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>> Carolina: Hello, everyone, and welcome to USU Rewind, hosted by your fellow CSUSM students. My name is Carolina, and I will be your host today, along with --

>> Anny: My name is Anny. I'm a third-year comm major and dance minor, and I work for USU Live.

>> Zayla: And hi, everybody. My name is Zayla, and I'm a second-year kinesiology major, and I also work for USU Live.

>> Carolina: We understand that this is midterm season, and hard times are upon us. We're all a little bit stressed, so we hope that this podcast resonates with you and helps you feel a little bit better and recognize your own feelings because that is something extremely important that we need to consider. So I hope everyone is doing well this week and settling into school and enjoying remote learning. This week on our podcast, we have our first segment, and it's about our wellbeing and our healthy mental state and just making sure that we check in with one another and make sure that we're okay because I feel like a lot of the times, we just say we're okay, and it's okay to not be 100% all the time. But before we get deep into that, this week's topic, we're going to begin with our week's favorites, so Zayla, take it away.

>> Zayla: So personally, my favorite app of the week is Pocket Points. This is an app where you can put your phone aside and just put a timer where you want to just study. So by the end of that, you get a lot of points in a way. So it will say, like, if you put your phone away for 30 minutes, you can get six points, and then there on out, and it will also track your driving.

That's my personal favorite because I really like putting it away and then earning points, like, seeing, like, how much I earned by the end of the day -- or by the end of the week, and then, like, competing with my friends. Like, "Oh my gosh, like, my friend has like 300 points. I want to beat that. Like, I want to get 300 points. Like, how long do I need to put my phone away to get that?" And it also helps a lot.

>> Anny: Wait. So you can compete with your friends?

>> Zayla: It's not really competing, but you can definitely see the other people around your, like, school or just people on your contacts. So I like to just see, like, who's at the top of the list and try to, like, compete or get close to it at least.

>> Anny: Oh, I see. I definitely need to do that because I get so distracted. Like, as soon as I don't want to do my assignment anymore or I'm getting bored of it, I completely go on my phone and I can, like, just get lost on social media for, like 15 minutes.

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>> Zayla: No, no, that's the same with me. That's why it's really nice

to, like, see the phone and see the notification that says, like, "You're earning Pocket Points" so that I don't want to pick it back up because I want to earn as many points as I can throughout the day. Because when you pick it up and you, like, check it for a minute, you'll lose your whole points, which kind of sucks, so that's why it's, like, really helping me to, like, just set it down and just not touch it. So yeah, that's my personal favorite of the week.

>> Carolina: That's so awesome. What about you, Anny?

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>> Anny: So my favorite app of the week is ThinkUp, which is basically an app where you record your own affirmations for yourself so you can listen back to them. And then even put, like, meditation music behind it, because I truly believe that "I am" affirmations or statements like that are so important because our thoughts can create our own realities.

So sometimes when we're in those, like, really sad times, it's hard to look in the mirror and say those affirmations in a positive way. Like, you kind of feel defeated. But if you go back to the recording and you hear yourself say it in a confident way or, like, reassuring way, it's super helpful, and I love it. I mean, it sounds kind of, like, conceited, I guess, but I don't know.

It's really helpful. They put, like, nice music in the background, and it just really helps with confidence and just hearing those affirmations, and that kind of relates to today's podcast. But yeah, I love it a lot.

>> Carolina: I feel like you guys' choices are so much more deeper and, like, meaningful than mine because mine's over here just, like, the NFL app.

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I'm a huge football person, so I hope some of you can relate, but it's a lot more convenient to have the NFL app just on your phone and get all the comms and updates rather than having, like, each team's app because I feel like it just takes up a lot more space.

So mine's a little bit more casual, you could say, but speaking of keeping up with multiple things at once, let's talk about keeping up with our mental wellness and overall wellbeing. I think it's something that should be encouraged, and I'm excited to see what you all think and some inputs and tips that we can provide other people with.

I know it's not really a conversation that is known to be had in friendships or relationships because, typically, I feel like you see someone, they're like, "Hey, how are you?" And you quickly go to the "Good, how about yourself?" And it's not always that. You know, we're not always 100%, and I feel like when we reply with, "Oh, I'm good," it makes it seem that way, and it's okay to not be 100%.

It's okay to feel a little bit stressed and confused, and that's what we're going to talk about today.

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I think that getting into the habit of saying we're doing great kind of pushes us into the direction of not talking about it, and I want to normalize that conversation and have that. So we all go through these

mental blocks. I know I do for sure, and it challenges our lives, especially now, like, with remote learning.

I definitely feel like it's something that is a lot more challenging than before. So it's important to have these conversations in a normal way and just normalize it, you know? It's okay. So I just can't stress that enough.

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>> Anny: I think it's also because we never really say how we actually feel when people ask us how we are because there is still kind of, like, a stigma around mental health. And also, the whole question, like, "How are you," I feel like it's a courtesy thing, but no one actually says, like, how they're doing. Like, when you run into someone, you're like, "Oh, hi. Like, how are you?"

Like, no one ever says, "Actually, let's talk for 10 minutes about how I'm actually really struggling today." Like, no one really does that because I feel like it's not really, like -- I don't know. As a society, we don't really say, like, oh, you talk about your mental health issues with just everyone. It's like only your closest, closest friends, but I think the more we normalize, like, having a conversation about it and it's okay to not be okay, then people are more willing to be open. It's just I feel like there's so much stigma around it, you know.

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>> Carolina: No, I totally agree with you. I totally agree with you.

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I feel like a lot of the time, too, we just want to be okay so bad that we force ourselves to say that we're okay in hopes that, like, "Hey, you know, we'll fake it until we make it" type of vibe. But, you know, it's fine to be confused and stressed and, like, you could say "Stressed" and, like, have that conversation.

I always tell, like, my close friends or, like, I'll ask them, like, hey, you know, "How are you," but, like, "I want to know, like, how your mental wellbeing is" and at least take, like, five minutes to just make sure that they're doing okay. And even if you can't really do anything about it to, like, physically, like, help them and, like, make them feel better, at least they're talking to someone, you know, and you have that door open for them to be like, "Hey, I'm a little bit stressed out this week. I don't know what to do," and maybe you can provide some tips, you know, on how to make them feel better. Do you guys have any tips?

>> Zayla: So especially in the beginning of the semester, my number one goal was just to make sure that my wellbeing was okay but also my friends' wellbeings. And while we were in this virtual setting, I couldn't just hop in a car and go see people, especially with them being so far, just with social distancing. I didn't want to even get close to a risk of getting this deadly virus.

So my thing that I was doing was, I was sending, I think I called it positive encouragement of the day or something along those lines, and

I was doing, like, season one, episode three, and I would just say, like, "Happy Wednesday. Like, I hope everyone's having a great day. Like, I love all of you. Like, please make sure that you're talking to one another or just, like, say something nice in the mirror today to yourself or just, like, get everything done so that you can sit at home and just eat junk food and watch your favorite TV show or something like that."

And just, like, every single day, it was something different along those lines, though. So I definitely think that, even though I was stressed during that time, that was still my number one thing that I was doing to people, even if it was at like 11:00 at night because I wanted people to open my Snapchat and have a smile on their face instead of them seeing, like, a very, very, very closeup picture of me.

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I wanted it to at least be, like, meaningful. And people have said -- like, I don't know if they just wanted to make me feel better, but people have said that it actually is really nice and that it's like making an impact on their day. So even if you are that one person, just to even one person, it's still going to make people's day so much better. So that was my tip.

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>> Carolina: I love that tip. I think it's important to reach out to them and take the time to write even just, like, a small paragraph just telling them you appreciate them and that you're here for them for whatever you need. And also, you brought up the fact of, like, eating comfort food, and I love that. I absolutely love that because, hey, who doesn't love a good bucket of ice cream? Because I know I do. But I feel like there's also a stigma around that, you know. We need to break that. You know, we shouldn't feel bad for wanting to eat some ice cream or, like, a couple burgers, you know. And I think Anny had, like, a good point.

>> Anny: Yeah, well, I definitely think that -- Well, okay, going back to COVID and everything, like, in the beginning of it, and I feel like a lot of people's mental health kind of got a little down, a little worse. We were all a little bit struggling together, but there was so much pressure to, like, be, like, doing everything and, like, trying all these new hobbies and trying all these new things.

And I feel like there was so much pressure on being the best version of yourself because we were all in quarantine like, "I'm going to come out of quarantine, like, even better than before." And, like, all this pressure when it's, like, it's okay to not be doing anything. It's okay to not be okay. It's okay if you just want to eat junk food. It's okay if you gained weight during quarantine.

Like, everything's okay because we're struggling and, like, we're going to get through it together, but I think the more we try to, like, ignore it and be like, "No, it's fine. I'm going to be perfect. I'm going to be so productive during quarantine." So I think it is really important that we address that stigma that we have especially right now with how our world is.

Yeah, and I then I kind of wanted to touch on the idea of going off and checking up on your friends by saying, like, "How are you all" the time like Carolina was talking about. I think we come from a society that appreciates or even acknowledges physical health way more than mental health. I mean, if you look at advertisements or, like, marketing or you look at social media, we see, like, models and just promoting beauty on the outside, like, visually when, in reality, we can learn that people that are even closest to that ideal body type or beauty standard can actually not be mentally healthy.

So yeah, in my perspective, I think mental health comes first, even before working out, before even eating the healthiest and all the outside stuff because you have to start inward in order to work outward, in my opinion. So, like, I just had a quick question. Like, what do you all think, just coming from our society, when someone says, like, "Wow, you're so healthy or that person's so healthy or I, like, am healthy," what do you think, like, we associate with healthy normally?

>> Zayla: So I definitely think, like, when people say, like, "I'm healthy" or "You're healthy" or different things like that, like, having a healthy mindset versus a healthy, like, lifestyle are two totally different things. Like, I'm not going to, like, bash a person and say, like, oh my gosh, they're not healthy because I think that everybody is -- I don't want to keep saying the word "healthy," but, like, I think that everybody is doing their own thing in their own way, and that you are thriving with whatever you need to do with however you do it.

So I think that everybody is healthy in their own way, but having a healthy mindset of getting up in the morning and just getting what you need to get done when you need to get it done, you're thriving. You're doing great in life.

One of the things that I'm trying to do to be, quote-unquote, "healthy" is, I'm trying to look in the mirror and just tell myself, like, "You're going to get it done today" or just, like -- A friend told me that every single day, you should look at yourself in the mirror and say something that you like about yourself, even if it's, "I like that freckle on your cheek," or even if it's, "Your hair looks really good today."

And even saying it in second or third person, like, it's still going to help you, like, gain motivation or gain confidence as much as you need, and I think that should be everybody's goal or challenge for the rest of 2020. As the year is going down, and this year has not been the best, like, for anybody, I think that every single person should look in the mirror and say something nice about themselves every single day.

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>> Anny: Yeah. I feel like what you're saying, Zayla, is that we should redefine -- And like you said, everyone has their own different definitions of healthy, but I think we should really focus on redefining what healthy is, especially right now because it's not only physical looks and doing the ab workout challenges that we did all

during quarantine.

Like, it really is starting, like, inward and, like, working on our confidence from, you know, our mental health, and, like, I think just redefining health and what that means is so important. And even, like, connecting us back to -- You know, our podcast is, like, CSUSM college-based.

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Like, mental health in college -- Like, we may be doing all these things and, like, homework, clubs, physical movement, but are we addressing how we're feeling? Because even though I'm doing all these things, and from the outside, maybe people are like, "Wow, she's, like, doing so great. She's a part of all these clubs. She has straight As," but what about the stress that I'm going through or, you know, friendship stuff or relationship stuff I'm going through? Like, you just never know, so I think it's important to focus on that.

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>> Carolina: Yeah, definitely, and I think health for me is just having a positive mindset because, like you said, Anny, you could be doing a million different things, but if your mindset is negative and you just feel down and, like, stressed all the time, then I just don't really feel like that's healthy. I think healthy is having your mind, like, pretty organized and just happy with where you are in life and, like, managing stress because stress is going to come whether anything happens.

Stress is going to come either way. It just comes right through the door, but you got to be strong enough to, like, handle it and know yourself and know your feelings and what you want to do with that. So I think that's extremely important, and just giving yourself time to chill, even if it's cleaning your room for five minutes and blasting music.

I know that that's what I do. That's what I like to do. I feel like I have my life together when I have my room clean, so I feel like blasting music and taking, like, five, 10 minutes out of my day to just clean my room is another way of self-care. Also, I've been drinking a lot of water, and one of my tips for all of you listening is to buy yourself a tumbler.

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It's great. I just keep filling it up all day, and it's made me feel a lot more awake. So if you're not a coffee person, this is a great alternative to just keep drinking water. That has really helped me. I know I break out when I'm stressed. I don't know if that's TMI for you all, but I break out when I'm stressed, so drinking water has definitely helped. So that's one of my tips that I hope you all take away from it.

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>> Zayla: I think just hydration in general is just key. I find myself, like -- I'm really lazy, and if I'm downstairs and I forgot my Hydro Flask upstairs, like, I don't want to go upstairs and go get it and then walk back downstairs and fill it up, so I just don't drink water, and I forget. Like, I will go multiple days without drinking

water and then be upset that I don't feel better, that I'm dizzy, or that, like, I'm seeing stars all over the place.

And even my brother was like, "You probably should start drinking water." And I was like, "You know, that's a great thing to do."

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So drink water, eat, take breaks. Like, literally anything to make yourself feel better and feel alive and ready to crush your day, then do that. Do that for yourself.

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>> Carolina: Period. I love that. I love that. So Zayla, like, what do you usually do to, like, make yourself feel better on a daily basis?

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>> Zayla: I definitely can share how I am dealing with this with midterm season and just having so many things due in five days and not having so much time in the day. I usually just like to grind as much as I can and then shut my computer and just leave. Like, even if I'm going downstairs and I'm getting away from my room, or if I'm downstairs, I will come to my bed and I'm just, like -- I will set a goal for myself.

Like, "I want to get this paper done by 3:00 so that, at 3:00, I can just go sit in my bed" or I can just go eat or even just going for a drive. Like, I really like just going for a drive and going to go get, like, food. Like, even if it's like a three-minute drive, like, I am out of the house, and that's, like, my favorite thing to do, especially during this time.

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>> Anny: Okay. Driving with, like, blaring music, you already know that's like my favorite thing to do. That can make me feel 100 times better. Like, if I drive to go get Starbucks or something -- that sounds so basic -- but I have, like, my favorite songs blaring, it can shift my mood 100%.

>> Zayla: But not even, like, music now, like, on the radio. Like, I like to scream, like, Camp Rock 2 music or even, like, High School Musical. Like, songs that I can scream and just have such a good time with myself in my car, it's so fun to just get out, drive to Taco Bell, drive to Starbucks, drive to Chipotle, like, anything like that, which is like a 10-minute drive and just put a song on repeat and just scream it, like, that is, like, the best therapy for me. [Inaudible]

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Determination, She's So Gone, like 100%, or even just putting on a song and having a dance party in your room. Like, Grey's Anatomy, [inaudible] thing, Christina, 30-second dance party. Like, we got to make that a thing.

>> Anny: Literally.

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>> Carolina: One of the things that I do -- I mean, don't get me wrong. Don't come for me right now, but I love to drive around, right, and blast music, but you know what else I like to do? I like to just get ready and just feel pretty in my room. Like, is that weird?

>> Zayla: No shame to that. If I had, like, a routine of, like,

getting dressed, doing my hair, doing this, I 100% would every day, but I'm lazy and I like to just put my hair in a different bun and go downstairs in the same exact clothes and grind.

>> Anny: I mean, I'm not going to say this is me 24/7, but I will say that it's, like, two, three days out of the week, I like to just feel a little bit more encouraged. So that's helped me a lot, or, like, driving like you said. That really helps.

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>> Zayla: No, yeah. I really like -- This was one of my goals in the beginning of the semester that, like, kind of joked it down, which I need to get back into, but I think with this month just having so much to do, like, I haven't really been able to, but I want to get up in the morning and shower and put on clothes, like, if I'm leaving the house, but not leaving the house, if that makes sense.

Like, I'm not going to put jeans and a jacket on and, like put makeup on, but if I'm either wearing, like, a t-shirt and shorts, like, it could be sweat shorts, like, different things like that, it just helps me so much to get my mindset in. You're dressed. If you need to leave the house in 10 minutes, like someone calls you, it's like, "I need this," like, you're able to put shoes on and go instead of being, like, "Ooh, I need an hour because I got to shower. I also have to finish this assignment and I need to get dressed." Like, that's just one of my biggest goals, and even today, like, I did that, and I feel so productive.

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>> Carolina: That literally goes back to our point about being aware of, like, our mental wellbeing. Like, you literally just said, like, your goal is to get dressed, to take a shower, just so that, in your head, you're ready for the day. And literally it's all about our mental wellbeing. Like, at the end of the day, it's not for anyone else.

You're not getting dressed for anyone else. You're not, you know, doing your hair a certain way for anyone else. It literally just goes back to you, and I feel like a lot of people just don't understand that or don't want to talk about that.

>> Anny: Well, I feel, like, when you're having a bad day and, like, you're in bed, it's so hard to imagine yourself getting ready, putting makeup on, whatever that is, and it feels like so much work to do that, especially when you're having a really bad day. But, like, my advice is just doing one step at a time. So you're in bed and you're like, "Okay, you know what? I'm just going to get up and brush my teeth."

And then once you brush your teeth, you're like, "You know what? I'll wash my face." And then when you start to do each step, it's like just taking that small step for you will just, like, help your whole day because, like Carolina already said, and Zayla, like, it can just totally change your whole, like, mindset and mental state when you just start to take those steps for you and taking care of yourself because that can be, like, the first thing that goes when you're

having a bad day, but just putting yourself first makes a huge difference.

>> Carolina: I love that we're talking about this because it makes me feel a little bit more normal, and I feel like if we continue to have these conversations, it's not like, "OMG, like, I'm so weird." If we have these conversations, it's like, "Oh, wow. Anny feels the same way. Zayla feels the same way. Maybe other people feel the same way," and then it won't be that big of a deal because it's not a big deal, you know?

We all want to be okay.

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Yeah. Yeah. No, I completely agree. So for our question of the week, Zayla, would you like to introduce our question of the week?

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>> Zayla: So at the end of our podcast, we usually will shout out a student that has sent in a question of the week, but for this podcast, we will be keeping that anonymous. So the question is, "I feel overall stressed about school, and I also feel alone. What should I do?" So during this quarantine, I have also felt very, like, stressed out about school, and I think that I haven't been getting a lot of human interaction with a lot of people, other than my mom and dad because those are the people that I'm living with right now.

So my favorite thing to do when I am feeling alone and, like, my mom and dad are both working or I'm home alone, I will just literally Facetime my friends or I will make a Zoom and just send it to everybody so that they can hop on, and we can just talk. Like, even if it's just we're dead silent and we're grinding on our work, like, it's still so nice to have somebody there or just, like, "Oh my gosh, like, I can't think of a word. Like, can you bounce the words off with me and then we can go from there?"

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Like, even doing that, it's just super, super nice to have somebody there. And then also, as we just said, like, either going for a drive or just getting outside and soaking in some vitamin D and just going for a walk, like, even, like, walking your dog or just walking around the neighborhood to stretch your legs and just calm yourself down before you have to sit in front of your computer for X amount of time to do your homework or even just after a Zoom class, like, you've been staring at a computer.

You just took in so much knowledge. Like, you can still walk outside and go, like, do some yoga. Like, crack your back. Just, like, soak in as much vitamin D as you can, but then also go on a walk.

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>> Anny: I want to go back to the lonely thing because I think that is extremely common right now. I think people are really struggling with loneliness because we are virtual, like, all of college. So I think, like, my advice if -- Because I understand, like, we may all have friends, but it's hard to keep in touch virtually and long distance, so I think it's also important to see what, like, the school is offering and different clubs that you can be a part of because I know

there's still clubs out there, like, that are doing everything virtually, and same with, like, events that are held on campus. Like, we have so many different organizations on campus that are still putting stuff on the for students. So I know it's, like, scary to put yourself out there, but I think it's also really important and you won't regret it because you'll end up meeting someone.

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>> Carolina: Yeah, and just some additional resources that we have on campus that are available to you are from the Health Services Center. So if you do want to talk to someone, they have people with great advice. Absolutely great advice. You can get on a phone call with them or you can visit the CSUSM website and make an appointment at your convenience.

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So that about wraps it up for this segment. I'm so glad that we were able to shine some light onto being aware of our feelings and highlighting how important it is to be mentally well off and healthy and consider ourselves healthy just by our state of mind.

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That gets us through our everyday tasks. So it was so much fun talking with you all about this, and I'm glad that we had this conversation, and I hope you all enjoyed it.

Thank you for unwinding and rewinding with the USU. Please follow us on CSUSM USU on Instagram if you want to get involved with our next podcast or ask us any questions and be featured. So make sure to give us a follow and stay up to date with USU Rewind. Bye, everyone.

>> Anny: Bye!

>> Zayla: Bye, everybody.

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