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**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 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 13<sup>TH</sup> : 6 PM - 8 PM  
• AUCN LOUNGE •

• KINDNESS MATTERS:  
CHALK AFFIRMATIONS  
NORTH MALL  
NOV. 7<sup>TH</sup>  
• 4PM TO 6PM •

• COMMUNITY BUILDING: ONE  
GROCERY BAG AT A TIME  
NOV. 8<sup>TH</sup> : 8 AM - 2 PM  
UNIVERSAL COMMUNITY  
• HEALTH CENTER PANTRY •

• HANDS OF GRATITUDE:  
CARE KIT ASSEMBLY  
NOV. 15<sup>TH</sup> ANNEX  
• 6:30 - 7:30 PM •

• COMMUNITY WALK  
AND COFFEE  
NOV. 5<sup>TH</sup> AND NOV 19<sup>TH</sup> :  
MEET OUTSIDE COLLINS @  
• 8:15 AM •

• LETTER WRITING: CARDS  
FOR INDIVIDUALS IN  
RETIREMENT HOMES  
NOV. 7<sup>TH</sup> : 11 AM - 1 PM  
• INSIDE THE HUB •

• MEMORIES IN A BAG  
OUTSIDE THE HUB  
NOV. 20<sup>TH</sup> 3- 4 PM  
•

• 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 for any questions!



## **Stall Street Journal of the Month:**

Complete the Soduku 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 Ambassador

Volume 2, Tissue 3 | Just for the Health of It | [cmc.edu/dean-of-students/peer-health-ambassador](http://cmc.edu/dean-of-students/peer-health-ambassador)

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## Puzzle Of The Month: Sudoku Challenge

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



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!

## 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 you 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 stress to 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, create a 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 and able 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 memory. Aim for at least 7-8 hours every night and let your brain recharge. It's the best 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 with your studies. You've got this!

## Did You Know?

Did you know the average person walks about 10,000 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! Next reason to enjoy those fall apples!

Questions? Please DM us on Instagram or email Chantal Izaguirre at  
[cizaguirre@cmc.edu](mailto:cizaguirre@cmc.edu)

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**