

## Social Connections

The new academic year is an important time to review strategies that promote resilience and well-being.

One key element that can support resilience is **social connectedness**, the degree to which we feel we have adequate and diverse relationships that provide emotional support, information, logistical help and even material aid. There is an abundance of literature that discusses the positive impact of social support and connections on physical and emotional health and overall resiliency of individuals at all stages of life.

Feeling connected to a community promotes a feeling of security and trust and in turn individuals are more likely to engage in health promoting activities. Connectedness goes hand in hand with the feeling of belonging. Spending time with others who share your experiences, interest and values can help promote a rich community. While at the same time, reaching out to those with a different background or culture can enrich you and broaden your sense of connectedness.

Belonging does not mean working to make yourself fit into a group. Instead, belonging is bringing your authentic self to a group. Social support is reciprocal; we can connect with others by offering care as well as by receiving it. Volunteering to help an individual or a group can be a sure way to feel connected. Being important to others builds a sense of belonging.

Consider being intentional about building social connectedness as you face the new academic year. Some of you might tend to isolate in an effort to focus on the demands of school. Please be mindful that

going underground into the social isolation bubble can work against your well-being. Reach out to colleagues, especially the new ones, and meet for a coffee. Plan a potluck on the weekend. Pause to help out a new student figure out how to find the library. Keep in mind that most of us need a circle of support and that the individuals within the circle provide varying means of support. One member of your circle might offer logistical support by simply offering to carpool, while another is a great listener, while another enjoys studying in a group, while another shares your passion for the outdoors and is up for a hike on the weekend. If you draw a circle on a piece of paper and begin filling in names of individuals and groups with whom you have a connection, you can foster the experience of belonging and foster a sense of community and in turn your resilience.



**Welcome Class of 2023  
to the  
UC Davis School of  
Medicine  
We are So Pleased to  
Have You as Part of Our  
Community**

By Dr. Margaret Rea

## Wellness Events

### Work Life and Wellness Events

[http://  
www.ucdavis.edu/hr/  
wellness/index.html](http://www.ucdavis.edu/hr/wellness/index.html)

### UC Living Fit Forever

[http://  
intranet.ucdavis.edu/  
clinops/resources/  
living\\_fit\\_forever.shtml](http://intranet.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

### Wellness Canvas Site

Please take a look at the Wellness Canvas Site that contains helpful tools to support student well-being  
[https://canvas.ucdavis.edu/  
courses/288487](https://canvas.ucdavis.edu/courses/288487)

### Farmers Market

Every Wednesdays 3-7pm  
Ed. Bldg. Outdoor Quad

### Wellness Workshop

*The Goldilocks Principle:  
Seeking a "Just Right" Balance  
in Medical School*; August  
22nd; Noon; Ed. Bldg. 2205  
First 30 Receive Lunch Students

### Wellness Walk

August 26th; 12:30-1:00  
Meet Lobby Education Building

### Faculty Student Dialogues

August 27<sup>th</sup> @ Noon  
Ed Bldg Lecture Hall 1222

### The Heart of Medicine: A Medical Student Support Group

Wednesday August 28th @  
5:30pm - 6:30PM; CHT 3308

## Wellness Tip: Meditate To Connect

Sharon Salzberg's discussion of a loving kindness meditation that promotes social connection fits with the theme of the newsletter:

"By practicing loving kindness meditation, you can learn to see the lives of others as related to your own. This doesn't mean you must like everybody or agree with everything they do. It means you can open up to the possibility of caring for others not just because you like them, admire them, or are indebted to them, but because your lives are inextricably linked."

**1.** Begin with someone who has helped you; maybe they've been directly generous or kind, or have inspired you though you've never met them. When you think of them, they make you smile. Bring an image of the person to mind or feel their presence as if they're right in front of you. Say their name to yourself, and silently offer these phrases to them, focusing on one phrase at a time. •May you live in safety. •May you have mental happiness (peace, joy). • May you have physical happiness (health, freedom from pain). •May you live with ease. Don't struggle to fabricate a feeling or sentiment. If your mind wanders, simply begin again.

**2.** After a few minutes, move on to a friend. Start with a friend who's doing well right now, then switch to someone who is experiencing difficulty, loss, pain, or unhappiness.

**3.** Offer loving-kindness to a neutral person, who you don't feel a strong liking or disliking for: a cashier at the supermarket, a bank teller, a dry cleaner. When you offer loving-kindness to a neutral person, you are offering it to them simply because they exist—you are not indebted to or challenged by them.

**4.** Offer loving-kindness toward a person with whom you have difficulty. Start with someone mildly difficult, and slowly work toward someone who has hurt you more grievously.

[https://www.mindful.org/sharonsalzberg-connect-with-kindness/?utm\\_source=Mindful+Newsletter&utm\\_campaign=ca840864ef-EMAIL\\_CAMPAIGN\\_2017\\_06\\_26&utm](https://www.mindful.org/sharonsalzberg-connect-with-kindness/?utm_source=Mindful+Newsletter&utm_campaign=ca840864ef-EMAIL_CAMPAIGN_2017_06_26&utm)

### How to schedule an appointment or access support:

- ◆ Dr. Maggie Rea—Director of Student and Resident Wellness; [mrea@ucdavis.edu](mailto:mrea@ucdavis.edu), (916) 703-9355
- ◆ Student Health Counseling Services, Sacramento Campus; [medschoolcounseling@ucdavis.edu](mailto:medschoolcounseling@ucdavis.edu)
- ◆ Crisis Services:
  - 911 or Suicide Prevention 1 800- 273-TALK (8255)
  - Crisis Text Line Text RELATE to 741741
  - Sutter Center for Psychiatry 24/7 - (916) 386-3620

## Monthly Recipe from the UC Davis Community

Hello, my name is Wendy Luc and I am a first year MEPN student at the Betty Irene Moore School of Nursing. As we run around from class to class, I'm always looking for fun snacks that are portable and healthy. Hummus is one of my five major food groups! I love this hummus because it's refreshing, earthy, and hot pink! It's a great snack and yields 3 times as much as a little container at the store. Enjoy!



<https://minimalistbaker.com/roasted-beet-hummus/>

## Wellness App: Calm



"Calm is a very popular app for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations,

Sleep Stories, breathing programs, stretching exercises, and relaxing music. Calm is recommended by top psychologists, therapists, and mental health experts.

Calm has 100+ exclusive Sleep Stories for adults and children alike, featuring well-known talent such as Stephen Fry, Matthew McConaughey, Leona Lewis, and Jerome Flynn. Drift off to dreamland and wake up refreshed."

<https://www.calm.com/>  
<https://apps.apple.com/gb/app/calm-meditation-and-sleep/id571800810>