Wellness Tip

Make sure to take two minute stretch/movement breaks every 30 minutes to counteract the negative effects of sitting for too long! Here are some quick stretches that you can use.

Project Wellness Spotlight

Congratulations on finishing our Summer Step Challenge: "International Globe Trot!" Contenders of this step challenge had to submit pictures, tips, or how they engaged in wellness. The winners are as follows:

1st: Xin Gong
2nd: Tiffany Doan
3rd: Dipankar Chaudhuri

Wellness Quote of the Month:

“When you recover or discover something that nourishes your soul and brings you joy, care enough about yourself to make room for it in your life.”

-Jean Shinoda Bolen

Wellness Readings

We are all aware of the Healthcare Professional burnout phenomenon. If you would like to learn more about how to recognize and minimize burnout in order to maximize the pursuit of wellness, check out some of these tips and articles!

- How to Prevent Burnout as a Healthcare Professional
- 50 Steps in 50 Days: Health and Wellness Tips for A Better You
- The Relationship Between Professional Burnout and Quality and Safety in Healthcare: A Meta-Analysis
Current Events

**Sexual Harassment Prevention Workshop** | Weds., Sept. 23rd 12-1pm
Project Wellness is teaming up with the USC Relationship and Sexual Violence Prevention (RSVP) Office to present a webinar to educate our community about sexual harassment, rape culture, and how to intervene and respond. This Workshop will be facilitated by violence prevention specialist, Sarah Hong.
For more resources and services for immediate therapy services for situations related to gender- and power-based harm (e.g., sexual assault, domestic violence, stalking), please visit https://studenthealth.usc.edu/sexual-assault/. RSVP has on-call counselors that can help to discuss medical options, reporting options, and provide crisis support and advocacy.

**Zoom Information:**
Meeting ID: 959 3291 7770
Link: https://usc.zoom.us/j/95932917770

**USC School of Pharmacy Book Club** | Bimonthly
Connect with your fellow Trojans through reading! Every other month, we will introduce a new book focusing on a variety of topics. If you have not already registered for USC SoP book clubs, please fill out the form here. Once we receive your interest form, we will send you an email with the invitation to the private Facebook group page where we will announce the finalized date of discussion. The book for our October discussion is *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. The live book discussion date will be announced soon. If you have any questions, contact Noemi Ortega at noemiort@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. A schedule of drop-in sessions can be found at https://mindful.usc.edu/classes/.

**Virtual Yoga Class** | Tuesdays at 5:15 PM & Wednesdays at 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 Information:**
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 | 1-1:30pm
  Zoom link
  Zoom Meeting ID: 975 4233 1891
  Password: 507898

- **Staff CCC Zoom Information:**
  Thursdays | 1-1:30pm
  Zoom link
  Zoom Meeting ID: 921 3293 9060
  Password: 059691

- **All Trojan Family CCC Zoom Information:**
  The 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 COVID-19 Related Resources

- 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.