A message from Dr. Peter Yellowlees, Chief Wellness Officer

Surviving at home – fun, games and some happiness for everyone

I knew I was in trouble a few days ago when I found myself looking forward to a trip to Costco! So I decided to ask some colleagues what they are doing at home for fun, and what they would advise the rest of us to do. This is what I received from Sara Aghamohammadi MD in Pediatrics, who tells me she has been playing some of her recommended games with groups of residents. To quote her:

"It is the 93rd day of Mayturary: you’ve watched 'Tiger King' and every season of 'The Office,' and your yoga mat has more dust and crumbs embedded into it than handprints. The days you aren’t working are long and repetitive, and you’ve FaceTimed with every friend you’ve made since kindergarten, extended family, and even your 3rd grade teacher. Here are some ways to actively keep yourself entertained and engaged:

* Ran out of things to talk about? Download the HouseParty app and play games like HeadsUp or trivia to change the conversation.
* Miss game night and friendly-turned-ugly competition? Here are some games and websites you can play while on the phone/Zoom with your group.
  - Codenames
  - Avalon
* Music junkie? Live-stream concerts for all genres of music or practice playing at home:
  - List of virtual concerts
  - Yousician app
* Need a good laugh or a new hobby? Support local, live comedy!
- Live-stream comedy
- Take online classes in sketch, stand-up, comedy writing, or screenwriting.”

Rick Bold MD, Chief of Surgical Oncology told me that he went down the “rabbit hole” of YouTube videos and thought that this video might bring a smile. I strongly suggest you watch this version of “Stayin’ Alive” to get a whole new view of COVID.

Many others, such as Helen Kales MD, Chair of Psychiatry, have been regularly sending out supportive and humorous messages to their colleagues. One that I particularly liked from Dr. Kales focused on our new “best friend” Zoom, describing the content of a typical meeting from home…and giving a whole new level of insight into how we juggle work, children and home activities!
However my favorite suggestion for everyone to try at home came from Theresa Pak RN MS and Michelle Linenburger MSN Ed who both described the importance of sharing kindness and gratitude, and reaching for balance in our lives, but then sent this quite amazing link that has been viewed over 5 million times. It is called An Experiment in Gratitude - The Science of Happiness.

Everyone reading this can spare 5 minutes to watch this video. I challenge you to do so, and then follow up and do the exercise yourselves. I have personally done this in the past, and it brought me so much closer to one of my beloved sisters that we both ended up crying on the phone together...with happiness.

Some good things will come out of this time.

Respiratory Clinic - J Street
"UC Davis doctors, nurses, & staff are compassionate, caring, & accommodating."

UC Davis Medical Group Roseville Clinic
"Everyone was very polite and professional, starting from the front desk and continued on to x-rays and lab. The lab tech was quick and painless. Thank you."

Emergency Pavilion
"Times to be seen were amazing! Especially since I'd been at another ER for the prior 9 hours."

T3 Women's Health Pavilion
"I liked being able to choose meals through talking to nutrition."

D12 Surgical Specialties
"UC Davis is a top-notch facility. One truly feels cared for by all staff."