



Happy March to All-

Spring definitely feels like it is close- I am loving these days filled with sunshine and warm temperatures. Please don't forget to take breaks throughout your day to step outside and take in the day. For those of you who participated in our Mindfulness and Breakfast event, we learned how to pause during the day to be mindful. We saw how important it can be to slow down for even just 30-60 seconds and focus on just one thing. Being present for one thing, can help refuel us and increase our focus.

Please remember, mindfulness can simply mean mindfully listening for 60 seconds to the sounds around you or looking out the window and mindfully watching the trees with all their buds. Or, you can try my mindful activity, where I get up from my desk and watch the mother hummingbird and her two babies nesting in the sculpture hanging in the atrium of the Medical Education building.

Scientific data says practicing mindfulness actually leads to brain changes.

Check out this article by Dr. Goldin from our nursing school:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4203918/>

And this article as well:

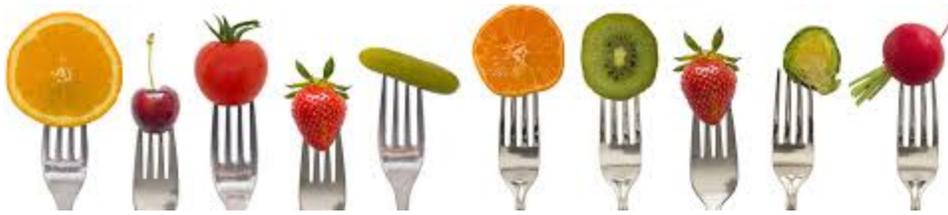
<https://hbr.org/2015/01/mindfulness-can-literally-change-your-brain>

If you are interested in learning more about Mindfulness and learning how to use the techniques- please attend the free workshop:

- ***The Science and Practice of Mindfulness, Compassion and Communication*** that will be led by Dr. Goldin from the nursing school and that Magi Aurora, your third year wellness rep, was instrumental in designing. (See Attached Flyer); Location: UC Davis MIND Institute Auditorium  
Date: Saturday April 23-Time: 8:30am breakfast; 9-noon workshop

Register at: [http://ucdavis.co1.qualtrics.com/SE/?SID=SV\\_5n0d3FyofSloBIF](http://ucdavis.co1.qualtrics.com/SE/?SID=SV_5n0d3FyofSloBIF)

## March is National Nutrition Month-



This is a reminder to us all that a large piece of maintaining well-being is your physical health of which nutrition is key. I highly recommend you visit the **UC Davis Integrative Medicine** webpage (See Below). There is wonderful information on current thinking about healthy eating as well as fabulous recipes. I am trying the sweet potato chili with kale.

<http://www.ucdintegrativemedicine.com/>

### Sweet Potato Chili With Kale BY CHEF AJ

#### INGREDIENTS

- 2 medium sweet potatoes, diced (~2 pounds)
- 1 large red onion, finely chopped
- 2 (15 ounce) cans salt-free kidney beans
- 2 red bell peppers, seeded and finely diced
- 2 pounds fresh tomatoes\*, diced - *Replace with two 14.5 ounce cans of salt-free tomatoes for tomatoes.*
- 1 tablespoon salt-free chili powder
- 2 teaspoons smoked paprika
- 1/4 teaspoon chipotle powder
- 2 cups lacinato kale, finely shredded like coleslaw
- 3 cups orange juice

#### DIRECTIONS

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1. In large pot, sauté onion and bell pepper in half of the orange juice for 8 to 10 minutes until onion is soft and translucent.
2. Add all remaining ingredients except for the kale.
3. Bring to a boil, and then reduce heat to simmer for 25 to 30 minutes until the sweet potatoes are soft, but not mushy.
4. Turn off heat and stir in kale so it wilts, then serve.



**Now the Wellness Offerings Around Campus:**

- **National Nutrition Month – “Savor The Flavor of Eating Right”**

**Tuesday, March 1, 2016**

Presenter: Golnaz Friedman, RD

Time: 12:00-1:00 pm

Location: Davis 7705, Main Hospital-Learn how to develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right!

- **Self Defense**

**Tuesday, March 8, 2016**

Presenter: Nikki Smith, Nurse with Patient Care Services and experiences Martial Artist/Instructor

Time: 12:00-1:00 pm

Location: Marriott – Ballroom-This workshop will present verbal and physical techniques to prevent and deal with potentially harmful situations. Participants will learn skills that can be used to decrease the risk of personal harm in a number of situations, and physical techniques that can be applied by anyone to prevent injury if actually attacked.

- **Continuing to Breastfeed When Returning to Work/School**

**Thursday, March 10, 2016**

Instructor: Shirley German, IBCLC, RLC

Time: 11:30 – 1:00 pm

Location: Ticon III, Human Resources, 3-B Conference Room (3rd floor)

- **Mother-to-Mother Group**

**Friday, March 11, 2016**

Facilitator: Shirley German, IBCLC, RLC / UC Davis Breastfeeding Program

Time: 11:30am - 12:30 pm

Location: Main Hospital, Tower-DCR 1655 (across from the Rhino Café by the red brick walls)

- **Reiki**

**Monday, March 14, 2016**

Instructor: Kathy Lorenzato

Time: 12:00-2:00 pm

Location: Main Hospital, Lower Basement, ASCU-G344- Reiki is considered “energy work,” as opposed to massage, which is “body work.” It helps the recipient increase his/her natural energy to enhance relaxation, and promote the healing process.

- **Meditation**

**Monday, March 21, 2016**

Instructor: Brenda (Astar) Gustin, Ph.D., CMT, RYI

Time: 12:00-1:00 pm

Location: Glassrock Building, Room 7106

Finally-

Please check out the link below to the Mindfulness and Relaxation Podcasts that UC Davis Student Health Counseling Services offers:

<https://shcs.ucdavis.edu/resources/podcasts/#.VtThrPkrJmM>

Wishing you all a “Well” March – and as always do not hesitate to contact me-

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