

Tkach, Colleen

From: Inform
Subject: EM: WELL Series Newsletter

From: Izaguirre, Chantal



Hello CMC!

I hope everyone had a refreshing summer break and are enjoying classes so far! My name is Chantal Izaguirre and I'm your campus health educator here at CMC!

As we begin a new academic year, I'm here to remind you that your health and wellbeing is just as important as your success in the classroom. As my first email of the semester, I will be covering a little bit more about some exciting wellness-related events happening this semester and information about our mental health resources!

Promoting Positive Mental Health

Starting the new school year may bring about a mix of emotions- excitement, anxiety, anticipation, among so much more. Whether this is your first year at CMC or you're returning from break, below are some strategies that may help ease this transition to college and set a positive tone for the months ahead:

Prioritize self-care. Make time for activities that bring you joy and relaxation, whether it's taking a walk, engaging in a favorite hobby, meditating or practicing gratitude. Acts of self-care can help you manage stress and prevent burnout in the long-run.


Get enough sleep. I know this is a hard one for many of us, but setting a bed time and sticking to it is so important for you and your academic success. Create a consistent bedtime routine and go to bed around the same time every night- even on the weekends. Put away your electronics before bed and practice relaxation techniques like deep breathing exercises to turn your focus towards relaxing your body mindfully.

Set realistic goals. It's easy to feel overwhelmed by academic pressures and not wanting to miss out on exciting opportunities (FOMO is so real!). Break up your day-to-day tasks into manageable steps, celebrate small victories, and don't hesitate to ask for help when needed. There's so many great resources on campus like the [Romero Success Coaches](#) and [Center for Writing & Public Discourse](#) (CWPD) who can help with this!

Stay connected. There are so many ways to get involved on campus and meet new people. Join a club, check out events by groups like [CPB](#) and [Club Soda](#) (you can also refer to [Engage](#) for upcoming events!), start a study group, or strike up a conversation with someone in your hall. Building relationships and a community will make your time here at CMC just that much more memorable.

Upcoming WELLness Events!

To support you on your wellness journey, I'm excited to announce a series of wellbeing workshops that will take place throughout the Fall semester. **The WELL Series** is a collection of workshops hosted by myself (your campus health educator!) and is dedicated to providing you with tools and strategies that will enhance your sense of wellbeing during college and beyond. Whether you're looking to manage stress, find balance in your life, or to simply learn something new, these sessions offer something for everyone!



The WELL Series
Wellbeing Education for Learning & Living
with CMC's Health Educator

12 September	NATIONAL SUICIDE PREVENTION MONTH: SUPPORTING STUDENTS IN DISTRESS TRAINING 12:15 PM - 1:15 PM in Collins Dining Hall, Oak Room
17 October	BOO!ZE AND BOOS: HALLOWEEN SURVIVAL GUIDE 5:30 PM - 6:30 PM in the Heggblade Annex
7 November	FALL IN LOVE WITH WELLNESS: SLEEP, STRESS, AND NUTRITION 5:30 PM - 6:30 PM in the Heggblade Annex

Find the CMC Dean of Students Office on
Instagram @cmcdos for updates and more!

Questions? Email Chantal Izaguirre at
cizaguirre@cmc.edu

September is National Suicide Prevention Month. This is a time to raise awareness, spread hope, and share resources that can make a difference. Check out my upcoming workshop, "Supporting Students in Distress" happening on Thursday, September 12th from 12:15 PM – 1:15 PM in Collins Dining Hall (Oak Meeting Room). During this lunch time training, you will learn to recognize warning signs of a mental health crisis and how to

proceed in crisis situations. **Scan the QR code or click the link below to register for a spot at this training event!**

A poster for a training event. At the top right, there are three overlapping circles in purple, teal, and green. The text "September is National Suicide Prevention Month" is in purple. Below it, "SUPPORTING STUDENTS IN DISTRESS: MENTAL HEALTH TRAINING" is in large teal letters. Underneath, in teal, is "Learn to recognize warning signs, how to support someone considering suicide, and how to proceed in crisis situations." The date and time "Thursday, September 12th 12:15 PM - 1:15 PM" and location "Collins Dining Hall, Oak Meeting Room" are in teal. At the bottom left, there are three overlapping circles in purple, teal, and green. The text "Scan the QR code to register!" is in purple, with a black arrow pointing to a QR code. Below the QR code, in teal, is "Questions? Email Chantal Izaguirre at cizaguirre@cmc.edu".

September is National Suicide Prevention Month

SUPPORTING STUDENTS IN DISTRESS: MENTAL HEALTH TRAINING

Learn to recognize warning signs, how to support someone considering suicide, and how to proceed in crisis situations.

**Thursday, September 12th
12:15 PM - 1:15 PM
Collins Dining Hall, Oak Meeting Room**

Scan the QR code to register!

Questions? Email Chantal Izaguirre at cizaguirre@cmc.edu

Register here: <https://forms.gle/hFin5pwmEPNmphue8>

If you or someone you know is struggling with their mental health, know that help is available. Reach out to a friend, a trusted staff/faculty member, and be sure to check out [CMC's mental health resources here](#) to get connected for support. If you have concerns about someone's wellbeing on CMC's campus, consider filling out a [Cares form](#) to let someone in the Dean of Students Office know to check in with this person. You are not alone and we're here to support you every step of the way on your college journey. Let's make this semester one where we not only succeed academically but prioritize our wellbeing too!

In Summary

If you ever forget what options you have here at CMC, you can always send me an email (cizaguirre@cmc.edu), swing by my office in Heggblade (Room 106) or refer back to this email. Alongside special events and activities, you consistently have the following resources available to you which you can read more about on this page of the [CMC website](#) and this page of the [SHS website](#). A few of these resources include:

FREE therapy: [TimelyCare the Student Health and Wellbeing app](#) (unlimited virtual sessions) and [Monsour Counseling and Psychological Services](#) (located in the Tranquada Student Center- 1st floor)

[Fall 2024 Workshops & Student Groups with MCAPS](#)

[Drop-in therapy services](#)

[ProtoCall](#) (24/7 phone service to get in touch with a therapist: 909-621-8202 and pressing 1 after hours)

[CMC Advocates of Survivors of Sexual Assault and Domestic Violence](#) (24/7 hotline: 909-616-5556)

[Jess Neilson](#), our Senior Assistant Dean of Students for Mental Health & Health Promotion (jneilson@cmc.edu)

988 National Crisis Hotline

[CMC Cares Form](#)

Wishing you a wonderful semester ahead and I hope to see you at my upcoming WELL series events!

Best wishes,

Chantal



Chantal Izaguirre *Director of Health
Promotion & Student Support
Dean of Students Office
Pronouns: she/her/ella*

Heggblade Center, Room 106
Claremont McKenna College
Phone: 909.621.8204
Fax: 909.621.8495
Schedule a meeting via [Calendly](#)

[Click Here for CMC's Mental Health Resources](#)

If you are in psychological crisis, please call 909.621.8202 to reach an on-call therapist, 24/7. If you are concerned about someone, please consider making a referral [here](#).