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](mailto:basicneeds@usc.edu)

Additional information

1. A [video](https://www.getcalfresh.org/en/apply) 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](https://www.getcalfresh.org/en/apply) (see slide 4 for information on how to apply)
3. A [general eligibility guide](https://www.getcalfresh.org/en/apply) which includes steps after receiving an EBT card

Wellness Tip of the Month

Start a self-care ritual for yourself

Just like brushing your teeth, taking a shower, eating a meal is a basic daily task for many, it’s time that self-care rituals also became non-negotiable daily tasks. This could vary from drinking more water to doing five-minute meditations.

[Read this article](https://www.getcalfresh.org/en/apply) for more information on how others have incorporated self-care rituals into their daily lives.

Wellness Quote of the Month

“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

— Greg Anderson

Wellness Reads of the Month

**What is Sleep Hygiene and Why Does it Matter**
Read more about the importance of sleep hygiene and how to create a good system that works for you.

**Tips for Summer Wellbeing When Depression or Anxiety Strike**
Prioritize your mental wellbeing this summer with tips from this article.

**Mouth-Watering Summer Fruits and Vegetables to Fill Your Plate**
Learn more about how you can incorporate more fruits and vegetables into your diet this summer with this reading.

**Apply Gentleness to Everything**
Practice gentleness in your daily life and learn more about it here.
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

**Restorative Iyengar Yoga and Pranayama**
*Monday, May 31th at 4:00pm to 5:00pm*
Join Laura Baker to practice Iyengar Yoga and pranayama (breathing). A regular daily practice of deep breathing is one of the best tools for improving your health and well-being. The basis for all deep breathing practices originates in the science of yoga, specifically the fourth limb of yoga, known as pranayama.

**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](mailto:hscombuds@usc.edu) or [323-442-0382](tel:+13234420382).

**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](http://studenthealth.usc.edu/counseling) or [studenthealth.usc.edu](http://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 (WELL)](tel:+12137409355).

**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:+12138210800). 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:+12135908045) 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://www.suicidepreventionlifeline.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.nami.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:+12137406291).
- Get the latest USC COVID-19 official messages and status updates [here](#).
- 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://library.usc.edu/research-guides)