

FROM THE DIRECTOR'S DESK: GET BETTER WITH DR. C.



WELL GROUNDED

Grounding [Practical applications of grounding to support health - PMC](#) is the process of connecting the human body to the earth – walking barefoot in the grass or laying on the beach, even wearing leather sole shoes, Nature based therapy [Nurtured by nature](#) is effective for physical and mental well-being. Take a walk, wiggle your toes in the dirt and watch the stress melt. By the way you can get free park passes at your local library [California State Parks Passes](#). If you still feel anxious, come see us after your walk. Psychologists, nurses and our doctor are standing by to support your well-being.

It takes guts to keep a job, go to school, fight traffic, and make the world a little better. Many toxins attack the gut. Fight back with a little detox. Practice good oral health – brush and floss regularly. Eat pre-biotics. Onions and garlic are just a few examples and probiotics such as yogurt, pickles, anything fermented are great for your gut. Stop eating and drinking sugar. Add some fresh lemon to your water. Next, detox negativity and unhealthy relationships, phone or other addictions. Our psychologists are standing by for short-term brief therapy to help you clear your mind and focus on your goals.

YOU'VE GOT GUTS.



[The prebiotic landscape: history, health and physiological benefits, and regulatory challenges – an IPA perspective part 1 in: Beneficial Microbes Volume 16 Issue 1 \(2025\)](#)

[Distinctive Detoxification: The Case for Including the Microbiome in Detox Strategy - PMC](#)

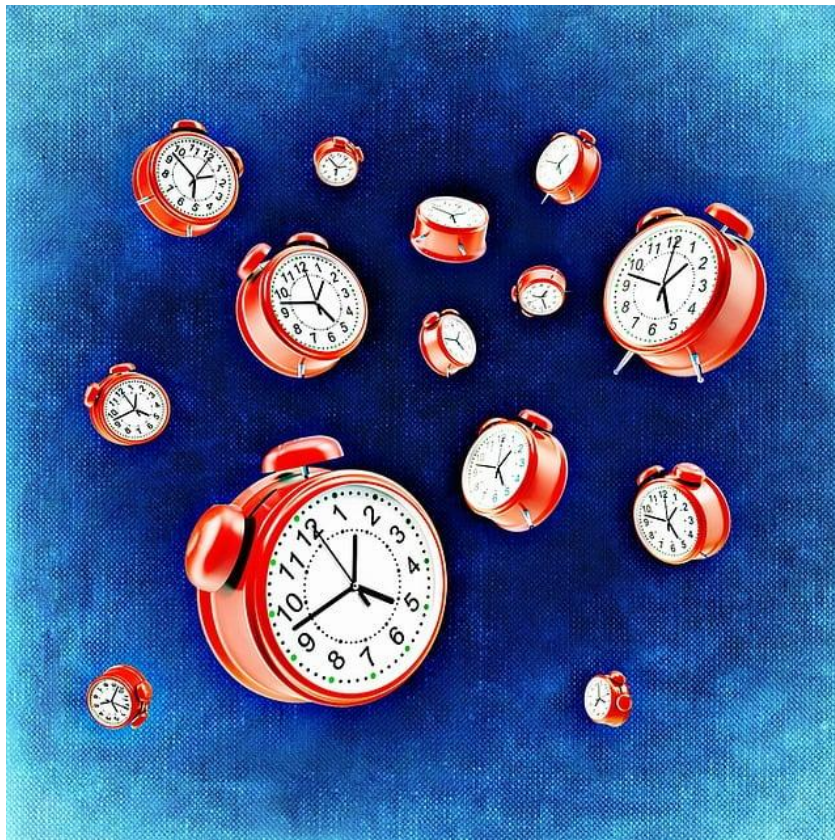
FOOD IMPACTS MOOD

Sick and tired of feeling sluggish, sad, uptight, or anxious? Your diet may be dragging you down.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9441951/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7982519/>

Before you make a free appointment with one of our psychologists, consider taking a free three-day diet history using cronometer. [Nutrition Links](#) The free cronometer app reveals micronutrients, why they are needed and simple foods to replace them. Then, come meet with one of our nurses for support.



SLEEPING TO SUCCESS

Sleep is essential to your physical and mental wellbeing [Positive and Negative Correlates of Psychological Well-Being and Distress in College Students' Mental Health: A Correlational Study - PMC.](#)

Consider a free app to improve your rest <https://insiderbits.com/best-apps/best-free-apps-for-insomnia/> or schedule a free visit with one of our psychologists to discuss your particular sleep challenges.



Hydration is crucial. Are you getting enough fluids? Find out how much water you need with this free calculator <https://www.gigacalculator.com/calculators/water-intake-calculator.php> and consider using a water tracking app [10 of the Best Water Apps to Use for Free - Hint](#) which may help with weight loss, migraine prevention, and diabetes control.

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2827021>

Make a free appointment with one of our nurses for more information and education on proper hydration.



GET MOVING

Consistent physical activity is essential to a well-balanced life. Consider using a fitness app [The Best Fitness Apps For College Students - University Magazine](#) or make an appointment with Nurse Denise here at the center for more personalized education.

[Physical activity improves stress load, recovery, and academic performance-related parameters among university students: a longitudinal study on daily level | BMC Public Health | Full Text](#)

[Frontiers | Does physical activity influence health behavior, mental health, and psychological resilience under the moderating role of quality of life?](#)



A PENNY SAVED IS A PENNY EARNED

Are you worried about your finances? Suffering in uncertainty? Disgusted with lack of resources?

44% of college students report experiencing economic anxiety [Trends](#)

SAC Health and Wellness offers a free online financial training course [Wellness Center \[Financial Literacy Resources\] | Banzai](#) to increase your knowledge

Better Relationships with Better Boundaries



Are you frustrated with your personal relationships? Sick of being walked on or neglected? Do you ever find people regularly angering at you, pouting, or taking advantage? It might be time for you to set better boundaries. This classic book by Cloud and Townsend [Boundaries By John Townsend, Henry Cloud : Free Download, Borrow, and Streaming : Internet Archive](#) is a great place to start and our psychologists are standing by to support you in teaching other people how to treat you.

Celiac Awareness

If you are experiencing weight loss, gas, pale, bad-smelling stool, take your free self-assessment [Symptoms Assessment Tool | Celiac Disease Foundation](#) and come see one of our team to discuss your nutritional needs [Nutrition Links](#).



May 5th

International Day of the Midwife

While Sac Health and Wellness can't offer you birthing services, we have 3 beautiful lactation rooms, free support with a lactation nurse, and free psychological counseling for parents. Schedule online [Welcome Back \(sac.edu\)](#) or come see us at SAC Health and Wellness Center Johnson 110 or call us (714) 564-6216. On this day, we honor new parents, their children, and the midwives who support them. By the way, if you're thinking about becoming a nurse, make today the day [RN Program Information](#)





How will I know I am going the 'right' way? What kind of person do I want to be? How is everything I've worked for up to this point going to contribute back to society? How am I going to leave my mark when I finally pass away? Spirituality and religiosity may be an overlooked component of your total wellness. Our psychologists are standing by to support you during a crisis of faith or faith exploration.

<https://news.gallup.com/opinion/gallup/512216/religion-spirituality-tools-better-wellbeing.aspx>

[https://spirituality.ucla.edu/docs/reports/Spiritual Life College Students Full Report.pdf](https://spirituality.ucla.edu/docs/reports/Spiritual_Life_College_Students_Full_Report.pdf)

A recent study [The prevalence of mental health issues among nursing students: An umbrella review synthesis of meta-analytic evidence - PubMed](#) suggests that nursing students wrestle with mental health concerns. You are not alone. Anxiety 29 % | Burnout 29% | Fear 41 % | Sleep disturbances were the most prevalent at 50 % | Smartphone addiction 30 % | Stress 27 %



Finish the semester strong and make a free appointment with one of our psychologists.



Oh, Say Can You See

- dry or watery eyes
- blurred vision or difficulty focusing
- eyes that are tired, sore, itching, or burning
- difficulty keeping your eyes open
- muscle spasms in the eyes or eyelids
- headache behind the eyes
- eye pain from bright light.

Come see one of our nurses for a quick vision check (no prescriptions provided) and protect your eyes.

Feeling lonely, or a bit sad? Disheartened by a lack of friends?

Longing for healthy relationships and hoping for a deeper sense of belonging?

You are not alone. Many students feel the same way.

We have psychologists standing by to help you strategize.





25 in 25. We have 25 free (or very low cost) ways to improve your health and we are open and available to serve you.

Blood Pressure Checks |
Dermatology | Flu Shot or
Immunizations | Hearing Test | Lab
Tests Nutrition Counseling| Physical
Exam |STD Tests | Vision Tests.

Currently enrolled students may
receive 10 Free Psychology Sessions
(where indicated) to support:

Anger| Anxiety| Co-dependence |
Fears/Phobias | Finances |Depression |Goal setting |Grief | Imposter syndrome | Panic Attacks|
Parenting | Relationships | Sleep Problems |Spiritual Crisis | STRESS |TEST ANXIETY| Time
management | Transitions | Trauma



Are you
plagued with
pressure,
perseverating
on potential
problems,
perturbed with
sweaty palms,
plunging into a
perpetual pit?
If so, you might
be a worrier
and this
workshop
might be for
you.

This could be an hour of power packed with purpose. Come see one of our counselors and let go of worry thoughts.

Celebrate women's history with women's health. Make an appointment with our doctor for a gynecology visit or join one of our nurses for nutrition counseling, or connect with a psychologist for better sleep habits. We have free condoms, menstrual products, can help with smoking cessation, and direct you to free nicotine patches.





Want to stop smoking? Come see one of our psychologists (where indicated) or our nurse and get support for your triggers and then order free nicotine patches through our website [Smoke & Tobacco Free Campus](#) .



WANT FREE PEER SUPPORT
IN 19 DIFFERENT
LANGUAGES. WE
ENCOURAGE YOU TO
UTILIZE THIS FREE
RESOURCE.
[HTTPS://SOLUNAAPP.COM/](https://solunaapp.com/)

Whooping cough.

Many colleges on the East Coast are seeing a
rise in whooping cough and the CDC
anticipates increases



<https://www.cdc.gov/pertussis/php/surveillance/index.html>.

The Health and Wellness center offers the vaccine at cost and you can make an appointment
online <https://sac.edu/StudentServices/HealthCenter/Pages/default.aspx>

Or consider a local clinic [Immunization Clinic \(Free and low-cost shots/vaccines\) | Orange County California - Health Care Agency](#)

What's eating you? Do you feel gnawing pressure? Are you stress eating? Come in for a free visit with one of our nurses for positive, healthful nutrition and exercise strategies, then see one of our free psychologists for a gut check and step into more positive mental health. Take a load off with us!

Make an appointment online [Welcome Back \(sac.edu\)](https://www.sac.edu/welcome-back) or come see us at SAC Health and Wellness



Center Johnson 110 or call for an appointment (714) 564-6216.

We apologize that services are only available in English at this time. However, this program supports 19 different languages and we encourage you to utilize this free resource.

<https://solunaapp.com/>

[Emotional Eating in College Students: Associations with Coping and Healthy Eating Motivators and Barriers - PubMed](#)

Do you feel like your life is a balancing act of competing stressors – work, money, family, health? Our psychologists are ready help you push past the pressure and come to peace. When was the last time you checked in for a check-up? Combat the cold and flu season,



get a men or women's health exam, free nutritional counseling, weight management, and overall wellness.

Do you have a passion for art? We want to display your work to promote mental and physical health with beauty and SAC distinction. Please contact us if you are interested in creating a unique piece that will inspire health and wellness.



FAMILY
★ WHERE ★
LIFE BEGINS
★ AND ★
Love
══ NEVER ENDS ══

Stick Tight

Close relationships are crucial to our health.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5598782/>

Learn to speak the language of those you love

<https://5lovelanguages.com/quizzes/love-language> and see one of our psychologists to stay bonded



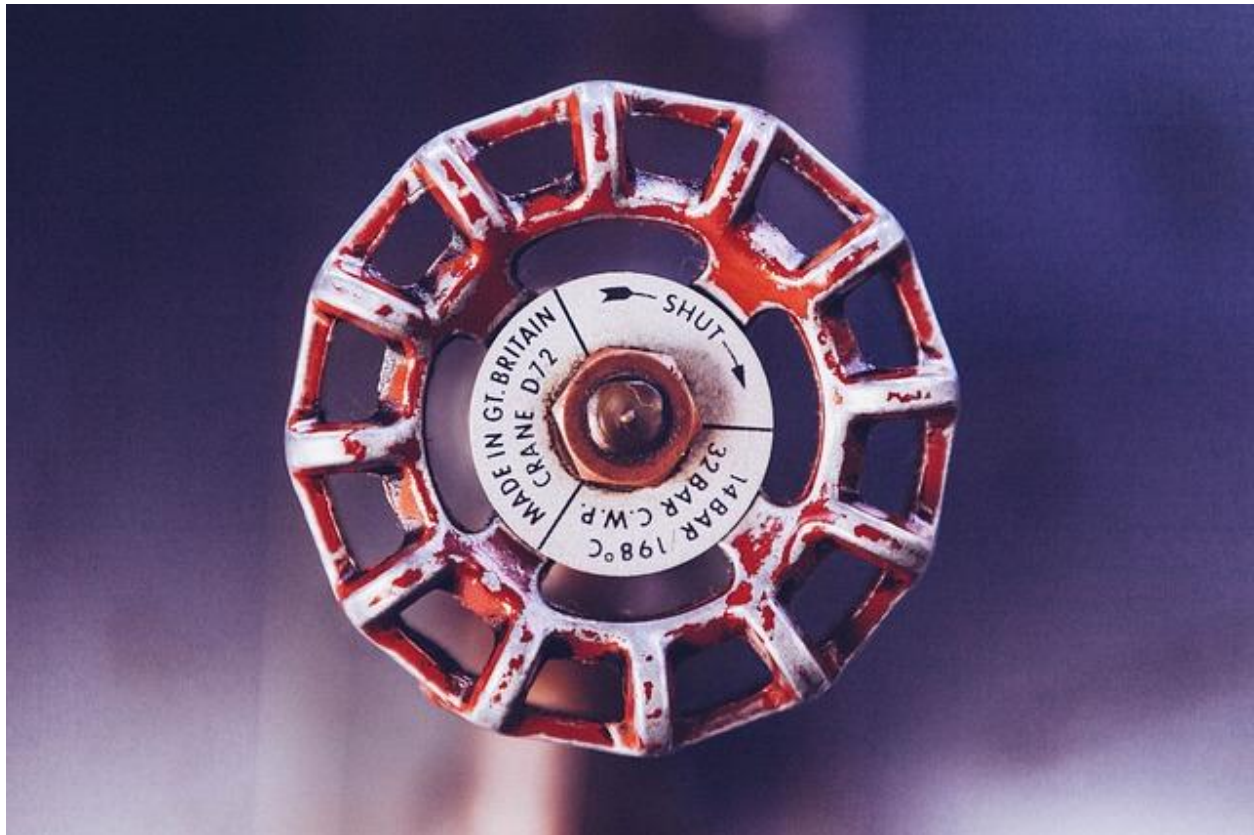
Omega 3 Brain Power

Ever feel like you're floating through brain fog? Come see one of our psychologists for uplifting mental strategies and then check in with a nutrition nurse. [Omega-3 Fatty Acids - Health Professional Fact Sheet](#)



**Strong
Hearts**

Overwhelmed by negative emotions and feeling the pressure? Drop your burdens and get the cares of the world off your chest with one of our psychologists, then check your blood pressure with a nurse.



Pressure & Trauma

Most of us experience difficulty in our lives and some of us go through unimaginable trials. The Chancellor's Office of the California Community College System recognizes that many students may be suffering from trauma and ensured resources are available.

<https://www.cccco.edu/About-Us/Chancellors-Office/Divisions/Educational-Services-and-Support/Student-Service/What-we-do/Health-Services-and-Mental-Health-Services/mental-health-action-week/mental-health-program-resources>