Announcements

RxRunners | SNPhA | BPS | SC-DEI Black History Month Virtual 5k Fundraiser
Our collaborative fundraiser is currently open for registration! See the events section below for more information!
RSVP deadline: February 20th.

Click here to view our accompanying compiled list of anti-racism educational resources!

Spotlight!

Meet Dr. Maryann Wu, Assistant Dean for Assessment and Assistant Professor of Clinical Pharmacy!

What is your favorite activity or hobby outside of pharmacy?
Being around animals and (prior to COVID-19) working out at the gym. I participate in more nature strolls now, particularly at The Huntington Library, Art Museum and Botanical Gardens or The Arboretum.

Do you have a silly memory from when you were a kid?

- **Little kid memory**: Many of my memories as a little kid are growing up at my parents’ restaurant in Ohio. The African proverb, “it takes a village to raise a child” was certainly true for me. In my case, I was raised by my parents, the cooks, the waitresses, the dishwashers, and all of the customers who would come to the restaurant on a regular basis. I am actually named after a restaurant customer, whose name is Maryann.
- **Big kid memory**: When I was in college, I needed a few more elective units in order to graduate. Being at Miami University in rural Ohio, they offered students PE classes in horseback riding. I had never ridden a horse, but had so much fun that I ended up taking beginning, intermediate, and advanced horseback riding classes when I was in college. My love of animals, big and small, still remains. Attached is a photo from a horseback riding adventure near the Pacific Coast. When not outside these days, you’ll see me at home with my two kittens, Professor Meow and Professor Mittens.
Wellness Tip of the Month

Take a moment to enjoy life with a little extra sun! Step outside and gain some of the benefits of sunlight such as:

- Vitamin D
- Improved sleep from natural light
- Mental health support

Remember to wear sunscreen and other forms of sun protection when going out!

Read more about the benefits of sunlight here!

Wellness Quote of the Month

“When I dare to be powerful — to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”

― Audre Lord

Wellness Reads of the Month

**Walking Through Nature**
Spending time in nature has shown to increase memory, attention, vitality, and sense of wellbeing. Read more about the benefits of adding more greenery in your life in this quick read from Berkeley Wellness.

**Enjoy our Beaches**
Being in SoCal, the beach holds a special place in our hearts. Learn more about the benefits the beach can have beyond just a fun and relaxing time with family and friends in this article from the Art of Healthy Living!

**Clear Limiting Beliefs with These Intuition Practices**
If you often wonder if your intuition is truly guiding you, this read is for you. Learn more about what intuition is and how to clear any limiting beliefs that prevent you from truly following your gut.

**Enjoying Everyday Life**
Celebrate every day of your life by treating yourself with the best that you have. Read more about why you should take out the special china, the expensive pair of shoes, that special bottle of wine here!
**Project Wellness Events**

**Coming Together: A Moment To Connect** | Weds., Feb 17th | 11am to 12pm PST

A safe space conversation for USC SoP staff and faculty, hosted by Ilene Rosenstein, PhD. and Quade French, PhD. of the USC Campus Wellbeing and Education Office to discuss the challenges and opportunities of remote working, the results of the Climate Survey, and how USC will support and value every employee in these difficult times.

**Black History Month Virtual 5k Fundraiser** | Feb. 21st - March 7th

In celebration and recognition of Black History Month, USC School of Pharmacy’s RxRunners’, Black Pharmacy Society (BPS), Student National Pharmaceutical Association (SNPhA) chapter, and Student Committee for Diversity, Equity, & Inclusion (SC-DEI) are holding a virtual 5K fundraiser to benefit the Black Lives Matter movement!

**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: 40170

**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

**All Trojan Family CCC Zoom Information:** First Tuesday of every month | 4-4:30pm

- [Zoom link](#) | Meeting ID: 983 0264 1894 | Password: 125674

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

**Buddhist Meditation** | Tues., Feb 16th | 12:00pm to 1:00pm PST | More dates through April 27, 2021
Practice Buddhist meditation methods from Theravada/Vipassana, the Zen, and Tibetan Vajrayana traditions, as well as exploring Buddhist philosophy, poetry, and art, and celebrating Buddhist holidays. Newcomers and beginners welcome. Group lead by Mark Miller of Mindful.USC.edu.

**Hindu Spiritual Practices** | Thurs., Feb 20th | 5:00pm PST
Facilitated by Swami Atmavidyananda Puri, spiritual director of the Hindu Students Organization at USC and senior monk of the Ramakrishna Order of India. The group will focus on Hindu spiritual practices, expanding them to be of interest and help to people of other traditions, and on how to integrate ancient Hindu practices into a modern life in the West.

**Campus Activities Trivia** | Saturday, Feb. 20th | 5:00pm PST
Join Campus Activities for the last trivia game in the series! They will be raffling off 3 USC Sweaters at the end of the event, and each Trivia game will have small prize winners. The topic of this Trivia game is animals!

**Noontime Knowledge: Conflict Management Tips With the Ombuds Office** | Mon., Feb 22nd | 12:00pm to 12:30pm PST
This is an opportunity to discuss conflict resolution and communication issues that may arise while working and learning remotely.

**Iyengar Yoga with Timothy Grundy** | Wednesdays & Fridays | 12:00pm to 1:00pm PST
YogaUSC is holding spiritual Iyengar Yoga with Timothy Grundy. Classes will be mixed level Email iyengaryogausc@gmail.com for zoom link and to sign up.

**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.

**Free USC Stay Active Fitness Classes powered by WORK**
Free Weekly USC Stay Active Fitness Classes powered by WORK. Check out myrecsports.usc.edu weekly. Each week different fitness classes are highlighted for free so come check them out!

**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. We love hearing 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