

# Expressions<sup>1st</sup>

THE NEWSLETTER OF

Thrive. Connect. Transition. Evolve. Advocate.

Generation  
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## *A Letter from the Editors*

Dear Readers,

We know this is a very busy time of the school year, so in this newsletter we want to emphasize the need to maintain a healthy balance.

As Scripps students ourselves, we know that we are all very passionate about our studies, friends, extra-curricular activities, and we sometimes end up putting our well-being second to everything else we pursue. Over the years, we have learned that maintaining overall well-being and balance in our lives is crucial to continuous success.

Undoubtedly, maintaining balance is hard, because there are so many different opportunities to engage in. That said, taking breaks for your body and mind is imperative in order to tackle life with greater focus, and you will reap the benefits. Both Scripps and other 5C partners (such as Monsour, Student Health Services, HEO, and SDRC) offer resources that be extremely helpful to support your personal wellness journey. We hope this newsletter not only encourages you to reflect on how you prioritize your own well-being, but also offers insight and suggestions as to how to stay healthy, take breaks, and maintain a strong balance with all aspects of your life.

Best of luck on the final stretch!

**Daniela Canas Baena '16 and Juliana Canas Baena '16**  
*Program Co-Interns*

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## Maintaining Overall wellness

By Angela Armijo, Master's in Public Health, Certified Health Education Specialist

As a student, it can be challenging to prioritize your well-being: exercise, self-care, sleep, managing finances, and the like. When papers, projects, and winter break loom, oftentimes the first deleted item on your to-do list happens to be, well, you.

[General health and well-being are critical to optimal academic functioning](#); and maintaining that isn't limited to just exercise.

Carving out time dedicated to relationships, relaxing, sleep and quality Instagram time is all important to a balanced lifestyle. If you aren't 100%, your work, relationships, and output won't be either.



Here are my tips for maintaining balance while working through the end of the semester:

1. **Manage your time.** Sounds obvious, but there are so many opportunities for wellness throughout our day that get lost in a half hour mindlessly on Facebook or Tumblr. Can you be taking a nap instead, or going for a walk with a friend? Make a priority list for the week, and leave extra time for things that come up unexpectedly. Most importantly, set out your intentional schedule for the day and stick to it. If you have trouble staying committed to a wellness routine, make a date with a friend. Knowing you're accountable to another person will help you stay committed.
2. **Get creative.** You shouldn't dread your workout routine! I always say, if you don't like your exercise, you haven't found the right thing yet. Try a new DVD or FitScripps class at the field house, or do an outdoor bodyweight workout on one of our beautiful lawns. Additionally, outsmart a traditional workout routine. [Do a study workout](#) or take the long way to class. Drop in to our free personal training consultations from 11am-12pm on Saturdays to get some expert advice, too!
3. **Be where you are.** If you've made time to decompress, don't let your mind wander to everything else you need to do that day. Be in the current moment and focus on giving 100% into what you're doing at that specific time.
4. **Have a back-up plan.** If your morning workout doesn't happen, or you aren't happy with a meal you had that day, make an intentional effort to make the next one or next day better. Remember, **wellness isn't one day, one workout, or one decision**, it's the collection of a bunch of really good decisions made over the course of time.
5. **Reach out to resources!** Don't try and tackle issues alone. Have coffee with your Primary Contact Dean, reach out to a trusted staff member or friend, or bounce ideas off your faculty advisor.



Not sure where to get started?  
Tiernan Field House also offers  
free, individual wellness  
consultations with Angela!



## *Finding a Balance that is Right for You!*

**By Evelyn Gonzalez**



One of the most difficult aspects of college is learning how to handle so much freedom and juggle that with all these newfound responsibilities as well. When I came in as a first year I had a bit of difficulty adjusting simply because it's very easy to get caught up in the highly competitive academic setting that are the Claremont Colleges. Since we're such a small community it's very easy to scrutinize our own lives compared to someone else's. I couldn't seem to keep up with how much everyone else seemed to be doing and therefore I never really learned how to manage my time so that I was happy with what I was doing and accomplishing. As a sophomore now, I found it a lot easier to create some stability in my life because I learned how to make myself a priority.

I think one of the reasons students have difficulty finding a balance is because of the constant workload. Some weeks are going to be busier than others and knowing how to choose what items on your checklist are the most important is going to be extremely useful. While you should try your best to complete assignments and read for your next class in order to better create discussions, remember that it can often become unrealistic for you to finish everything. Don't be afraid to ask for extensions on assignments and don't feel guilty about not giving something all your time and energy, especially if you find yourself overwrought with work to finish. For example, if there's a class with a lot of reading I sometimes skim so that I can still participate in class and yet I cut that homework time in half and I can make room for other assignments. Sometimes you get behind and that's ok but I know it can also be difficult to find motivation to get back on track. I know that I work really well with checklists and so I often write down even the simplest things to do like "come up with a title for the essay." That way I can check something off, feel accomplished and slowly work my way towards my goal. Being selective means that you don't have to sacrifice your mental health for your grades.

Another big aspect of college is trying to maintain a social life. There are so many fun activities on campus but you don't have to try to go to all of them, you have three more years for that. If you're feeling drained and don't want to go out even watching a movie, catching a meal with friends or spending a night in can be a good stress reliever. Also something to keep in mind as you plan your day is that you shouldn't feel the need to fill up every extra hour you have. While it's important to make time for studying and others, the most important thing you can do is to make time for yourself. I often ask myself what I most need in that moment. Whether it's going out with friends or finishing an assignment it's important to listen to yourself.

Everyone's schedules are vastly different, but it's about learning what balance means for you and starting from there.

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## Building Positive Body Image

By Elisa Hernandez, Ph.D., Staff Psychologist at Monsour Counseling and Psychological Services



Cultivating positive body image can be essential to healthy self-esteem but few people are taught how to improve or develop body esteem. In fact, most of what we learn from society and the media deals with how to be dissatisfied with our bodies. Luckily, there are a few things you can start doing now to increase body positivity!

What you should stop doing: Body checking (i.e. scrutinizing body parts or tracking perceived body shape changes) and body comparisons (i.e. comparing your body to others or an external ideal) are two of the driving factors behind body dissatisfaction. We have to learn to ask ourselves what we truly gain from engaging in these behaviors. More often than not, the only result is that we feel badly about ourselves. The truth of the matter is that scrutinizing body parts only leads to magnifying the perceived deficiencies and rarely are body comparisons applied to the diverse range of body types. Ultimately, this leads us to have a narrow perspective of what is considered “normal” and “healthy.” The sooner that we interrupt these behaviors, the sooner we are able to disengage from the seemingly constant barrage of negative self-talk.

What you should start doing: However paradoxical, one of the most helpful tools for building body esteem is to focus on other aspects of your identity (e.g. school, creativity, relationships, hobbies, spirituality, etc). The more we begin to see ourselves as whole people with varied interests, talents, and relationships, the less important our shape/weight becomes. If your appearance becomes the

Additional resources:

<http://www.nationaleatingdisorders.org/20-ways-love-your-body>

<http://www.nationaleatingdisorders.org/10-steps-positive-body-image>

<http://www.nationaleatingdisorders.org/10-will-powers-improving-body-image>

<http://screening.mentalhealthscreening.org/claremont>

Overcoming Binge Eating by Dr. Christopher G. Fairburn

most important part of your identity and the sole factor on which you judge yourself, you will be more susceptible to societal standards of beauty and dependent on them to determine your worth. *Put the power back in your own hands and start to value the other parts of yourself that bring you pride and meaning.*

Another way to take back power is to become an educated media consumer. Research has proven time and again that the more people are exposed to media images of a societal ideal of beauty, the higher their level of body dissatisfaction. Avoiding all media exposure is unrealistic but you can inoculate yourself by becoming a critical and educated media consumer that recognizes that the beauty industry is aimed at generating revenue and that the images we see every day are heavily manipulated. Lastly, the way we talk to ourselves (self-talk) greatly affects how we feel about ourselves. Get into the practice of countering your negative, critical self-talk with more positive and balanced self-talk.

If you are interested in further exploring this topic, join me for the first session of the Body Image Boot Camp on January 26<sup>th</sup> at 4pm.

If you find it is too difficult to overcome negative body image on your own or are engaging in disordered eating behaviors (take a screening here: <http://screening.mentalhealthscreening.org/claremont>) it may be best to get some professional help. You can contact Monsour Counseling and Psychological Services at (909) 621-8202 to schedule an appointment or to ask about community referrals. Monsour offers a Body Image Boot Camp and a disordered eating and body image group (Nourish) every semester. Contact me at [elisah@cuc.claremont.edu](mailto:elisah@cuc.claremont.edu) for more information.



## ***Get to know Rima Shah***

Hi there!

My name is Rima Shah and I am the inaugural Director of the EmPOWER Center. The EmPOWER Center is the newly created violence prevention and support center serving the seven Claremont Colleges. The Center will focus on sexual violence, dating violence, domestic violence, stalking, and healthy relationships, and will provide educational programs around these issues as well as provide confidential support to any student impacted by such violence. Through the Center I hope to provide students with care, support, and resources, as well as help create a culture where everyone looks out for each other.



I am from New Delhi, India and moved to the United States to get a graduate degree in Northern California many years ago. The two years I spent in graduate school were the best years of my life but there were times right in the beginning where I felt overwhelmed and lonely. I missed my family, my country, my culture, my language, and so much more. I am so thankful for the resources that helped me through that initial difficult time – fellow students, understanding faculty, student organizations, and resources through the Dean of Students Office. I hope to be there for you or your friend to help you succeed and fully enjoy one of life’s most exciting times – your college years!

Please come by to visit! The EmPOWER Center is located at 1030 Dartmouth Avenue.

## *Mentor-Mentee 21 Choices Outing!*



Take a  
Break...Eat  
dessert first!



Taking a break and enjoying some bonding time can be as simple as going to the village and enjoying a snack with friends!

A huge thanks to the Student Activities Office for donating 21 Choices vouchers to our Mentor-Mentee Program!

## ***Mentor-Mentee Dinner in the Village!***

*Thank you to the Barbara and Scott Bice Fund for contributing to this event.*



***A special thanks to the First-Generation Mentors for all the support they have provided our first years this semester. We are so appreciative for your contribution to this program, for being resources to our first-gen community, and for being amazing role models.***

# *Need to Relax? Try this Guided Meditation!*

By Professor Judith LeMaster, adapted from Johannes Heinrich Schultz's Autogenic Training Technique

## Set 1

I feel quite quiet... I am easily relaxed... My right arm feels heavy... My left arm feels heavy... My left leg feels heavy... My arms and legs feel heavy and relaxed... My Hips and stomach are quiet and relaxed... My breathing is calm and regular... My heartbeat is calm and regular... My shoulders are heavy... My face is smooth and quiet... I am beginning to feel quite relaxed...

## Set 2

My right hand is warm... Warmth flows into my right hand... My left hand is warm... Warmth flows into my left hand... Warmth flows into my hands... My hands are warm... My right foot is warm... My left foot is warm... My hands and feet are warm... Warmth flows into my hands and feet... My eyes are comfortably warm and peaceful... My forehead is cool and my eyes are warm... I am warm and peaceful...

## Set 3

I am beginning to feel quite relaxed... My breathing is calm and regular... My heartbeat is calm and regular... I am at peace... Sounds and sights around contribute to peace... Peace goes with me thought out the day... There is nothing to bother and nothing to disturb...

## Set 4

My mind is quite... My mind enjoys being quiet... My thoughts are calm and quiet... There is nothing to bother and nothing to disturb... My mind is quiet... I feel good when my mind is quiet... Or I am aware of my inner wisdom... I respect my inner wisdom... I listen to my inner wisdom... I listen to my heart... My heart teaches me wisdom...

## Set 5

Just for today, I will anger not, I will worry not... I will be grateful and humble... I will do my work with appreciation... I will be kind to all... OR I enjoy the people in my life... I enjoy my own life... I have good will for people... I feel patience and compassion for people.

## Parting Words



Take care of yourselves as we approach finals!  
Make time for study breaks, friends, and cookies ;-)

### **UPCOMING FIRST-GEN EVENTS:**

- Cookie Decorating during Mary Hatcher-Skeers Office Hours
  - Friday, Dec. 11 at 11AM – 12PM in Keck 214

## We Want to Hear From You!

To inspire our readers and recognize your accomplishments, we would like to feature your story in one of our upcoming newsletters. Please send us a personal article or poem depicting your experience as a first-gener to: [firstgeneration@scrippscollege.edu](mailto:firstgeneration@scrippscollege.edu)