There are many changes happening as we transition back to the life we once knew. We have adapted to life during COVID-19 and now it almost seems surreal to go back to life before that. As the semester comes toward an end, there are some things we should keep in mind as we move forward. In this last edition of the Wellness Newsletter, tools and resources are provided to help us make that transition as smooth as possible, acknowledging the toll this year has taken on us, accepting it, and letting go. We hope you enjoy and have a fantastic and safe summer!
MENTAL HEALTH MONTH

Since 1949, the Mental Health America (MHA) organization created the month of May to express the importance of mental health and well being to millions of people worldwide. Each year, MHA comes up with a theme to create tools to help us develop and employ resiliency that will take us to brighter days.

During the pandemic, many people that never experienced mental health challenges struggled for the first time. This past year forced many to accept tough situations that were out of their control. It's extremely important to remember that working on our mental health and finding the right resources that will help us takes time. By focusing on small changes, we can move through the stressors of the year and develop long-term strategies to support ourselves.

This year's toolkit is called #Tools2Thrive and contains 6 pertinent topics:
1. Adapting after Trauma and Stress
2. Processing Big Changes
3. Getting Out of Thinking Traps
4. Radical Acceptance
5. Taking Time for Yourself
6. Dealing with Anger and Frustration

Click here to download this free toolkit
Online learning plus the added stress of quarantine was a mental challenge for everyone in one aspect or another. Zoom burnout is real and the transition to be back on campus will not be easy. From being at home and staring at a computer screen for all day to technological challenges in the Zoom classroom, I know we are all excited to head toward normalcy. We will have to get used to getting back to the swing of things. We must be kind to ourselves as well as remember to be patient and sympathetic to those around us as we re-adapt to the world. **Cave Syndrome** is a phenomenon that involves the anxieties of leaving one’s house as restrictions are lifted. People will have to adapt to going out and 49% of adults have reported feeling uncomfortable about returning to in-person interactions.

**Tips while transitioning into life after COVID-19:**
- Have someone in your life that can help you gauge your comfort level with resuming public activities
- Fear builds up in people's minds. Receiving emotional feedback is key to help those step out of their heads
- Ease yourself back into going to places

**CDC's latest on social interaction after completing their COVID-19 vaccinations:**
"It is safe for fully vaccinated individuals to gather indoors with vaccinated and unvaccinated individuals without masks (exception: unvaccinated people that have increased risk for severe illness from COVID-19)."

What is considered fully vaccinated: 2 weeks after your second dose in a two-dose series (Pfizer, Moderna) or two weeks after a single-dose vaccine (J&J)
Arizona Adventures

It may be scorching hot outside, but the websites below give some great ideas of things to do even when it's HOT! It's everything from waterparks, to zoos, to salt river tubing and to taking advantage of great deals at normally pricey hotels for some fun staycations. These activities are great for those with kids and those without.

1. **Reid Park Zoo in Tucson:** Tickets are $10.50 for adults age 15-61 & must be reserved online in advance

2. **Tanque Verde Falls Trail in Tucson:** 1.9 mile moderate hike featuring a waterfall

3. **Biosphere 2 in Tucson:** Tickets are $25 with a UA Cat Card

4. **Salt Water River Tubing in Phoenix**

5. **Phoenix Zoo**

6. **Additional Resources Found Here**
Summer Fun!

We compiled a list of movie recommendations, summer activity ideas, and summer safety travel tips during COVID-19.

**Summer Movie Recommendations**

**Comedy Movies**
- Mamma Mia
- Jumanji: Welcome to the Jungle
- The Parent Trap
- Cheaper by the Dozen
- Men in Black International
- Baywatch
- Pitch Perfect
- Easy A
- Step Brothers

**Adventure/Cartoon Movies**
- Aladdin
- Zootopia
- The Incredibles 1 and 2
- Minions
- Finding Dory

**Action Movies:**
- Godzilla King of the Monsters
- Fast & Furious Hobbs & Shaw
- Mission: Impossible - Fallout
- Spider-Man Far From Home
- X-Men Dark Phoenix
Summer Fun!

Summer Activity Ideas:
- Bike rides
- Tie-dyeing
- Making popsicles/ice cream
- Have a picnic at a park
- Camping
- Water-balloon fight
- Hiking
- Gardening
- Swimming
- Watch movies at home

Safety Travel Tips During COVID-19
- Wear a mask over your nose and mouth (masks are required on public transportation traveling into, within, or out of the United States)
- Stay 6 feet from others and avoid crowds
- Wash your hands often or use hand sanitizer
- Get vaccinated if you haven’t already! (CDC says that fully vaccinated travelers are less likely to get and spread COVID-19)
- After travel, self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms
Sun Safety

Tips to Stay Hydrated:
- Drink water before you get thirsty
- Bring water with you everywhere you go
- Make hydration a habit
- Keep track of your daily water intake
- Soda, juice, coffee, or alcohol alone is not a replacement for water.
- Don’t like the taste of water? Try seltzer or other fizzy drinks. Add some fruit (fresh or frozen) to your water. Try adding a splash of juice to your water.

Recognize the Signs of Dehydration and Heat Stroke:
- Extreme thirst
- Fatigue
- Dark-colored urine
- Less frequent urination
- Dizziness
- Throbbing headache
- Muscle cramps
- Nausea
- Disorientation or confusion
- Lack of sweating
- **Know when to seek help:** If you're experiencing signs and symptoms of dehydration and/or heat stroke, stop what you're doing. Seek a cool location. Drink water. Rest. If your symptoms persist or worsen, seek medical attention ASAP.

SAVE YOUR SKIN FROM SKIN CANCER...

BE AN ACE!

Avoid Too Much Sun
- Stay out of the sun from 10am to 4pm.
- When you are outside, seek shade.
- Avoid burns and tan from the sun AND tanning beds.

Cover Up
- Wear long-sleeved shirts and pants.
- Wear a wide-brimmed hat and sunglasses.
- Use sunscreen with SPF 30+ and reapply every 2 hours!

Examine Your Skin
- Check your skin monthly for new or changing spots, bumps, or moles.
- See your doctor ASAP if you find anything suspicious on your skin.

Detecting skin cancer early can save your life!
Recipes

Healthy Homemade Popsicles

Southern Mac & Cheese

Grilled Corn on the Cob

Grilled Vanilla French Toast
Check out these resources that the Wellness Committee put together for our students.

Check out this amazing Work-Life Balance Scale that was created for everyone to have. Create an account with invitation code "APhA" and receive access to so many different tools for your well-being to use on a daily basis.

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