Announcements

RxRunners Liaisons Openings
Are you a running or walking enthusiast who is looking for a great way to encourage our community to stay motivated in their running and walking goals? Project Wellness is looking for two students (one P1 and one P2) who are interested in becoming the next RxRunners liaisons! You don’t have to be a running or fitness expert, we are looking for liaisons who are enthusiastic about running/fitness, wellness, and building community. Responsibilities include coordinating running/walking events and initiatives and engaging with our active community! If you are interested in learning more about these positions, please contact Lesley Chan (lesleysc@usc.edu) and Samara White (samarawh@usc.edu).

Project Wellness Student Worker Job Opening
Are you passionate about wellness, well-being, and community? Do you have ideas for what you’d like to see for future USC School of Pharmacy wellness initiatives and events? Project Wellness is looking for a P1 to hire as a student worker position. Job responsibilities include wellness event coordination and marketing, maintaining the Project Wellness website and social media accounts, as well as assisting with newsletter production. Preferred skills include collaboration, leadership, and organization. If you are interested in this job opening, please email Dr. Durham (mdurham@usc.edu) and CC Samara White (samarawh@usc.edu).

Updated Staff CCC Zoom Information
The Staff CCC Zoom information has been updated! For the updated credentials, see the CCC information in this newsletter under ‘Current Events,’ or visit the CCC page on our website.

Get Vote Ready!
The election is coming up in a little less than 20 days! Have you registered to vote? Do you have a plan to vote? Are you aware of candidate's positions and platforms? Ask yourself if you will be ready to vote on or before Tuesday, November 3rd. To make sure you are ready and able to participate in voting, and for voting resources, here are some great places to start:
- voteusc.com
- ballotready.org

Wellness Quote of the Month
"The greatness of a community is most accurately measured by the compassionate actions of its members."

- Coretta Scott King
Wellness Tips of the Month

Eye Health:
How have you been taking care of your eyes lately? It is commonly known that the excessive use of digital screens can take a tremendous toll on eye health, but screen time is currently largely unavoidable for most.

Here are some tips for a diet that is supportive of eye health!

- Increasing omega-3 fatty acid can be protective of eye health and can help to support vision in dimmed-light conditions.
- Aim to incorporate fruits and vegetables that span all the colors of the rainbow. Colorful fruits and vegetables contain high levels of eye health-supporting phyto-chemicals including carotenoids which are directly involved in vitamin A biosynthesis.
- Utilize principles of the DASH diet to maintain blood pressure and integrity of blood vessels in the eyes.

Here are some quick non diet-related tips from the American Academy of Ophthalmology to help keep your eyes healthy while working and learning remotely.

Bonus Wellness Tips of the Month

- Air Quality Index: What to Do When the Air Quality Is Bad In Your Area
- Healthy Democracy: How Voting Impacts Well-Being

Spotlight on Mental Health

The annual National Mental Illness Awareness has recently passed (the first week of October). In honor of mental illness awareness, we’d like to promote the National Alliance on Mental Illness (NAMI) video series, “What People with Mental Illness Want You to Know,” which features videos from people sharing their lived experience with mental health conditions. Check out the series below! Additionally, here are links to the NAMI blog and submitted personal stories.

- Krishna Louis: What I wish people knew about anxiety
- Andrea Landry: What I wish people knew about bipolar disorder
- Ashlynn McNeal: What I wish people knew about Borderline Personality Disorder

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.
Wellness Reads of the Month

Rx for Less Stress: Pet a Pet
Are you stressed out or possibly want to improve your health? Maybe it’s time to get a pet! Read this interesting article on the effects of animal companions on health.

Burnout the Second Wave
The common experience of burnout during COVID-19 has recently been amplified due to many reasons including the arrival of flu season, isolation, and the demand for availability and accessibility due to videoconferencing meetings. Other compounding factors include lack of support and burden of immense workloads while navigating personal life issues. Below are some great reads for learning more about burnout, common misconceptions, and frequently asked questions about self-care in burnout.

- Psychology Today: Burnout
- What Are the 5 Stages of Burnout?

Social Media, Online News Consumption, and Mental Health
Use of social media and the intake of news have negative effects on mental health. Here are some educational pieces on the connection between Social Network Services and mental health implications. For more tips on reducing your digital time and stress, make sure to RSVP for our digital decluttering workshop, "Three Steps to Clear Digital Clutter”

- Online Social Networking and Mental Health
- How the News is Impacting Your Mental Health

Student Pharmacist Perspectives on Factors That Influence Wellbeing During Pharmacy School
In this AJPE qualitative analysis article, read about factors that influence student pharmacist wellbeing and what steps should be taken to correct the decline in student wellness. Recognizing the signs and symptoms are the first step in reclaiming your well-being.

Training Student Pharmacists in Suicide Awareness and Prevention
Suicide Prevention Week was about a month ago, but the need for awareness is necessary throughout the whole year. Do you know how to counsel and support someone who is considering suicide? Since pharmacists are arguably the most accessible healthcare practitioners, it is important to be able to identify and know how to intervene in these serious settings. Read about the adaptation of The Suicide Prevention for Pharmacy Professionals training program at the Washington State University College of Pharmacy and Pharmaceutical Sciences.

Upcoming Project Wellness Events

AAA | MePhA | RxRunner’s Virtual 5K Fundraiser for Lebanon and Armenia
We are working on a fundraiser to support Lebanon and Armenia. In the meantime, continue to donate to reputable organizations such as the Armenia Fund and the Lebanon Red Cross among many other organizations.

Social Dis-Dancing
Virtual dance workshop series to be hosted by our very own Jerrel Siazon, P1 candidate Class of 2024!

Vegan Cooking Webinar Series
Be on the lookout for an upcoming webinar series hosted by our very own Ashley Garb, P2 candidate Class of 2023!
Project Wellness Events

**Three Steps to Clear Digital Clutter**
*Monday, Oct. 19th | 12-1pm*

Project Wellness has paired up with The Burnout Doctor, Dr. Jessica Louie, to host a special webinar on digital decluttering and how it can be effective for wellness. Dr. Jessica Louie is a graduate of the USC School of Pharmacy and is the host of a podcast called "The Burnout Doctor."

- In celebration of American Pharmacists Month (APhM) Dr. Louie will be sitting down with our very own Dr. Melissa Durham! You don’t want to miss it. Listen to Dr. Louie’s podcast on Spotify, Stitcher, and iTunes, and follow her on Instagram!

**Step Challenge: WALK-tober**
*Oct. 14-26th, 2020*

Project Wellness’ new Step Challenge: WALK-tober is being held from Wednesday, Oct. 14th – Saturday, Oct. 31st. Get your steps in and enter for chances to win prizes from us with this quick two and a half week challenge. Ready, set, go!

**Workstation Ergonomics**
*Monday, Oct. 26th | 12-1pm PT*

The importance of being mindful of ergonomics is more important now than ever. Join us for a refresher on how to ensure the ergonomic integrity of your at-home workstation. Session to be led by Dr. Samantha Valasek, faculty member at the USC Chan Division of Occupational Science and Occupational Therapy.

**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!

**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/.

**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!*
USC Events

USC Kortschak Center for Learning and Creativity (KCLC) Drop-In Sessions and Workshops
The USC Kortschak Center for Learning and Creativity (KCLC) is hosting a series of weekly drop-in sessions and interactive "Skill-Building for Success" workshops for adjusting to remote learning conditions, combatting "Zoom fatigue," and improving time management and stress-coping skills. KCLC is also hosting "Feelin Connected Friday" workshops on fun topics every other Friday. For more events and the most up to date workshop and drop-in schedule, visit the Kortschak website.

- **Kortschak Online Drop-In Sessions:** various times throughout the week, see flyers for details.
- **Skill-Building for Success:** Tuesdays-Fridays 10am PT.
- **Feelin Connected Friday:** every other Friday: 10/16, 10/30 and 11/13 from 11-12pm PT.

VOICE (Violence Outreach Intervention and Community Empowerment) Domestic Violence Events

**TRIGGER WARNING** The following events are on topics of domestic violence.

Join Violence Outreach Intervention and Community Empowerment (VOICE) Peer Educators and Gender Studies Interns to commemorate Domestic Violence Awareness Month this October. This month is historically reserved to honor victims and survivors of domestic violence while educating the community of resources, services, and barriers faced by this population. There will be three panel events and a Feminist Book Club discussion event on the book of the month, "Educated" by Tara Westover. View this pdf more details!

- **Overpoliced, Yet Underprojected: Domestic Violence in the Black Community:** Oct. 16 | 12-2pm
- **Domestic Violence Within the Middle-eastern/Arab American Community:** Oct. 23 | 11:30-1pm
- **Sobreviviendo- Immigration and Domestic Violence in the LatinX Community:** Oct. 30 | 12-1:30pm

**"Wellness is an Inside Job: Healing the Mind & Body, Heart & Soul" Integrative Health Virtual Conference 2020 | Nov 14th, 2020**

This conference hosted by Children's Hospital LA and University of Southern California's Institute for Integrative Health & Wellness will have over 35 impactful speakers, amazing breakouts on self-care, and a live question and answer event with Deepak Chopra. Up to 6 CE credits offered!

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. Please click the link in our title to learn more, and you can contact us 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 1-888-626-9454
- National Institute on Mental Health
- American Psychiatric Association
- Academy for Eating Disorders
- American Association of Suicidology
- American Foundation for Suicide Prevention
- Mental Health America
- National Alliance on Mental Illness
- IMAlive

Mental Health in Voting Resources

Information on how to ask candidates about their positions on important issues, updates on how to cast a ballot and reminders for key voting dates in a voter’s state.

- Vote4MentalHealth.org
- COVID-19, Mental Health, and the 2020 Election: A Review of Candidate Platforms

Other Voting Resources

- voteusc.com
- ballotready.org
- PEW Research Center Empiric 2020 Election News and Articles

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 Project Wellness | Website | Email: sop.wellness@usc.edu