WEEK 7 / SOCIAL WELLNESS:

involves utilizing healthy communication skills and building meaningful relationships. Social wellness helps develop healthy support networks that increase self-confidence, emotional strength and trust.
CAMPUS RESOURCE CENTERS
CSUF resource centers offer community engagement and support for several campus populations including Veteran, Asian Pacific American, Chicana & Chicano, African American, LGBTQ, Titan Dreamers, Disability and Support Services, as well as a WoMen and Adult Reentry Center.

• For more information on campus diversity initiatives and resource centers visit http://www.fullerton.edu/dirc/contact.php

STUDENT VETERANS ASSOCIATION (SVA)
The campus SVA meets to discuss upcoming events and engagement opportunities every Thursday at 4 p.m. in the VRC Student Lounge (UH-229).

• For more information email studentlife@fullerton.edu or search your interests at https://fullerton.collegiatelink.net/organizations

VETERANS RESOURCE CENTER
• Free coffee daily at the VRC
• Free meals provided at most VRC events
DIVERSITY & INCLUSION DISCUSSION GROUP
  • Contact lamador@fullerton.edu for more information

STUDY GROUP
The VRC will open the student lounge early every other Thursday to offer students a quiet space to come together and study early in the day. Fresh coffee will be brewed!
  • Location: VRC Student Lounge (UH-229) on every other Thursday 5:15 – 6:30 a.m.
  • Contact meromo@fullerton.edu for more information

MEDITATION GROUP
A meditation group, ran by VRC Assistant Director Catherine Ward, will meet every Monday morning to provide a relaxing environment for self-reflection and meditation.
  • Every Monday at 7:30 a.m. in UH-230
  • Contact cward@fullerton.edu for more information

YOGA GROUP
A yoga group will meet at 7:00 p.m. on the 2nd and 4th Wednesday of each month starting on September 28.
  • For more information contact Daniel Nannery at dnannery@csu.fullerton.edu for more information

HAIKU GROUP
A group will meet from 1-1:30 p.m. every other Thursday beginning September 29 to write, read and discuss haiku poetry.
  • For more information email Tony Haddad at fhaddad@csu.fullerton.edu

KITE GROUP
  • Contact Lui Amador at lamador@fullerton.edu for more information

WELLNESS WEDNESDAY
Each Wednesday starting September 28 the VRC lounge will host Wellness Wednesday discussion groups from 10:15-10:45 a.m. and 4:15-4:45 p.m. The discussions will surround the week’s wellness pillar, and will provide resource opportunities, tips and techniques, and an open forum.
  • For more information email tww@fullerton.edu
ENVIRONMENTAL & ARBORETUM VISIT GROUP
A VRC group will attend guided tours at both the Fullerton Arboretum and the Huntington Botanical garden.

- Huntington Botanical Garden: Meet @ 11:45 a.m. on Nov. 12

CULTURE AND THEATER GROUP
A group will attend local live theater as well as art galleries and museums periodically, based on interest.

- For more information on upcoming cultural or live theater events email Miguel Ramirez miguel.r28@csu.fullerton.edu at or Tony Haddad at fhaddad@csu.fullerton.edu

TIPS & TECHNIQUES
1. Practice active listening
2. Keep in contact with supportive friends and family
3. Schedule a regular get together with friends, colleagues or people of similar interests
4. Embrace diversity and be aware of your biases.
5. Respect the opinions of others
6. Practice self-disclosure or share a fear, hope or secret with trusted peers
7. Join a group discussion or volunteer organization
8. Practice forgiveness
9. Balance your social time with personal time
10. If you have pets, remember to socialize with them too
11. Reply to personal emails, letters and calls as efficiently as possible
12. Be willing to accept help, and seek assistance when you need it

SOURCES
http://www.unh.edu/health-services/ohep/social-wellness
https://wellness.ucr.edu/social_wellness.html
http://www.dartmouth.edu/~healthed/wellbeing/social.html
http://ggia.berkeley.edu/practice/active_listening