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Media Advisory

CSUN Students to Learn How to Deal with Stress and Sleep Deprivation at the Oasis Wellness Center

- WHAT:** The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students to a three part workshop on “Sleep and Stress Management”. All students struggling with two of the most common problems faced during college can gain a better understanding of the root causes of sleep deprivation and stress. Attendees will learn how to manage both issues in a healthy way through different techniques, lessons and campus resources – all completely FREE.
- WHO:** Angela Faissal, Wellness Center Manager, is responsible for coordinating this event. Facilitated by the Matadors 4 Wellness Peer Health Educators from the Klotz Student Health Center.
- WHEN:** Part 1: Tuesday, Sep. 27 from 11 a.m. to 12 p.m.
Part 2: Tuesday, Oct. 18 from 11 a.m. to 12 p.m.
Part 3: Tuesday, Nov. 22 from 11 a.m. to 12 p.m.
- WHERE:** Oasis Wellness Center: Vitality Room (USU)
- WHY:** Teach students how to balance a healthier sleep routine and stress management habits in order to help them be successful in all aspects of their lives.
- BACKGROUND:** “Sleep and Stress Management” will be split into three sessions. Part one will give the basic knowledge on stress management, including the definition of stress, positive versus negative stress, stress management tips and more. Part two will focus on sleep and sleep improvement, covering benefits of good-quality sleep, sleep deprivation consequences, assessing sleep hygiene, and more. Part three will be the experiential portion, with a debrief on all info from sessions one and two, as well as actual facilitation of stress management and relaxation tips, including guided meditation, aromatherapy and deep breathing. On-campus resources will also be provided for every session. Sign up one day in advance on the Oasis MindBody Portal. For more info on “Sleep and Stress Management” or the Oasis Wellness Center, please visit www.csun.edu/programs/oasis.

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The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.