Announcements

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

Spotlight

We’d like to recognize our winners from our Holiday Hustle Step Challenge! Congratulations to all of you, keep up the great work!

Holiday Hustle Step Challenge Winners

1st Place: Kongpan Li | 360,911 steps
2nd Place: Jianhui Bai | 327,143 steps
3rd Place: Elisa Stephens | 312,415 steps

Participation Winners: Gagan Bhuller & Jacob Jun

Wellness Tip of the Month

Take some time to laugh!
Need an excuse to watch a comedy, hang out with a funny friend, or watch funny videos?

• In the short term, laughter stimulates organs, activates and relieves your stress response, soothes tension
• In the long term, it improves your immune system, relieves pain, increases personal satisfaction, and improves your mood

Read more about the benefits of laughter on health in these quick reads from Help Guide and Verywell Mind.
**Wellness Quote of the Month**

"The new dawn blooms as we free it. For there is always light if only we’re brave enough to see it, if only we’re brave enough to be it.”

— National Youth Poet Laureate Amanda Gorman

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**Wellness Reads of the Month**

**When the Sky Is Gray: The Importance of Vitamin D in A COVID World**
Getting adequate vitamin D intake has always been important, but it's even more important in the context of COVID. Read this short article from Thrive Nutrition for more information!

**11 Side Effects of Eating Apples Every Day**
We've all heard the axiom, “an apple a day keeps the doctor away,” but what does that actually mean? Read this article for an quick overview of the health-related benefits of apples.

**Managing Political Stress in 2021**
This article from UCSF's psychiatry department gives some great tips on managing political stress.

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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
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 CCCs, 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**

**Free USC Stay Active Fitness Classes powered by WORK**
Free Weekly USC Stay Active Fitness Classes powered by WORK. Check out [myrecsports.usc.edu](http://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](http://myrecsports.usc.edu)

**POP Pilates: Pop 23 Master Class** | Mon., January 25 | 6:00pm to 7:00pm PST
An energizing Master Class workout of Pilates choreographed to pop music!

**Buddhist Meditation** | Tues., January 26 | 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](http://Mindful.USC.edu).

**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.

**Campus Activities Trivia** | Wednesday, January 27 | 3:00pm | More dates through February 20, 2021
Join Campus Activities for a trivia game series! They will be raffling off 3 USC Sweaters at the end of the Spring Trivia series. Each Trivia game will have small prize winners. All participants will be entered into a raffle at the end of the series for a chance at the USC Sweaters.
- 01/27- Music Trivia
- 02/20- Animal Trivia

**Laugh Out Loud w/ Chinedu Unaka** | Thursday, January 28 | 4:00pm to 5:00pm PST
This comedy event is present by Student Basic Needs (SBN), Center for Black Cultural and Student Affairs (CBCSA) and the First Geneation Plus Success Center (FG+SC).

**Hindu Spiritual Practices** | Thursdays | 5:00pm PST | More dates through Feb. 20, 202
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.

**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.

**Drawing 101** | Dates through February 16, 2021
Join USC Campus Activities on their live Instagram story to learn some drawing basics and win some cool prizes! Instagram: USCCampusActivities

**Mindful USC 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/).
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