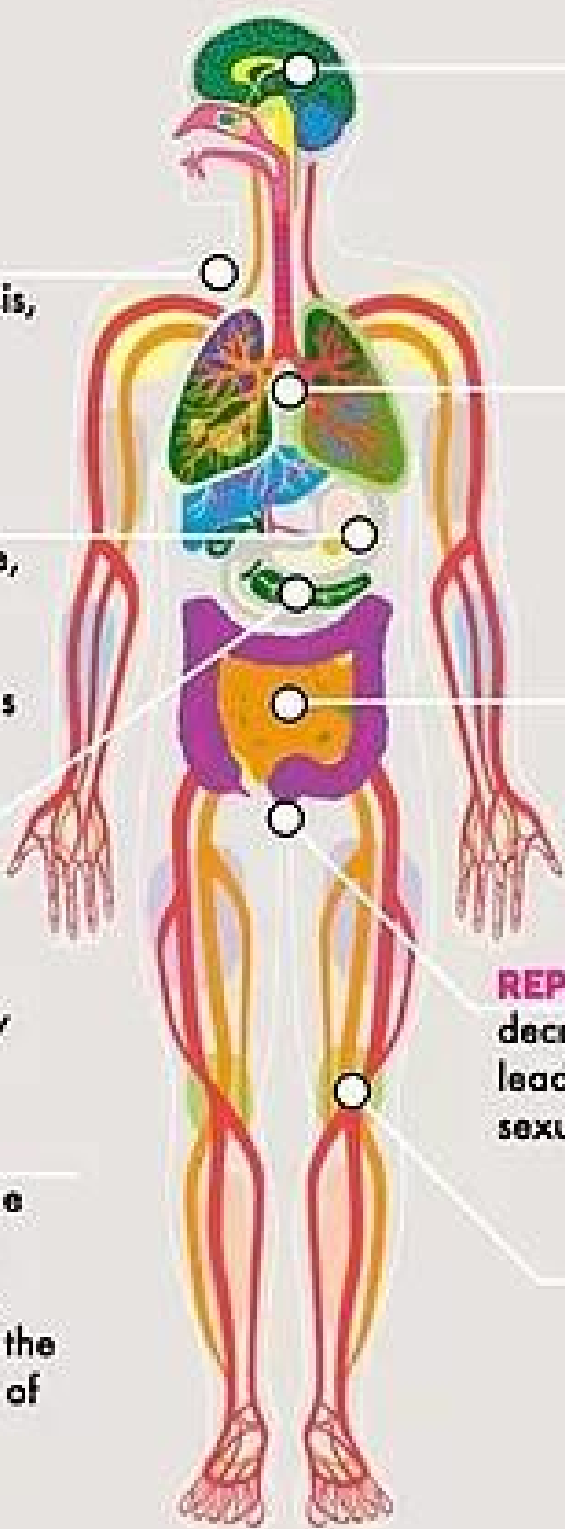
can cause peptic ulcer disease, IBD, IBS, food allergies, stomach cramps, reflux, nausea and weight fluctuations

PANCREAS

results in elevated secretions of insulin, which if chronic could lead to diabetes, damaged arteries and obesity

IMMUNE SYSTEM

suppressed effectiveness of the immune system to battle and recover from illness. Leads to high levels of inflammation in the body, which causes a variety of chronic health conditions



HEAD

issues with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks

HEART

increased blood pressure, fast heart beat, increased risk of heart attack and stroke, and higher cholesterol

INTESTINES

decreased nutrient absorption, reduced metabolism, decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes, and more

REPRODUCTIVE SYSTEM

decreased testosterone and estradiol production leading to reduced fertility. Dampening of sexual behaviour and loss of sexual drive

JOINTS & MUSCLES

aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis), tightness in the shoulders and back

**It's not 'just in your head'
and you can't 'just get over it'**

Stress Management

TIPS

Know What Stresses You

- Be Aware
- Be Curious

Make a Plan

- Establish Priorities
- Schedule Downtime

Take care of your Body

- Exercise regularly
- Eat Healthy Food
- Get Quality Sleep

Take care of your Mind

- Talk about your worries/stress to a friend or a therapist at SRJC
- Try meditation or another mindful technique

[SRJC Mindfulness Resources](#)

CAMPUS RESOURCES

petaluma.santarosa.edu/welcome



Free Farmer's Markets

PICK UP FRESH PRODUCE AND OTHER
GROCERIES. FREE!
ON THE PATIO ADJACENT TO THE STUDENT
ENGAGEMENT & SUCCESS CENTER (500)

FEB. 6, 11:30AM-1:30PM
MAR. 5, 11:30AM-1:30PM
APR. 2, 11:30AM-1:30PM
MAY 7, 11:30AM-1:30PM



Petaluma Campus

Campus Resources

**ALL STUDENTS ARE WELCOME TO JOIN
ALL RECOVERY MEETINGS**

TUESDAYS: 2PM

**Bertolini Student Services Building, 1st floor, Room 4643
Senate Chambers**

WEDNESDAYS: 5PM

Bertolini Student Services Building, 2nd floor, Room 4743



**LET'S TALK RECOVERY:
RECOVERY FOR ALL
UNDER THE SAME TREE**



**FOR MORE INFORMATION
CONTACT: TOVA ESBIT
tesbit@santarosa.edu**





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

Zoom throughout the week



FOR MORE INFORMATION PLEASE
CALL OR VISIT OUR WEBSITE:

707.527.4445

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SANTA ROSA
JUNIOR COLLEGE

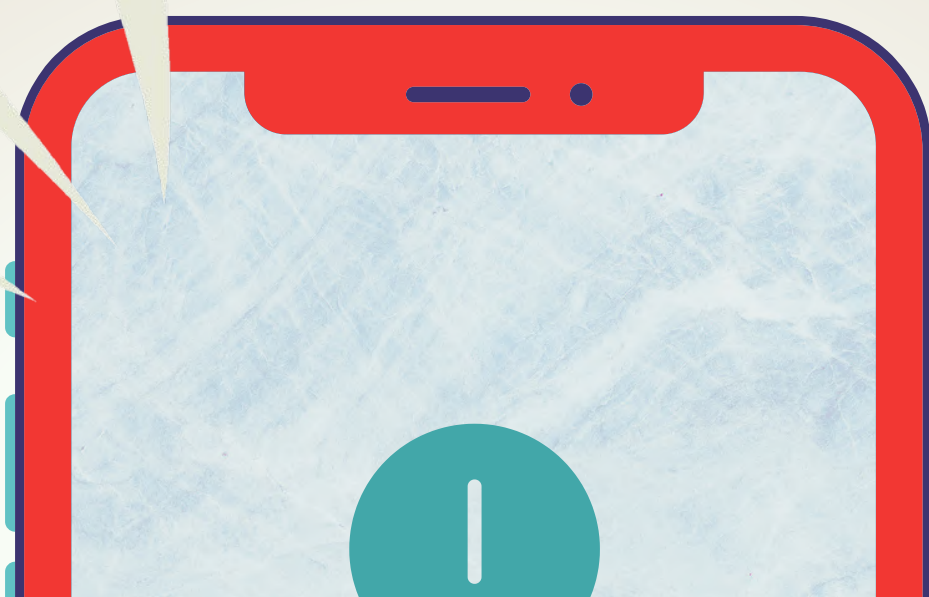


WEBSITE: shs.santarosa.edu

TEL: (707) 527-4445

EMAIL: studenthealthservices@santarosa.edu

[Previous Wellness Newsletters](#)



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