

From: Inform
Subject: EM: PHA November Events

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Hey CMC!

The **Peer Health Ambassadors** are excited to share our **November** calendar of events dedicated to **giving back** and **connecting** with our communities! Throughout the month, we're hosting a series of community service and volunteer events, including collaborations with ASCMC's Community Service Committee & Mental Health and Wellness Liaison. Join us this month to spread kindness, gratitude, and make a positive impact on and beyond our campus community.

TLDR:
November PHA Calendar of Events

November Community Walk & Coffee Dates → meet outside Collins on 11/5 and 11/19 at 8:15 am

ASCMC x Peer Health Ambassador events and BINGO prizes

November Stall Street Journal

November Calendar of Events:

November Peer Health Event

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Cardz For Kid Nov. 1st: 2pm - 4pm Annex
2	3	4	5 Community Walk and Coffee Meet outside Collins at 8:15 am	6	7 Chalk Affirmations North Mall 3pm to 5pm & Letter Writing with ASCMC CSC Inside the Hub 11 am - 1 pm	8
9	10 Care Kit Drive begins! Drop off donated hygiene items at Heggblade!	11	12	We're All In This Together: Gratitude Activities Auen Lounge 6 pm - 8pm	14	15 Hands of Grati Care Kit Assem Annex 6:30 pm - 7:30
16	17	18	19 Community Walk and Coffee Meet outside Collins at 8:15 am	20 Memories in a Bag Outside the Hub 3 pm - 4 pm	21	22
23	24	25	26	27	28	29
Thanksgiving Break						

November BINGO:

Participate in 3 events and stop by Heggblade with your BINGO card to claim a special prize! To pick up a BINGO card, stop by the Heggblade front desk. We will also provide these at our events.

November Gratitude Bingo

Come to events hosted by the PHAs and ASCMC throughout November. This month's theme is gratitude and giving back!

Follow us on Instagram @cmcpeerhealth & @csc_cmc for more event details.

- WE'RE ALL IN THIS TOGETHER: GRATITUDE ACTIVITIES

Nov 13TH : 6 PM - 8 PM

- AUEN LOUNGE

- HANDS OF GRATITUDE: CARE KIT ASSEMBLY

Nov. 15TH ANNEX

- 6:30 - 7:30 PM

- MEMORIES IN A BAG OUTSIDE THE HUB

Nov. 20TH 3- 4 PM

- KINDNESS MATTERS: CHALK AFFIRMATIONS

NORTH MALL

Nov. 7TH

- 4PM TO 6PM

- COMMUNITY WALK AND COFFEE

Nov. 5TH AND Nov 19TH :

MEET OUTSIDE COLLINS @

8:15 AM

- COMMUNITY BUILDING: ONE GROCERY BAG AT A TIME

Nov. 8TH : 8 AM - 2 PM

UNIVERSAL COMMUNITY

- HEALTH CENTER PANTRY

- LETTER WRITING: CARDS

FOR INDIVIDUALS IN RETIREMENT HOMES

Nov. 7TH: 11 AM - 1 PM

- INSIDE THE HUB

- CARDZ FOR KIDZ

Nov. 1ST:

2PM - 4PM

ANNEX

Check off 3 events and win a prize!

Stop by Heggblade Center (front desk) to claim yours.

November Community Walks:

Start your day with a community walk to Nosey Neighbors in the village on November 5th & 19th! The **first 5 people** to meet us outside Collins Dining Hall will get a free drink on us!

THE PEER HEALTH AMBASSADORS PRESENT

COMMUNITY WALK AND COFFEE

EVERY OTHER WEDNESDAY

Join PHAs on a walk to the Village! The **first 5 people to join will get a free latte** from Nosey Neighbors! Get your steps in and connect with your community!

September 10th & 24th

October 8th & 22nd

November 5th & 19th

December 3rd

Meet outside Collins at 8:15 AM

DM us on Instagram at [@cmcpeerhealth](https://www.instagram.com/cmcpeerhealth) for any questions!

Stall Street Journal of the Month:

Complete the Sudoku challenge and stop by the front desk in Heggblade to claim your goody bag! We hope you enjoy this month's Tissue!



STALL STREET JOURNAL

A Publication of the Claremont McKenna College Peer Health Ambassadors

Volume 2, Issue 3 | Just for the Health of It | cmc.edu/dean-of-students/peer-health-ambassadors



Let us know what you think about our Stall Street Journals by taking this short survey here!



Stop by the front desk in Heggblade with your answers for a special prize!

Puzzle Of The Month: Sodoku Challenge

6		8	3	1
1	2		4	6
9	6		2	7
5		7	6	
			9	
2	8		1	
1		8	3	
6			2	8
			6	5
			5	7

Caring for Your Body After the Feast

Finding Balance After the Feast

Thanksgiving is for joy, not guilt! After the holiday, focus on gentle balance: eat balanced meals, hydrate, and ease back into your regular routine. Your body feels best when it's nourished, not restricted.

Move with Intention

Ease into movement that feels good: walk with friends, stretch in your room, or take a fitness class at Roberts Pavilion. Small, fun activities can help you feel energized and clear-headed, especially as we near the holidays!

Mindful Eating

No need for detoxes or diets after the holidays- but do listen to your body. Eat slowly, savor your food, and notice what makes you feel good. Mindful choices help you reconnect with your body's rhythm and allows you to honor your hunger cues.

Hydrate & Recharge

Drinking water supports focus, digestion, and energy, especially after traveling or after rich meals. Keep your bottle close and sip throughout the day to stay refreshed.

Gentle Reset

Don't pressure yourself to be "perfect". Focus on small wins: a walk, an early bedtime, or a balanced meal. Taking care of your body is a form of gratitude too!

Seasonal Blues Are Real

As the days get shorter and darker, it's common to feel low energy or less motivated. This is a pattern known as Seasonal Affective Disorder (SAD) or seasonal depression. The lack of sunlight can affect your mood, sleep, and focus, but there are ways to help.

Pause, Appreciate, Reflect: A Month of Gratitude

November is the perfect time to pause and appreciate the good things in life. It doesn't have to be reserved for big moments. It can start with something as simple as a warm meal, a funny conversation, or a quiet walk across campus. When we take a moment to notice what's going right, our days start to feel lighter and more meaningful.

Start Small

Building gratitude is all about small, consistent actions. Try writing down things you're grateful for each night—it could be finishing an assignment, seeing friends, or getting enough sleep. This simple habit helps shift your focus from appreciation.

Share It Out Loud

Gratitude grows stronger when it's shared. Send a thank-you text to a friend or professor you enjoyed their class, or leave a kind note for your roommate. Expressing thanks out loud not only brightens someone's day but also deepens your own connection.

Create a Gratitude Space

Whether it's a wall in your dorm, a journal, or a sticky note on your mirror or space where you can physically record or display moments of gratitude. Over time, you'll build a visual reminder of how much there is to appreciate—even on tough days.

Be Present

The heart of gratitude is mindfulness. Take a few seconds to slow down, breathe, and really notice the moment you're in. Gratitude thrives when we're present enough to recognize the little things that make life beautiful.



Finals Season: Stay Sharp, Stay Balanced

Plan, Don't Panic!

Start by mapping out your exams, papers, and projects. Break big tasks into smaller steps, and set realistic goals each day. A clear plan reduces stress and helps you stay focused on progress, not perfection.

Smart Study Breaks

Your brain can only absorb so much at once! Try the 50/10 rule—study for 50 minutes, then take a 10-minute break. Use that time to stretch, grab a snack, or go outside for fresh air.

Fuel to Focus

What you eat matters for concentration and energy. Choose nutritious snacks like fruit, yogurt, or nuts instead of energy drinks or relying on caffeine. Staying nourished with real food keeps your energy steady through those long study sessions.

Prioritize Rest

Pulling all-nighters might seem productive, but sleep actually strengthens your mind. Aim for at least 7–8 hours every night and let your brain recharge. It's the best study hack there is!

Be Kind to Yourself

Finals can be stressful, but remember, you're doing your best! Celebrate small wins, reach out for help when needed, and take care of your mental health along the way. You've got this!



Did You Know?

Did you know the average person walks about 20 miles on Thanksgiving Day just from cooking, hosting, and socializing? That's almost 20,000 steps of festive cardio!

Did you know power naps of just 20 minutes can improve alertness and memory? Perfect for mid-finals studying!

Did you know apples are part of the rose family? The same as strawberries, peaches, and pears. Sweet reason to enjoy those fall snacks!



Questions? Please DM us on Instagram or email Chantal Izaguirre at
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We look forward to seeing you at our events this month!

Sincerely,
The Peer Health Ambassadors

Follow us [@cmcpeerhealth](#) and [@csc_cmc](#) on Instagram for event flyers and details