Announcements

New Project Wellness Committee Members!
We are happy to announce our newest Project Wellness committee members! Welcome to the team:
- Mareena Biju, PharmD Candidate, Class of 2024 - co-chair
- Carissa Chen, PharmD Candidate, Class of 2024
- Ashley Garb, PharmD Candidate, Class of 2023
- Arghavan Zolfaghari, PharmD Candidate, Class of 2024

Welcome new RxRunners' Liaisons!
All for run, and run for all--welcome new RxRunners liaisons!
- Mimi Gau, PharmD Candidate, Class of 2024
- Terry Wen, PharmD Candidate, Class of 2023
- Justin Yur, PharmD Candidate, Class of 2023

RxRunners' "Snow Much Fun Run!"
Join our newest RxRunners liaisons in our newest challenge, "Snow Much Fun Run!" Make sure to sign up soon! More information below.

Vegan Cooking Series Coming Soon!
Next semester we will be debuting a new vegan cooking video series hosted by our very own Ashley Garb!

Spotlight
We'd like to recognize our winners from our WALKtober 2020 Step Challenge!

Congratulations to the five of you!
Stay tuned for the MOVEember Step Challenge results! Winners will be announced and contacted for prize selection shortly.

Wellness Tip of the Month
Recovering From Stress
Have you ever had a stress hangover? That is, you've spent so long being stressed about an event that you still experience intense stress-related emotions ex post facto? Here are some helpful tips to help you recover.

- Utilize good sleep hygiene to reclaim the normal sleeping hours and patterns that were likely neglected prior to the event.
- Endorse your endorphins! Find ways to incorporate more movement & physical activity in your routine.
- Be kind to yourself by being kind to others. Did you know that small acts of altruism can increase happiness and reduce stress?

Click here for a quick read about how altruism plays a role in physical and mental health!
Wellness Quote of the Month
Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. ― William Arthur Ward

Wellness Reads of the Month

Need Motivation to Exercise? Olfaction Is a Primal Motivator
Did you know that certain smells can have an impact on exercise motivation? Find out more in this quick read from Psychology Today!

Learned Overeating: Applying Principles of Pavlovian Conditioning to Explain and Treat Overeating
Learn about conditioned cravings and overeating in this review from the Springer Journal’s Current Addiction Report.

Retail Therapy Reads
• Read about the upside of retail therapy in this quick Psychology Today read
• Tips on engaging in healthy retail therapy in this quick read from Forbes Magazine
• Learn about compulsive shopping vs retail therapy in this Mental Health America article

Project Wellness Events

RxRunners’ Snow Much Fun Run
Dec. 6-27th, 2020
Run/walk/bike/etc. a fun preferably winter-related designed path on any running app/map and post it to our Facebook Page to enter to win a raffle Project Wellness Swag Bag! There will be two chances to win the raffle! -- one based on random weekly raffle selection, and the other for the 1st-3rd place design. Visit here for more details! Join the RxRunners’ Facebook Page here.

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

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!
Healing Power of Positive Thinking  
Dec. 3rd | 11am-12pm PT  
Weekly interactive sessions held by the Body-Mind Student Caucus of USC Suzanne Dworak-Peck School of Social Work.

Traditional Ghanaian African Dance Workshop and Community Open Mic  
Dec. 3rd | 12-1:30pm PT  
This event offers our community a safe space and the opportunity to share experiences around COVID, Black Lives Matter, and SARS, via music, songs, poetry, spoken word, story-telling, art, photos, and other forms of expression.

USC Dornsife Mindful Parenting  
Dec. 3rd | 11am-12pm PT  
Learn to integrate mindfulness, compassion and wisdom-based practices into parenting to help you stay present and kind while parenting in 2020. Appropriate for parents of children of all ages.

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 of reprisal or judgement. All services provided by the office are free, voluntary, and confidential. To contact the Ombudsman or to schedule an appointment, email hscombuds@usc.edu or call 323-442-0382; to learn more, visit their website.

USC Student Counseling  
Make an appointment with a counselor for one-on-one or group counseling via TeleHealth on MySHR, or speak to counselors at USC Student Health’s Counseling and Mental Health Services 24 hours a day: 213-740-9355 (WELL). Student counseling & student health workshops.

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; and telephone or zoom sessions for both counseling and coaching. The phone lines are open for appointments by Zoom and teleconference for any staff, faculty, their families, and retirees. The CWFL office is open from 9am-5pm PT, call 213-821-0800 to schedule an appointment with a CWFL staff counselor. After-hours phone number: 213-590-8045 for urgent matters.

Mental Health Support

- National 24/7 Suicide Prevention Lifeline | 1-800-273-TALK (8255) | 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
- 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