Greetings Anteaters! As we enter the month of November and think about the things we are thankful for, family and friends often come to mind. The people we care about the most, who help us to be who we are, and support us in both good times and challenging times. But as we think about things we are grateful for, we also need to remind ourselves that not everyone has positive thoughts and feelings about family and the holiday
season. For a variety of reasons, this time of year can be challenging for some who may be struggling. This year has also continued to be uniquely challenging for all of us. Whether it's due to the pandemic, continued social justice issues, or any other reason, this has been quite a challenging year … but there continues to be hope that things will get better. I encourage all of us to utilize the power of our relationships and human kindness to pay attention, notice when someone may be feeling down, and be a source of comfort and support. That said, Happy November and Thanksgiving to all … and may we all be the person that others are thankful for this year. Also remember that gratitude is a form of self-care. Check out our offerings this month to support your health and wellbeing heading into the holiday season.

UPCOMING EVENTS

Healthy Eating on A Budget
Zoom
November 1 | 3:00pm - 4:00pm

Learn how you can purchase nutritious and healthy foods all while staying within a student budget!

RSVP at: tinyurl.com/healthysoar

Wednesday Wellness Walks
Meet Outside Zot n' Go
11:30am - 1:00pm
Nov. 3 | Nov. 17 | Dec. 10
Please join us and enjoy the beauty of our campus and our local environment! All are welcome, including undergrads, grad students, faculty, and staff!

**November 3: UCI Arobretum**

Join our Body Image PHEs Hana and Lailie for this walk as you learn about the Love Your Tree campaign that celebrates the beauty of body diversity

**November 17: Sea & Sage Wildlife Sanctuary**

**December 1: UCI Ecological Preserve**

If there are any questions, please contact Doug Everhart, everhart@uci.edu.

**More info:** [https://studentwellness.uci.edu/services/wednesday-wellness-walks](https://studentwellness.uci.edu/services/wednesday-wellness-walks)

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**Quick Bites - Alternative Meats**

**November 8 | 12:30 - 1:00 PM**

Lab grown meat derived from plant matter?! Sounds like Science Fiction, but really it’s the newest trend in the culinary world. Join us for a quick half hour session and learn all about plant-based alternative meats from our Registered Dietitian Nutritionist. Quick Bites is a brief, virtual lunch and learn activity on Zoom with our RDN, Jody Margolis, who will cover various nutrition hot topics. You’ll
have the opportunity to ask the expert and expand your nutritional knowledge.

**Zoom link:** [https://uci-hipaa.zoom.us/j/96041472862](https://uci-hipaa.zoom.us/j/96041472862)

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**Journal To Wellness**

*November 10 | 12:00pm - 1:00 PM*

*Zoom*

Journal to Wellness Workshops provide a space for students to relax, reflect and realize wellness at UCI. In our casual, salon-style space, participants consider how we are—or are not—caring for our minds, bodies and communities.

**Zoom Link:**

[https://uci.zoom.us/j/95967348413](https://uci.zoom.us/j/95967348413)

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**OUR SERVICES**
Healthy Relationship Workshop  |  Request One Today!
This interactive workshop explores healthy vs unhealthy relationships, sexual boundaries and consent. Scenarios will be presented for discussion and students are encouraged to ask questions (anonymously if preferred).

Learn more: studentwellness.uci.edu/services/workshops
Condom Co-op  |  10 FREE Condoms Per Day
With lock-downs lifted and people being able to freely meet again, we know lots of folks are going to be sexually active once again. Stop on by our office to receive ten free condoms per day, as well as lube, dental dams, and female internal condoms.
Health & Wellness Workshops
The Student Wellness & Health Promotion Staff, including Peer Health Educators, are available to present, create programs, and facilitate activities to meet your health education needs. For groups of 25 or more participants.

Learn more

Lactation Station
A quiet, comfortable, secure room where parents can breastfeed or pump for their child. Refrigeration for pumped milk is also available. A diaper changing station is located adjacent to the space. Open Mon-Fri 8:00am-5:00pm.

Learn more

Beth England-Mackie, our Sexual and Relationship Health Programs

Jody Margolis, our Registered Dietitian Nutritionist, is here to talk
Manager, is able to provide consultations on sexual health concerns or questions around:

- Sexually Transmitted Infections (STIs)
- STI testing and resources
- birth control options
- Plan B
- safety and prevention
- relationships and referrals

Consultations are available by appointment at englandb@uci.edu.

Learn More

and consult on topics including

- Weight Management
- Body Image
- Healthy Eating Tips
- Food Allergies/Sensitivities
- Meal Planning
- Food Budgeting
- Sports Nutrition
- Vegetarian/Vegan Diets or Vitamin Supplements

Consultation are available by appointment at margolj1@uci.edu.

Learn more

Doug Everhart, our Director, is available for consultations about:

- Mental Health
- Emotional Wellbeing
- Stress Management
- Self-Care techniques
- Mindfulness & Meditation
- Time Management
- Sleep hygiene

Doug Everhart, our Director, is available to discuss topics revolving around Alcohol and Drug use and more specifically:

- Alcohol basics
- How to party safe
- Effects of alcohol use on academic performance
- Effect of drugs on the body and
Consultations are available by appointment at everhart@uci.edu.

Learn more

If you're feeling depressed, anxious, or just need someone to talk to, please contact the UCI Counseling Center. The Counseling Center has Virtual Group Therapy sessions, or you can make an appointment with an on-staff counselor, and even offers Online Self-Help.

UCI Center for Student Wellness & Health Promotion
G319 Student Center | M-F 8:00AM - 5:00PM
Contact: (949) 824 - 9355 | studentwellness@uci.edu

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