

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

NOVEMBER 2021

November is Native American Heritage Month!

November 2nd: Dia de los Muertos

November 4th: Diwali

November 6th: International Stress Awareness Day

November 13th: World Kindness Day

November 20th: Transgender Day of Remembrance

November 21st: International Survivors of Suicide Day

November 28th: Hannukah begins

SELF - CARE TIP

Gratitude

Gratitude has been shown to promote self-care in three ways: healthier living, humility, and forming meaningful connections with others. Practicing gratitude can easily be incorporated into your daily routine, be it making a list, a gratitude jar, recounting three things in your life you are grateful for before you go to bed, or even just saying 'thank you' to someone you care about!

ART MOMENT

Sunset on The Parkway

PHOTO CREDIT: *Timothy Tang*



POETRY MOMENT

We travel carrying our words.

We arrive at the ocean.

*With our words we are able to speak
of the sounds of thunderous waves.*

*We speak of how majestic it is,
of the ocean power that gifts us songs.*

*We sing of our respect
and call it our relative.*

-- Ofelia Zepeda

Ofelia Zepeda is a member of the Tohono O'odham Nation of southwestern Arizona and the author of three poetry collections: *Where Clouds Are Formed* (University of Arizona Press, 2008), *Jewed 'I-Hoi/Earth Movements* (Kore Press, 1997), and *Ocean Power: Poems from the Desert* (University of Arizona Press, 1995), and the recipient of a MacArthur Fellowship. Ofelia Zepeda is currently the Regents' Professor of Linguistics at the University of Arizona.

Visit [this website](#) to learn more about Native American poets and poetry.

CAPS EVENTS & PROGRAMS

FALL 2021

[- Quick Access group*](#)

[- Let's Talk Services](#)

[- Feelin' Good Workshops](#)

11/10: Healthy Relationships

12/1: Fostering Holiday Cheer for the Queers

*All Links are clickable and please click on them for more information!

UPCOMING EVENTS

[- International Education Week](#)

The Office of International Education and Development (OIED)

[- Online Sky Happiness Retreat Program](#) (11/5-11/7)

Please use the link above to register. For additional questions about the Sky Happiness Retreat program, please contact:

Ritesh Sheth, shethrm@appstate.edu

[- Virtual Celebrating Sequoyah Lecture Series](#)

SOCIAL MEDIA

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