March Highlights

AAPI Awareness Week and Walkathon

Thank you to everyone who participated in this wonderful week-long event! We raised $4200 towards AAPI Awareness! All proceeds will go towards the AAPI Community Fund. **A special shout out to our 12 winners:**

- Lauren Lai - Most Miles
- Nga Jian - Best Average Pace
- Marl Ayson - Best Cycling
- Eric Huynh - Most Days Participated
- Kristi Chan - 1st Place for Best Instagram Story
- Angela Liu - 2nd Place for Best Instagram Story
- Darlene Fung - Cultural Awareness and History
- Yas S (Be You) - Walk of the Day
- Isabelle Nguyen - Make an Impact
- Hannah Luong - Local, Asian-Owned Businesses
- An Huynh - Local, Asian-Owned Businesses
- Vickie Nguyen - Resource Guide

Wellness Tip of the Month

**Value Yourself!**

To value something not only means that you find it important but also that you appreciate its qualities, and invest time, energy, effort, and sacrifice to nurture it. Take time to value yourself and treat yourself with kindness and respect.

[Read more about it here.](#)

Wellness Quote of the Month

“Nurturing yourself is not selfish—it’s essential to your survival and your well-being.”

— Renee Peterson Trudeau
Wellness Reads of the Month

**Proven Ways To Develop A More Positive Outlook**
With everything happening in the world, it's easy to feel sad and depressed. Here are some ways to bring positivity into your life and feel better day-to-day.

**No. Being Open and Being Vulnerable Aren’t the Same Thing—Here are 4 Key Differences**
While many people associate being open with being vulnerable, this article shows you why they are different.

**The Fear of Appearing Unintelligent**
Fearing how you appear to others definitely hinders one's performance. Read this article which talks about how you can overcome this fear through means of your own

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
**Buddhist Meditation**  
*Tuesday, March 23 at 12:00pm to 1:00pm*  
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.

**Mindfulness Workshop**  
*Tuesday, March 23 at 7:00pm to 8:00pm*  
Join us for our introduction to mindfulness workshop, hosted by Acts2fellowship. Ibukun Olabinjo is an Ellis Effect Psychological Group Clinician with a focus in executive function intervention and mindfulness. Learn some basics and do some exercises with us!

**Iyengar Yoga**  
*Wednesday, March 24 at 12:00pm to 1:00pm*  
Iyengar Yoga with Timothy Grundy. A virtual take on the URC Fishbowl Yoga series. All levels welcome.

**The Healing Power of Positive thinking**  
*Thursday, March 25 at 11:00am to 12:00pm*  
Please join us for an interactive session of wellbeing, innovation, relaxation, breathing, chair yoga, laughter yoga & happiness. [https://usc.zoom.us/j/92798271932](https://usc.zoom.us/j/92798271932)  
Meeting ID: 927 9827 1932  
Passcode: 886508  
EVERY THURSDAY 11 AM - 12 PM PST

**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/](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