



WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work, & Live



Happy New Year, Highlanders!

We hope you all had an enjoyable and restful winter break with your loved ones and are staying warm and keeping safe this winter season. Let's start this new quarter strong with healthier habits!

With about 95% of classes transitioning to in-person this quarter after an initial four weeks of remote instruction, it is important to maintain preventative measures to keep you and the people around you safe. Remember to wear a face covering, get your COVID-19 vaccine booster shot, and fill out your Daily Wellness Check before coming to campus.

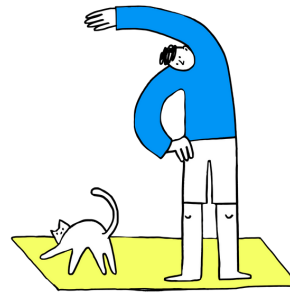
We hope for a safe return to campus and wish everyone the best of luck this academic term!

By. Chelsea Luong

Walker Tracker

Join our Walker Tracker today! This is an online program for UCR students, staff, and faculty to track their steps and physical activity. Join a team with members of your organization or department and sync your smartphone. Stay active while winning prizes the more steps you walk.

Register here: ucr.walkertracker.com



Physical Activity Study

Are you ready to become mentally strong and fit? Do you want to feel amazing inside and out? Let us help you thrive in the new year! Participate in a mind-body study like the one below to help increase your well-being and hit your health goals!

STUDY

Assessing a Mind-Body Strategy for the Development of Student Physical and Mental Well-Being



COURSE OF STUDY

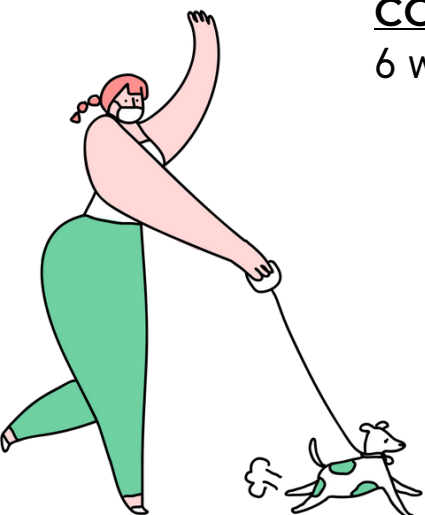
6 weeks of activity

PARTICIPANT COMPENSATION

\$20 and the chance to enter into a raffle for the opportunity to win a \$50 gift card.

INTERESTED IN PARTICIPATING?

[Click here](#) or email ucrhealthycampus@gmail.com for more information.



ECO-FASHION FOR THE FUTURE

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Introduction

You're not alone if you're concerned about the amount of waste generated by the fashion industry, whether it's carbon emissions from shipping, unwanted clothes tossed into the trash, or the amount of water used to create one pair of jeans (about 1,800 gallons!).

Don't know where to start when it comes to learning about sustainable fashion? We've done the research and taken down the notes, and now we're here to relay this information to help you make informed decisions the next time you go shopping for clothes.

Sustainable Fabrics

While purchasing second-hand clothing is one eco-friendly change we can make in our closets, it's also important to look for clothes made of sustainable fabrics, especially in brand new clothing. Most of our clothes today contain fibers like polyester and nylon, which are plastic or synthetic-based and release microplastics when washed.

One example of a sustainable fabric is wool, which is a wonderful material that's biodegradable, renewable, and recyclable. Organic cotton is another sustainable material because it utilizes significantly less water than non-organic cotton.

Second-Hand Clothing

We've all heard about thrifting for clothes, but does that really help us become more sustainable? It can, and it depends. If those second-hand buys are replacing new purchases, then it's definitely sustainable. So go out, get swapping, and give your old clothes a second life by diverting them away from landfills.

Campus Resources

Did you know that UCR participates in eco-fashion? The R'Professional Career Closet provides current UCR students with business attire that can be utilized for work, interviews, professional events, and more. With this on-campus resource, all students can pick out 3 items (or 1 outfit) per quarter at no charge by simply presenting their student ID upon their visit. You can also help other students by donating any spare professional clothing that you may have to the R'Professional Career Closet. Give them a visit at the Bear's Den in HUB 105.

Our clothes have a very significant environmental impact, so we encourage you to conduct your own additional research in order to truly understand the eco-fashion and sustainable fashion movement. Regardless, we hope that this guide will help you in your journey towards making more sustainable choices this new year and onwards!



By. Isabelle Krucinski



The start of a new year is often considered a fresh start for most. Many people make New Year's resolutions, in hopes of changing their habits and working on themselves. Some of the most common resolutions are to eat healthier, exercise more, and lose weight. Coincidentally, there is an increasing amount of marketing for diet culture at the beginning of the new year. Starting on January 1, advertisements promoting gym memberships, various fad diets for weight loss, and pills to help detox your body are prevalent. Businesses market towards those who are displeased with their appearance and health to increase corporate profits.

It's important to acknowledge the harmful impact of diet culture. Diets promising significant weight loss in a short amount of time are unsustainable and unhealthy. Most of these diets are designed to fail. The dieting industry is a multi-billion dollar industry that profits off of yo-yo weight loss / weight gain caused by fad diets. As a result of diet culture, many are left with eating disorders or an unhealthy relationship with food. Be mindful of this if you are tempted to try new diets this year to lose weight.

Instead of following fad diets, it is important to incorporate sustainable, long-term healthy habits and lifestyle changes into your daily life. You should integrate exercise into your daily life and make healthier food choices that will help you feel more energized. You do not have to follow a strict diet and refuse your cravings. Rather, try to choose healthier options when deciding what to eat. You should talk to a nutritionist to make sure you are eating balanced meals that will sustain and energize you. It is also important to remember that you do not need to combat your cravings. You should eat whatever you want in moderation. In addition, your mental health is just as important as your physical health. You should work on having a healthy body image as well. Remember to not compare yourself to other people. The journey to health is different for everyone.

If you feel like you are being influenced by diet culture, there are some changes you can make to combat this. First, try to clear your feed of those who promote diet culture. Instead, follow people who actively combat diet culture. Also, if you are seeing a lot of advertisements for diet culture on your social media profiles, you can hide these ads. Additionally, try to self-reflect and discover why you feel like you need to succumb to diet culture. If you are having issues regarding your physical appearance, try talking to a mental health professional instead. There are different methods you can use to prevent yourself from falling victim to diet culture.

Being healthy is a lifestyle. There is no quick and easy fix for health. Diets and pills that claim to help you be healthier and lose weight are harmful products made to gain profits. Rather, healthy choices and habits are essential to your health journey.



Intern Recipe Spotlight

Spam Kimbap

By. Sky Shin

Ingredients:

- 2 eggs
- 1 can of spam
- 1 carrot
- 1 cucumber
- Fishcake
- Salt
- Sesame oil
- 2 cups of short-grain rice
- Yellow pickled radish strips
- Seasoned burdock root strips
- Nori (roasted seaweed)

Instructions:

1. Prepare 2 cups of short-grain rice in a rice cooker or pot. Season the rice with 1 tablespoon of sesame oil and 2 pinches of salt.
2. Crack 2 eggs into a bowl and mix. Pour the mixed egg into a pan, allow it to cook, and flip it to make an omelet. Cut the omelet into long strips.
3. Cut the spam into rectangular pieces and pan-fry. Afterwards, slice the spam into strips.
4. Cut the carrot, cucumber, and fishcake into strips. Ready to use pickled radish and seasoned burdock strips can be purchased at a Korean or Asian supermarket.
5. Place a sheet of nori on top of a rolling mat with the shiny side down.
6. Spread the seasoned cooked rice on the sheet of nori, leaving about 1 to 2 inches uncovered on one side.
7. Place each ingredient across the center of the rice layer.
8. Use a rolling mat to roll the kimbap into a compact cylindrical shape.
9. Cut the kimbap roll into 1/2 inch thick or bite-sized pieces and serve. Enjoy your meal!



Transitioning Back to In-Person Classes & Work

By. Michelle Tan

With a 96% vaccination rate against the coronavirus (COVID-19) pandemic at UCR, Provost and Executive Vice Chancellor Elizabeth Watkins announced on October 20, 2021 that UCR expects 95% of classes to be back in person during winter quarter. This will follow an initial four weeks of remote instruction, as announced by Chancellor Kim A. Wilcox in an email sent out on January 7, 2022. In preparation for mostly in-person classes, here are some key tips that students should consider to ensure a smooth transition.

1. Resuming Prior Habits and Routines

Practice setting up a new routine before school or work to create healthy and positive habits. This includes getting ready in the morning, like getting dressed, allocating time to make breakfast, and waking up earlier to get to class or work on time. Creating a routine to follow will allow you to be more organized in the morning through better time management, which subsequently helps to reduce stress and improve overall mental health.

2. Organization

Students and staff receive a lot of important information during meetings and lectures, such as assignments, due dates, exams, and more. Having a physical planner or a virtual planner like Google Calendar is useful for keeping track of important deadlines. Additionally, they can be used for to-do lists unrelated to class or work, including extra-curricular activities, chores, sports, and others.

3. Masking Up

Wearing a mask not only protects you but also all others around you. Therefore, it is crucial to wear a mask during class or meetings, regardless of the number of students in the room. Make sure that the mask completely covers your mouth and nose to ensure proper fit.



4. Finding a Good Note-Taking System

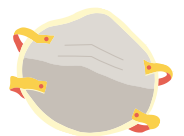
Discover what note-taking strategies work best for you, such as typing on a laptop, writing on a tablet, or using the traditional pen and paper method. One note-taking strategy may be more effective than another depending on the class or task at hand, so experiment with different note-taking styles in order to make the most of your notes for better outcomes.

5. Take Care of Your Health

Keeping a healthy lifestyle is essential for staying physically and mentally healthy, especially during a global pandemic. Feelings of stress can tempt you into consuming unhealthy foods, so it's important to create a balanced diet that includes eating enough fruits and vegetables and drinking enough water. You are also welcomed and encouraged to refill your water bottle at any of the hydration stations located around campus. Last but not least, getting physical exercise is equally important to support mental health; it can include activities like walking, going to the gym, participating in intramural sports, and so on.



Did You Know?



Did you know that UCR provides free N-95 masks to students, staff, and faculty? Students can also request a COVID-19 Wellness Kit, which includes face coverings, hand sanitizer, and other items. Check out [The Well's website](#) for more information!

Hearing From Our Highlander Community

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Online classes and work can be very isolating. ASUCR conducted a [survey](#) and found that 59.4% of students found remote learning and COVID-19 restrictions to have a negative impact on their mental health.

We asked students and staff what they do in order to stay connected and build a community with others amidst the pandemic:



“To stay connected and build a community with others during the pandemic, I’ve volunteered with organizations like Staff Assembly, LEAD, and Healthy Campus. I’ve met fantastic staff, faculty, and students from several departments. Volunteering is an amazing way to make new friends and to create a positive impact on UC Riverside through service.”

- Melanie Ramiro, Performing Arts Marketing Specialist, CHASS

“I feel like such a fraud with this question, because I actually really loved slowing down my (formerly) super-busy life and not being as social or committed. Spending more time in the garden and getting into hiking also deepened my connection with nature. I mean, I’ve lived in Riverside my whole life, but I’ve only just now realized how connected and attached I feel to our natural landscapes here. However, I also tried some new hobbies during the lockdown, and I got to connect with lots of people through those. Most special was when I started learning to draw. I have professional artists in my family, and following in their footsteps was a good excuse to call them and talk to them about their work and their experiences. It let me know them and see them through a new lens, as well as stay connected to them during a strange time.” - Jennifer Ramos, Professor of French



“Personally, I try to stay connected to my friends and family through text and video chats! Although I’ve never had a class in person yet, I’ve tried my best to build a sense of community at UCR by connecting with students in my classes and creating study sessions!”

- Isabelle Krucinski, Second Year Pre-Business Major

We also asked students and staff how they felt about returning to campus:



“I’m looking forward to being back in class, to being able to see my students face-to-face and interact with them in a physical space. There’s something truly magical about being in a classroom, building connections with your students, and learning together as a community. I am excited for it!”

- Jonathan Lim, Assistant Professor of Teaching in Marketing at the School of Business

“I’m really excited about going back on campus! Being able to attend classes in person last quarter honestly made me feel like I was back to my elementary school self who was fascinated by everything around her, so I was definitely grateful for the chance to be able to return to a sense of normalcy for at least a brief moment. I also really miss being able to step out of the dorm and enjoy a nice walk to class, so I can’t wait for everyone to be able to see each other again!” - Jocelyn Phuong, Fourth Year Business Administration Major (Marketing Concentration)



“Since March 2020, UCR staff have gone to extraordinary lengths to keep UCR open and fulfill its mission of providing world-class teaching and research. Many never left campus despite the unprecedented challenges of a pandemic. Others have demonstrated that some jobs can be done just as effectively in a remote setting. As UCR considers a return to in-person instruction, Staff Assembly hopes department managers and senior leadership will continue to prioritize the health and safety of our invaluable staff. We also hope the lessons learned will continue to reshape how we all think about the future of work, where and when it takes place, and the value of providing permanent flexible/remote work arrangements.”

- Jeff Girod, Staff Assembly President

Addiction & Recovery Resources for UC Riverside Staff & Faculty

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Setting Goals for 2022

The start of a new year provides an opportunity for reflection and goal setting. Now may be a good time to check-in with yourself on your health and wellbeing, including your alcohol and/or other drug use. Below are tools and resources to help you pursue your goals and build your support network for a healthier you.

Self-Assessments

Self E-evaluator

- <https://counseling.ucr.edu/online-self-assessment>

Well-Being e-checkup TO GO

- <https://echeckup.sdsu.edu/usa/wellbeing/coll/ucr/#!/>

Assistance and Support Programs

UCR Faculty and Staff Assistance Program:

- <https://hr.ucr.edu/employee-resources/faculty-and-staff-assistance-program>

UCR Healthy Campus

- <https://healthycampus.ucr.edu/>

Alcoholics Anonymous

- www.aa.org

Narcotics Anonymous

- www.na.org

Recovery Hotline:

- 800-NO-ABUSE (800-662-2873)

Riverside County Crisis Outpatient

- 769 W Blaine St Ste B, Riverside, CA 92507
- 951-358-4705

Riverside County Drug Program

- 1827 Atlanta Ave. D1, Riverside, CA 92507
- 951-955-2100

Riverside Center for Behavioral Medicine

- 5900 Brockton Ave., Riverside, CA 92506
- 800-992-0901

