Announcements

We are almost done with the school year! Good luck on finals and take some time for your own health and wellbeing!

PharmD students are eligible to apply for CalFresh!
There are two ways for students in the PharmD program to apply for CalFresh:
2. Email USC Basic Needs at basicneeds@usc.edu

Additional information
1. A video going through the eligibility for CalFresh and the process of applying online (fast forward to 6 minutes for step-by-step instructions on how to complete the application)
2. The video in slideshow format (see slide 4 for information on how to apply)
3. A general eligibility guide which includes steps after receiving an EBT card

Wellness Tip of the Month

Cultivate a positive mindset
A positive mindset can give you more confidence, improve your mood, and even reduce the likelihood of developing conditions such as hypertension, depression, and other stress-related disorders

Read more about it here.

Wellness Quote of the Month

“In order to carry a positive action, we must develop here a positive vision.” —Dalai Lama

Wellness Reads of the Month

An outlook better than optimism?
Learn how to cope with uncertainty during these difficult times and to find faith in life. Beyond optimism and pessimism, focus on reality and your resilience in facing reality.

6 Ways To Practice Positive Self-Talk Without Feeling Like You’re Straight-Up Lying to Yourself
Learn more about positive self-talk and how to change your perspective from negative thoughts so as to live a more self-fulfilling life.

Natural Antihistamines You Badly Need In Your Pantry
Here are some tips on how to combat the coming allergy season with more natural antihistamines. These include fruits, veggies, probiotics, and the all popular vitamin C.
Project Wellness Events

Wellness Pharmilies
Project Wellness is proud to present our new initiative, "Wellness Pharmilies!" Wellness Pharmilies are supportive communities for students, staff, and faculty to encourage community building, share knowledge, give advice, and celebrate successes in the areas of art, healthy habits, well-being, yoga, and life-decluttering. The Pharmilies connect via group chat on Discord text channels, and are meant to foster community without Zoom-fatigue and despite distance, schedule, or other barriers to social interaction. Join us for self-care within the framework of community-care. Visit our website for more details!

Virtual Yoga Class | Tuesdays 5:15 PM & Wednesdays 6:30 PM
Project Wellness is offering live yoga classes online via zoom every Tuesday at 5:15PM and every Wednesday at 6:30PM! Log in to zoom for these live sessions led by Jennifer Watson.
Zoom link | Meeting ID: 333-640-2843 | Password: 401706

Conversations, Connections, and Community (CCC) Drop-in Sessions
Conversations, Connections, and Community (CCC) drop-in sessions are casual virtual conversations that are meant to be a safe space to vent, share good news, or even just catch up with peers! No need to RSVP, no appointments, and webcam use is optional! Drop by every Thursday at the times listed below for weekly CCC's, and don’t forget about the All Trojan Family Sessions every first Tuesday of the month!

Graduate Student CCC Zoom Information: Thursdays | 3:30-4pm
Zoom link | Meeting ID: 975 4233 1891 | Password: 507898

Staff CCC Zoom Information: Thursdays | 1-1:30pm
Zoom link | Meeting ID: 987 5612 3239 | Password: 910008

USC Events

Iyengar Yoga
Friday, April 30th at 12:00pm to 1:00pm
Iyengar Yoga with Timothy Grundy. A virtual take on the URC Fishbowl Yoga series. All levels welcome.

Noontime Knowledge: Conflict Management Tips With the Ombuds Office
Monday, May 3rd at 12:00pm
This is an opportunity to discuss conflict resolution and communication issues that may arise while working and learning remotely. An open Q&A will be offered during each session. Everyone from the USC community is welcome.

Wellbeing 3.0: Ensuring Psychological Safety in Turbulent Times
Thursday, May 6th at 2:00pm
A person’s wellbeing in the academic space is impacted by the content and topics discussed in classes. However academic the intent of including content (media, film, news, history) in classroom discussions may be, it does not strip the content of its power to negatively impact the person who is seeing or hearing it. What happens at the junction of academic freedom and psychological safety? Panelists will explore the intersection of wellbeing, academics, power, and roles, considering agency and autonomy for faculty, students, and staff.

Virtual Spring 2021 Group Fitness Schedule
Come join free virtual USC Workout Fitness Classes hosted by Rec Sports. Sign-up at myrecsports.usc.edu

MindfulUSC Mindfulness and Self-Compassion Drop-In Zoom Sessions
Mindfulness and self-compassion in the midst of a pandemic are extremely important and can help to improve your mental health. These drop-in sessions will provide you with the tools you need to begin to be kind to yourself, accept your flaws, reduce your deprecatory inner thoughts, reduce stress, increase focus, and learn to achieve balance. Drop-in sessions are led by Dr. Mark Miller of Mindful USC. Find a schedule of drop-in sessions at https://mindful.usc.edu/classes/.
Resources

**USC HSC Ombuds**
The Office of the Ombuds is here to provide independent, confidential, and impartial support for faculty, students, and staff to navigate policies, issues, concerns and conflict without fear or reprisal or judgement. All services provided by the office are free, voluntary, and confidential. To learn more, [click here](#), contact or schedule an appointment at hscombuds@usc.edu or 323-442-0382.

**USC Student Counseling**
Make an appointment with a counselor for one-on-one or group counseling via TeleHealth on MySHR.
- For student counseling, visit studenthealth.usc.edu/counseling or studenthealth.usc.edu
- More information on USC Student health workshops can be found at https://studenthealth.usc.edu/counseling/group-counseling/workshops-single-session/
- Counselors at USC Student Health’s Counseling and Mental Health Services are available 24 hours a day at 213-740-9355 (WELL).

**The Center for Work and Family Life (CWFL)**
CWFL is a USC Employee Assistance Program available for those who receive benefits from USC including staff and faculty. Highly trained clinicians are available to discuss employee well-being, stress, anxiety, and other behavioral health issues. The phone lines are open for appointments by Zoom and teleconference for any staff, faculty, their families, and retirees.
- The CWFL office number is 213-821-0800. Your call will be answered 9am to 5pm, and an appointment will be scheduled with a CWFL staff counselor.
- The CWFL after-hours number is 213-590-8045 for urgent matters. They currently provide individual telephone and or zoom sessions for both counseling and coaching.

**Mental Health Support**
- National 24/7 Suicide Prevention Lifeline
  - Call 1-800-273-TALK (8255)
  - En Español 1-888-628-9454
- National Institute on Mental Health
- American Psychiatric Association
- Academy for Eating Disorders
- American Foundation for Suicide Prevention
- Mental Health America
- National Alliance on Mental Illness

**COVID-19**
- USC advises persons who may have questions, concerns, or need to report a positive test to call the COVID-19 Hotline: 213-740-6291.
- Get the latest USC COVID-19 official messages and status updates [here](#).
- Please email covid19@usc.edu with any academic concerns, so that we can direct them to the people who can best respond to you.
- USC Libraries COVID-19 [Research Guides](#)

If you would like to be featured in our next newsletter, please send in a short submission to sop.wellness@usc.edu! You can submit how you engage in self-care, wellness tips for others, or other wellness-related blurbs.

**USC School of Pharmacy Project Wellness | Website | Email:** sop.wellness@usc.edu