**Announcements**

**In The Works:**
Be on the lookout for a special webinar on confronting disappointment and the launch of our new vegan cooking tutorial series!

**Spotlight**

We’d like to recognize our winners from our MOVE-ember 2020 Step Challenge and RxRunners’ Snow Much Fun Run! Congratulations to all of you, keep up the great work!

**MOVE-ember Step Challenge**

1st Place: Kongpan Li | 214,223 steps
2nd Place: Ashwini Achutharaman | 196,114 steps
3rd Place: Jianhui Bai | 189,978 steps

**Snow Much Fun Run**

1st Place: Ginika Nwokeobia | Snowflake
2nd Place: Anna Szeto | Christmas Tree
3rd Place: Be You | Slice of Pie

**Wellness Quote of the Month**

“We are each other’s harvest; we are each other’s business; we are each other’s magnitude and bond.”

—Gwendolyn Brooks
**Wellness Tip of the Month**

**Engaging in Empathy**
Engaging in empathy is a conscious decision that requires self-awareness. Have you been practicing empathy to the best of your ability lately? For a quick check-in, here are some attributes of empathy as defined by nursing scholar Theresa Wiseman:

- To be able to see the world as others see it—this requires putting our stuff aside to see the situation through the eyes of a loved one
- To be nonjudgmental—judgement of another person's situation discounts the experience and is an attempt to protect ourselves from the pain of the situation
- To understand another person's feelings—we need to be in touch with our personal feelings in order to understand someone else's. This also requires putting aside "us" to focus on our loved one
- To communicate our understanding of that person's feelings—rather than saying, "At least..." or "It could be worse..." try, "I've been there, and that really hurts," or (to quote an example from Brown) "It sounds like you are in a hard place now. Tell me more about it."

[Click here for a quick read about five ways that empathy is good for health.](#)

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**Wellness Reads of the Month**

**How Self-Awareness Impacts Wellness**
Learn more about some of the tenets of being self-aware in this quick read from Vera Via!

**Autonomy: What Wellness Has to Learn from Business**
Learn about the impact of autonomy on workplace wellness in this read from the Wellness Council of America.

**Honoring the Herd Mentality. A Lived Experience**
Read a short exposé on adopting herd mentality as a way of protecting others.

**'I Feel Your Pain': The Neuroscience of Empathy**
Learn more about the neuroscience behind empathy in this read from the Association for Psychological Science.

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**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 | [Zoom link](#) | Meeting ID: 333-640-2843 | PW: 401706
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.

**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**: Thursdays | 3:30-4pm | [Zoom link](#) | Meeting ID: 975 4233 1891 | PW: 507898
**Staff CCC**: Thursdays | 1-1:30pm | [Zoom link](#) | Meeting ID: 987 5612 3239 | PW: 910008
**All Trojan Family CCC**: First Tuesday of every month | 4-4:30pm | [Zoom link](#) | Meeting ID: 983 0264 1894 | PW: 125674

*All students, staff, faculty, and alumni are welcome to the All Trojan Family Session!*
**USC Events**

**Healing Power of Positive Thinking** | Thursdays | 11am-12pm PT  
Weekly interactive sessions held by the Body-Mind Student Caucus of USC Suzanne Dworak-Peck School of Social Work.

**New Year’s Campfire Hosted by ORSL** | Dec. 30th | 5-6pm PT  
An event for reflection, goals, and dreams. Open to all USC students and staff.

**Explore Los Angeles: 6 Feet Apart** | Jan. 11th | 5:30-6:30pm PT  
Orientation Advisors from the Office of Orientation Programs will highlight upcoming virtual events hosted by USC student organizations and staff — including virtual workout classes, paint nights, concerts, and more in this Zoom session!

**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/](https://mindful.usc.edu/classes/).

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**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/](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](tel: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](tel: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](tel: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](https://988.org)
  - Call 1-800-273-TALK (8255)
  - En Español 1-888-628-9454
- [National Institute on Mental Health](https://www.nimh.nih.gov)
- [American Psychiatric Association](https://www.psychiatry.org)
- [Academy for Eating Disorders](https://www.aed.org)
- [American Foundation for Suicide Prevention](https://www.afsp.org)
- [Mental Health America](https://www.mhanational.org)
- [National Alliance on Mental Illness](https://www.namimha.org)

**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](tel:213-740-6291).
- Get the latest USC COVID-19 official messages and status updates [here](https://usc.edu/coronavirus/)
- Please email [covid19@usc.edu](mailto: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](https://libguides.usc.edu/covid-19)

*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