

New Year's Resolutions!



Happy New year to all!

As cliché as it might sound, many of us do ponder our goals as we head into a new year- those age old “New Year’s Resolutions!” Thus, I revisit this theme each New Year. When it comes to wellness goals, we can often fall into the unhealthy trap of setting too high a goal or asking for change from ourselves in too many areas. “For this year, I will eat better, exercise regularly, connect more with family and be more disciplined with my studying.” If that sounds like you, please stop right there. You are setting yourself up for disappointment and self-criticism. It is important to be very specific and realistic about your goals. It is helpful to start with one behavior you might want to change. Start with a small goal and a realistic objective. If including more physical exercise is a goal, for example, ask-

By Dr. Margaret Rea

ing yourself to go to the gym every day could be too extreme a goal. If you instead try to incorporate one physical activity a week and build from there, you might be more likely to reach your goal. Focus on SMART goals: specific, measureable, attainable, relevant and timely. Most certainly maintain self-compassion. If you don’t reach the goal, pause and ponder how to modify and reset again.

The American Psychological Association offers some helpful strategies that promote good behavior change.

Make a plan that will stick

Your plan is a map that will guide you on this journey of change. You can even think of it as an adventure. When making your plan, be specific. Want to exercise more? Detail the time of day when you can take walks and how long you’ll walk. Write everything down, and ask yourself if you’re confident that these activities and goals are realistic for you. If not, start with smaller steps. Post your plan where you’ll most often see it as a reminder.



Continues on page 2

Wellness Events

Wellness Breakfast

Please join Dr. Jain & the Student Affairs Team for breakfast on Friday, Jan. 12th from 8-9AM. We hope this is a good way for us to encourage wellness and community in 2018"

Mindfulness-Based Stress Reduction Course

Denise Dempsey, M.Ed. & Philippe Goldin, Ph.D. Orientation Wed. Jan. 17th, 6:00-8:00 p.m. Betty Irene Moore Hall, Room 340. Course runs 8 weeks on Wednesday evenings No cost. More information: StressReductionPrograms.com

Sexual Harassment in Academic Medicine Panel Discussion

Reshma Jagsi, M.D., D.Phil. co-author of "It is Time for Zero Tolerance for Sexual Harassment in Academic Medicine" Jan. 19, 2018; 12 - 1:30 p.m. CHT 1341. Click [here](#) to register for the event.

Strategies for Managing Stress Around Step Studying: A Four Session Series

Stephen Simonson, Psy.D. Jan. 10th, 17th, 24th & 31st 5:30-6:30, Ed Bldg Room 3207. RSVP to Dr. Simonson at simonson@shcs.ucdavis.edu.

Attending: Medicine, Mindfulness and Humanity

Ronald Epstein, MD, FAAHPM Feb. 6, 2018 5:00 Reception; 5:30 Presentation UC Davis Cancer Center Auditorium RSVP to [here](#).

Start small

After you've identified realistic short-term and long-term goals, break down your goals into small, manageable steps that are specifically defined and can be measured. Is your long-term goal to lose 20 pounds within the next five months? A good weekly goal would be to lose one pound a week. If you would like to eat healthier, consider as a goal for the week replacing dessert with a healthier option, like fruit or yogurt. At the end of the week, you'll feel successful knowing you met your goal.

Change one behavior at a time

Unhealthy behaviors develop over the course of time, so replacing unhealthy behaviors with healthy ones requires time. Many people run into problems when they try to change too much too fast. To improve your success, focus on one goal or change at a time. As new healthy behaviors become a habit, try to add another goal that works toward the overall change you're striving for.

Involve a buddy

Whether it be a friend, co-worker or family member, someone else on your journey will keep you motivated and accountable. Perhaps it can be someone who will go to the gym with you or someone who is also trying to stop smoking. Talk about what you are doing. Consider

joining a support group. Having someone with whom to share your struggles and successes makes the work easier and the mission less intimidating.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and commitment. If you feel overwhelmed or unable to meet your goals on your own, consider seeking help from a psychologist. Psychologists are uniquely trained to understand the connection between the mind and body, as well as the factors that promote behavior change. Asking for help doesn't mean a lifetime of therapy; even just a few sessions can help you examine and set attainable goals or address the emotional issues that may be getting in your way.

<http://www.apa.org/helpcenter/lifestyle-changes.aspx>



Dear All,

Throughout 2018, I am hoping to share the, "wellness," stories of staff, students, and faculty in my monthly newsletter. I encourage you to send me your personal stories about how you maintain your well-being. My goal is to not only inspire others with your reflections, but to help build a sense of community around shared stories. Feel free to send me strategies you use to promote your well-being (yoga, reading, travel.....), recipes, a book, other resources or an inspiring story. Please check out the recipe section below that includes one from Denise Nelson, one of the amazing Office of Medical Education staff. Thank you Denise for kicking off the submissions.

I thank you in advance for your collaboration.

Maggie Rea

Director Student Wellness

Wellness Tip: Connect with your Goals

The New Year is also a good time to connect with your goals. As students, at this time of year, you might need to reengage with the goals that propelled you to make this step in your education. It might be time to reestablish your commitment to your goals and value. The exercise below is a tool to help you reconnect to your mission by imagining your future and where all this hard work can take you.

Best Possible Self-

HOW TO DO IT

Take a moment to imagine your life in the future. What is the best possible life you can imagine? Consider all of the relevant areas of your life, such as your career, academic work, relationships, hobbies, and/or health. What would happen in these areas of your life in your best possible future?

For the next 15 minutes, write continuously about what you imagine this best possible future to be. Use the instructions below to help guide you through this process.

1. It may be easy for this exercise to lead you to examine how your current life may not match this best possible future. You may be tempted to think about ways in which accomplishing goals has been difficult for you in the past, or about financial/time/social barriers to being able to make these accomplishments happen. For the purpose of this exercise, however, we encourage you to focus on the future—imagine a brighter future in which you are your best self and your circumstances change just enough to make this best possible life happen.
2. This exercise is most useful when it is very specific—if you think about a new job, imagine exactly what you would do, who you would work with, and where it would be. The more specific you are, the more engaged you will be in the exercise and the more you'll get out of it.
3. Be as creative and imaginative as you want, and don't worry about grammar or spelling.
http://ggia.berkeley.edu/practice/best_possible_self#

Monthly Recipe: Vegan Molasses Cookies

Denise made some delicious Vegan Molasses Cookies for at a holiday event. She is passionate about being a Vegan.

Denise wrote,

"I am vegan for the animals. To save a life and to help stop the violence against them... Also, for my health and the environment... Natalie Portman said it so much more eloquently, so perhaps a quote from her would be better... She said "Eating for me is how you proclaim your beliefs three times a day. That is why all religions have rules about eating. Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings. That is why I eat the way I do." Follow the link for step by step cooking instructions.

<http://www.ilovevegan.com/vegan-molasses-cookies/>



Wellness App: The way of Life



The Way of Life App looks like it could be a help tool for tracking areas for behavior change. It helps you identify and track your habits using a unique color system. The app helps you see helpful and unhelpful "trends," in your lifestyle. The App also helps you set up reminders and customized messages to help you monitor your goals.
<http://wayoflifeapp.com/>