



# WHAT THE HEALTH

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

## Happy Summer Highlanders!

Happy Summer Highlanders. Best wishes to the class of 2021 and congratulations Highlanders for finishing spring quarter strong!

We wish everyone a safe and fun summer. Have a great time with family and friends and good luck to those working and attending summer school. Be sure to stay hydrated, wear sunscreen, and stay cool this summer.

We look forward to seeing everyone on campus in the fall!



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# Returning to Campus for Fall 2021

By Rangsiman Chantasorn

This upcoming fall quarter, UC Riverside students, staff and faculty members are looking forward to a "new normal." Imagining the hustle and bustle of coming back on campus has enveloped our anticipation ever since lockdown restrictions took a hold of everyone's lives.

However, returning to campus has its challenges: the student body and school administration must work together to sustain the progress that everyone has made to mitigate the spread of COVID-19 and prevent illness. The campus has placed numerous safety measures to ensure the wellbeing of every student, staff and faculty member on campus, from installing hand sanitizing stations beside elevators at the Dundee dorms to implementing daily wellness checks.

Moving forward with the fall quarter, the University of California system encourages students to get vaccinated and practice preventative measures. This allows students who are usually out and about with their college lives to not only experience the true uniquely higher education moment in their lives, but to also improve the social and mental wellbeing of every member of the UCR campus community.

Going back on campus is something that everyone is looking forward to, and although much progress has been made to make this happen, a tale of caution will follow in almost every aspect of college life.



# Mental Health Post-Pandemic

By Rangsiman Chantasorn

Mental health has been an overarching topic that has dominated the COVID-19 pandemic. With the pandemic coming to a crawl, people are now more than ever becoming aware of the psychological and emotional impact the pandemic lockdowns have had on them.

One of the biggest changes we will see in mental health, post-pandemic, is the healing that comes from families reuniting and friends seeing each other again. Social separation left a dent on everyone, as social distancing was the norm for most of society during the pandemic. Having loved ones come back to your life is good for your overall wellbeing and mental health.

Because of the increased awareness in mental health, more people than ever are choosing to seek out therapists to diagnose conditions that were less noticeable before. The benefits that present themselves truly flourish once humans are able to connect together in person again. Traditionally, most human activity has historically been about helping one another or spending time together.

With the end of the pandemic looming near in the United States, social activities that used to relish and complement mental health pre-COVID are now returning, along with an increasing knowledge and understanding of the impact of social interaction on our mental health.



# Intern Recipe Spotlight



## *Iced Cold Brew Latte*

By Neha Loganda

### **Ingredients:**

- 1 1/2 cups of your favorite cold brew (we use the Bizzy brand from Sprouts)
- 1 teaspoon of sugar
- 1 teaspoon of Vegan Coconut Vanilla Almond creamer from Trader Joes
- Fresh mint
- 1/4 cup of Almond Milk

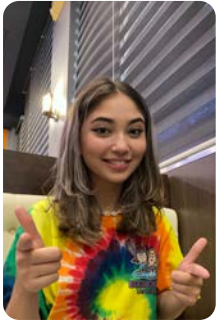
The key to this latte is to froth the cold brew before adding everything else. We promise it is delicious!

## Tips for a Healthy Summer

1. Stay hydrated and drink lots of water.
2. Wear sunscreen that is at least SPF 15.
3. Exercise in the morning or evening to stay cool
4. Get enough quality sleep.
5. Practice gratitude to thrive and encourage positive emotions.
6. Eat fresh fruits and vegetables.



# Introducing our Marketing and Communications Team



Jazmine Belcher  
Psychology 2023



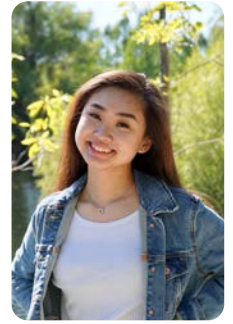
Andrea Gonzalez  
Media & Cultural  
Studies 2022



Jonathan Chun  
Business 2023



Cynthia Jacinto  
Neuroscience  
2023



Catherine Mah  
Public Policy  
2025



Isabelle Krucinski  
Business 2024



Ashleigh Singh  
Biology 2023



Zoya Kaushal  
Sociology 2023



Jon Bryan Salvador  
Business 2022



Helen Chu  
Business 2023



Kyle Penix  
Media & Cultural  
Studies 2022

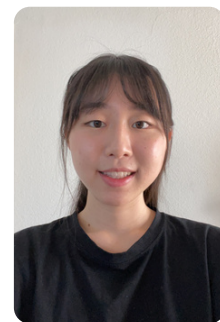


Rangsiman Chantasorn  
Business 2023

## Student Marketing Leads



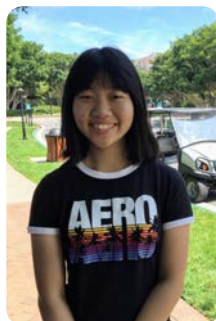
Chelsea Luong  
Business 2023



Sky Shin  
Business 2023



Michelle Tan  
Business 2023



Jocelyn Phuong  
Business 2023

Meet our new Marketing and Communications Interns! Our interns are finding creative ways to encourage the UCR community to live a healthy lifestyle. We are thrilled to welcome our new cohort of interns and look forward to seeing their contributions to UCR Healthy Campus. Interested in being a part of the Healthy Campus team? Email [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu)