



# CAL STATE LA

CALIFORNIA STATE UNIVERSITY, LOS ANGELES

# STUDENT WELLNESS RESOURCES 101

*Addressing the 8 Dimensions of Wellness through Available Cal State LA Student Resources*



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# **Agenda**

- 1. Panelist Introductions**
- 2. Exploring and Defining the 8 Dimensions of Wellness**
- 3. Panelist Presentations**
- 4. Questions**
- 5. Beyond Basic Training**

# Panelist Introduction

- VeeJay Atilano, Student Engagement Coordinator for Wellness & Service: Center for Student Involvement
- Frangelo Ayrán, Assistant Dean of Students: Wellness & Engagement: Office of the Dean of Students
- Luz Borjon, Director of Civic Engagement and Internships: Office of the Dean of Students
- Jonathan Choy, Associate Director: Financial Aid
- Chaz Cruz, Assistant Director: Cross Cultural Centers
- Sesley Lewis, Coordinator of Food and Housing Security: Office of the Dean of Students
- Stephanie Toledo, Health Education Assistant: Student Health Center
- Thea Winkler, Counselor: Counseling and Psychological Services

# Defining and Exploring the 8 Dimensions of Wellness

## 8 DIMENSIONS OF WELLNESS



# Defining Wellness

According to the Substance Abuse and Mental Health Services Administration:

- Wellness is being in **good physical and mental health**.
- Because mental health and physical health are linked, problems in **one area can impact the other**.
- **Improving your physical health can also benefit your mental health**, and vice versa.
- It is important to make healthy choices for both your physical and mental well-being.
- Remember that **wellness is not the absence of illness or stress**.
- You can still strive for wellness even if you are experiencing these challenges in your life.



# Defining and Exploring the 8 Dimensions of Wellness

Understanding the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life:

**Physical**

**Occupational**

**Spiritual**

**Environmental**

**Financial**

**Social**

**Intellectual**

**Emotional**

# Defining and Exploring the 8 Dimensions of Wellness



**The 8 Dimensions of Wellness**



# Panelist Presentations

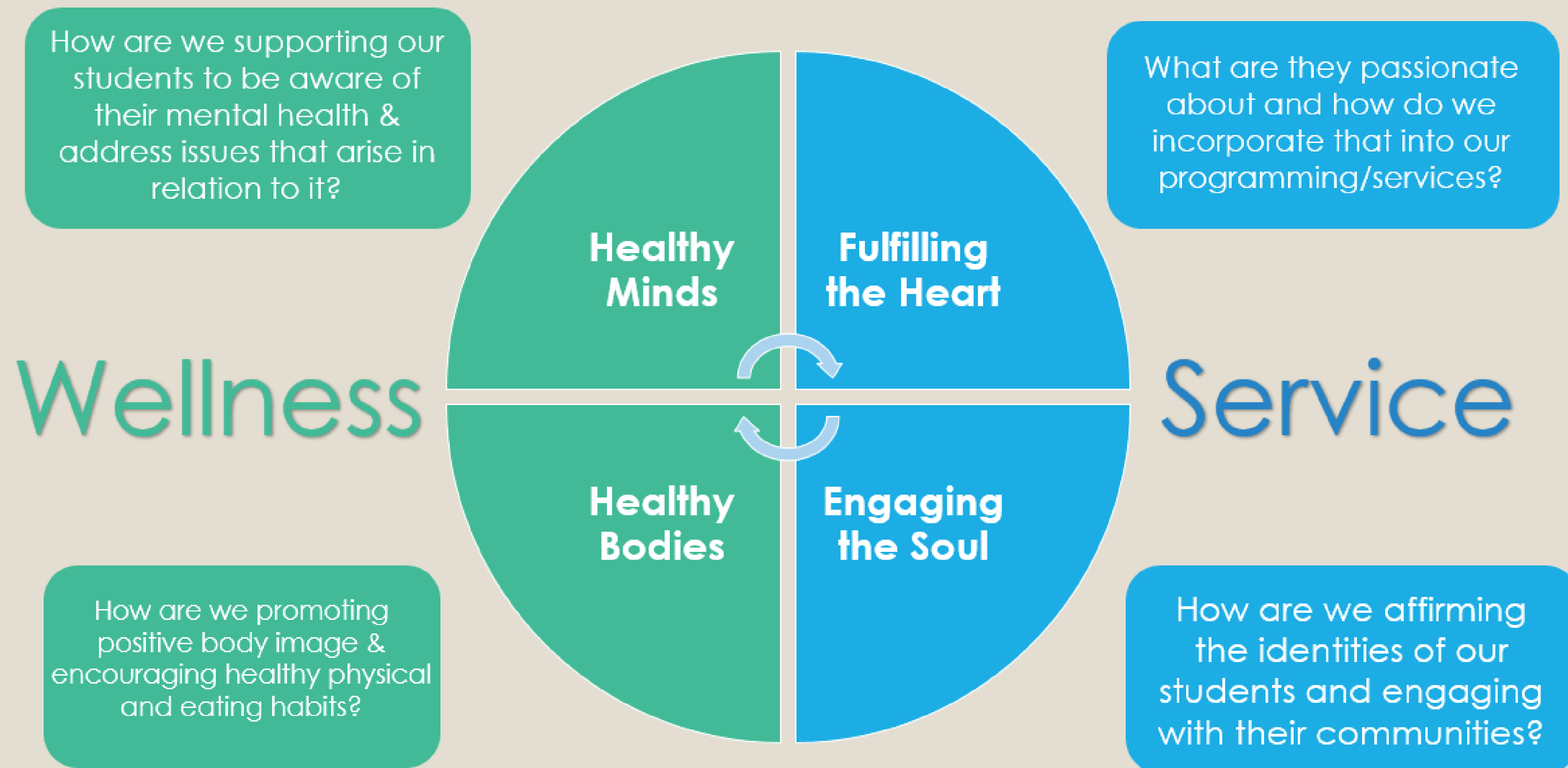


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# Center for Student Involvement

## Holistic Being Framework



# Center for Student Involvement

## PHYSICAL

Trauma Informed Yoga  
10/24 at 12pm  
LA Room A

Golden Eagle Pride 3K  
11/4 at 3pm  
U-SU Plaza

## SOCIAL

Archery Tag Trip  
10/26 at 10am

Universal Studios  
10/19 at 8am

## INTELLECTUAL

World AIDS Day  
12/3 at 12pm  
Main Campus Walkway

Golden Eagles for Gratitude  
11/7 at 2pm  
U-SU Plaza

## ENVIROMENTAL

Eagles Care Service Trips

9/7- East LA Women's  
Center

9/28- Habitat for  
Humanity

## EMOTIONAL

DIY Series: Craftherapy  
Multiple Dates  
Alhambra Room

Break 4 Paws  
12/6 at 2pm  
Main Campus Walkway

## GET INVOLVED!

CSI  
U-SU 204

[www.calstatelaus.edu/csi](http://www.calstatelaus.edu/csi)

[Vatilan2@calstatela.edu](mailto:Vatilan2@calstatela.edu)





## **CIVIC ENGAGEMENT and INTERNSHIPS**

- Collaboration between Student Life (Dean of Students) and Academic Affairs: Center for Engagement, Service, and the Public Good; Center for Student Involvement (CSI); Associated Students Inc. (ASI); and the Pat Brown Institute (PBI)
- Opportunities for students to be informed engaged citizens contributing to the benefit of their communities and ultimately to our democracy
  - Students gaining the ability to work collaboratively across differences to address common challenges
- Social entrepreneurial skills
  - CaSES: Civic and Social Entrepreneurship Summit
  - Co-curricular activities

# Civic Engagement and Internships

## 8 DIMENSIONS OF WELLNESS





# Counseling and Psychological Services

## 8 DIMENSIONS OF WELLNESS



# Cross Cultural Centers

- 4 Identity Resource Centers
  - Asian Pacific Islander Resource Center
  - Latinx/Chicanx Student Resource Center
  - Pan African Student Resource Center
  - Gender & Sexuality Resource Center
- Library including books, journals, magazines, and website listings
- Cross-cultural video and audio library
- Computers
- Support groups and workshops
- Study & Meeting space
- Microwaves and refrigerators
- Coffee + PB & J
- Lactation Room
- Connections to community organizations, job opportunities, and scholarships

## Wellness Week:

**TUESDAY, OCTOBER 23**

**MEN OF COLOR SUCCESS NETWORK: HEALTH & WELLNESS**

3:15 PM – 4:15 PM • Alhambra Room

3rd Floor • University-Student Union

**THURSDAY, OCTOBER 25**

**CLOTHES LINE PROJECT**

12 PM – 3 PM • University-Student Union Plaza

**THURSDAY, OCTOBER 25**

**WOMYN & FEMMES SELF DEFENSE**

4 PM • Xtreme Fitness

University-Student Union



# Financial Aid

## 8 DIMENSIONS OF WELLNESS



# Office of the Dean of Students

## PHYSICAL

- Cal State LA Food Pantry
- CalFresh Outreach Center
- Meal Sharing Program

## Environmental

- Emergency Housing

## Financial

- Emergency Grant

For more information visit:  
[www.calstatela.edu/deanofstudents](http://www.calstatela.edu/deanofstudents)

# Student Health Center

## Primary Care

- 1) Basic Care Services (Free)
- 2) Reproductive Care
  - a. Pregnancy Test (Free)
  - b. STD Testing (Low Cost)
  - c. Birth Control (Low Cost)
- 3) Pharmacy
  - a. Fills outside prescriptions
  - b. Provides over the counter meds
- 4) X-Ray
  - a. (free)
- 5) Lab
  - a. Urine or blood tests (Low cost or free)
  - b. TB Screening (free)
  - c. \$5 Flu Shots
- 6) Dental Services
  - a. Exam & Teeth cleaning (\$65)
  - b. Cavity fillings are offered (Low Cost)
- 7) Optometry
  - a. Eye exam & Dilation (\$45)
  - b. Outside prescriptions can be filled
  - c. Variety of glass & contacts available

## Specialty Clinics

- 1) Massage Therapy
  - a. One hour session (\$25)
  - b. Half hour session (\$15)
- 2) Chiropractic clinic
  - a. First session (\$10)
  - b. Sessions thereafter (\$5)

### 3) Nutrition Clinic (Free)

## Workshops 3:10-4:15pm

- a. Out of Time (W 9/26)
- b. Let's Talk Cannabis (R 9/27)
- c. Control (T 10/11)
- d. Zombie Apocalypse (TH 10/25)
- e. Eat Healthy, Be Active

## Health Promotion & Education center Services

- 1) Condoms
- 2) Family Planning Counseling (Free)
- 3) Class Presentations
- 4) CPR
- 5) TiPS

## Student Opportunities

- 1) Student Health Advisory Committee
  - a. Certified Peer Health Educators
  - b. Advocate, Empower & Educate students
  - c. Commit 15 volunteer hours per semester
- 2) Class Internship Site
  - a. NTRS 4180
    - Create Eat Healthy, Be Active series
  - b. PH 4960
    - Commit 180 hours of health education outreach service
  - c. Masters Dietetic Program
    - Conduct 1 on 1 nutrition counseling sessions



# Points to Consider

- Everyone brings their own set of skills, awareness, and comfort for each of the eight dimensions.
- Some may be more aware or more skilled at addressing certain dimensions while simultaneously being unaware or less skilled at others.
- Some resources we've presented definitely illustrate how they overlap in addressing multiple dimensions, while others relate to specific ones.
- You can encourage students to explore these dimensions by connecting them to the departments, staff, and programs presented today.

# Questions to Consider

- What dimensions do you easily relate to?
- What dimensions require more time or energy for you to address?
- How does your department address these dimensions?
- How are you going to encourage students to explore and address these dimensions?

# Questions?



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# Beyond Basic Training



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# Beyond Basic Training

Launching in Fall 2018

**Participants in this program will be trained in:**

Student advocacy

Specific campus resources related to food & housing insecurity and basic needs

Eight Dimensions of Wellness

Going “Beyond Basic” is an approach that will develop advocates who can incorporate and apply these tools in their day to day work with students.



# Thank You!

*Be Well!*



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