WEEK 8 / RELATIONAL WELLNESS:

strengthens the bonds between an individual and one other person. Relational wellness promotes self-esteem, emotional strength and trust in one-on-one friendships, intimate relationships and business or other partnerships.
CSUF COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
CSUF Counseling and Psychological Services offers brief counseling for individuals and couples, group counseling, psychiatric services, referrals, crisis intervention, and workshops to eligible CSUF students.

CAPS can also help students improve coping skills, strengthen personal relationships, navigate the college transition, recover from traumatic experiences, and engage in self-exploration. CAPS

For more information on campus diversity initiatives and resource centers visit http://www.fullerton.edu/studentwellness/caps/clinical_services.php

CSUF VETERAN RESOURCE CENTER IN-HOUSE COUNSELING
The VRC is fortunate to have a mental health counselor in-house that has worked directly with the veteran population for close to 10 years. All counseling is confidential, and can be provided for individuals, groups or couples.

For more information contact Catherine Ward at 657-278-3194 or cward@fullerton.edu

CSUF STUDENT WELLNESS
The CSUF Student Wellness division provides a number of workshops throughout the semester. “The Art of Wellness” provides a chance to unwind with a fun and creative wellness activity. No experience, materials or artistic ability required! Other workshops focus on healthy methods to manage your mood, stress levels and thoughts. Student Wellness also operates various support groups and therapy groups each semester.

Note: Student Wellness groups or workshops may require you to complete a self-assessment before.

For more information visit http://www.fullerton.edu/studentwellness/caps/workshops.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 gkerol@csu.fullerton.edu

CAMPUS CLUBS AND ORGANIZATIONS
There are almost 400 clubs and organizations that provide social opportunities for a variety of interests and needs, including cultural, academic, sport, faith, political/social activism, community service, and more special interests.

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

EVENTS

VET TALKS SERIES
Men’s Group- Contact Andrew Romo at romo.andrew51@gmail.com
Women’s Group- Contact Claudia Acosta at zz-acosta@exchange.fullerton.edu
Families Group- Contact Melissa Romo at meromo@fullerton.edu

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.

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@exchange.fullerton.edu
• Practice active listening
• Keep in contact with supportive friends and family
• Schedule a regular one-on-one get together or date with a close friend, trusted business partner, or intimate relationship partner.
• Embrace diversity and be aware of your biases.
• Respect the opinions of others
• Practice self-disclosure or share a fear, hope or secret with someone you trust
• Join or start a discussion group that focuses on relationships
• Practice forgiveness
• Balance your relational time with personal time
• Be willing to accept help, and seek assistance when you need it
• Build empathy for yourself and others

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