

# UCDSOM WELLNESS

Office of Student Wellness Newsletter  
UC Davis School of Medicine

## Mindful Walking

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## WELLNESS EVENTS



### Imposter Syndrome

Maggie Rea, Ph.D

Tuesday, October 18th 12 - 12:50 p.m.

Ed Bldg, LH 2222

### Lecture with Scott Abbott of the Sacramento Running Association

Thursday October 20th 12-1 pm

Ed Bldg 1222

### Practice of Mindfulness and Compassion

Thursdays, 5-6pm

Location: 1331 Center For Health and

Technology

Philippe Goldin, Ph.D.

Assistant Professor

pgoldin@ucdavis.edu

### Work Life and Wellness Events

<http://www.ucdmc.ucdavis.edu/hr/wellness/brownbags.html>

I highly recommend - trying the meditation

workshop on Mondays at noon

Time: 12:00-1:00 pm

Location: Glassrock Building, Room 7106

### Living Fit Forever Classes

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

## Hello October – the Month of Walking

By Dr. Margaret Rea



There is a lot of exciting wellness news to discuss this month. As I mentioned in September, Dean Freischlag's theme of Health and Wellness has begun. This month is Walktober. Take a look around the campus as you will notice signs posted encouraging you to walk and there will be information about the distances between different locations. For example, "Its Only 84 steps from here to the Hospital."

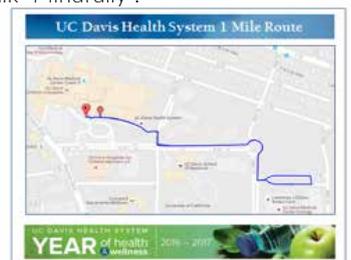
I encourage you to consider a walking break for several reasons. Exercise is good for your physical well-being, but also taking a break from studying and going for a walk can help you clear your mind, increase your energy and refocus. Walk with a friend(s) and you have a social support moment as well. So much wellness in one activity!!! Oh and for you competitive souls – you could have a nice competition about who could walk further this month. A friendly college competition??? Check out the event on October 20th where there will be a workshop on how to create a running program. The Dean is also promoting a "15 minutes for 15 days" the last 3 weeks of October. It will include a contest between units/groups where a 15 min walk during your workday is equal to 1 point. The unit with the most points will win a prize. There is also a Farmers Market Raffle- enter to win a basket of goodies from our Farmers Market by visiting its new location at the Education Building.

For all you scientists out there, I am going to add a bit of research data to support my plug for walking. A metaanalysis on the benefits of walking, found positive effects on systolic and diastolic blood pressure; resting heart rate; body fat; body mass

index; total cholesterol and depression-benefits for your physical and emotional health. I also like it because it doesn't mean I have to get out there and run 5 miles a day to impact my health.<sup>1</sup>

There is another way you can also combine the physical benefits of walking with your emotional health. Consider Mindful Walking. Please take a look at how to do Mindful walking in my monthly wellness tip below. Mindful walking can connect you back to the environment around you and help you get out of your head for a few moments or steps. Like many mindfulness activities, it slows you down for just a few moments and lets you in turn refocus in a more present way.

Check out this map for how to walk a mile around the campus. Consider doing the walk "Mindfully".



One final suggestion, I hope you can attend my workshop on October 18th at lunch (the first 30 of you get lunch) on Imposter Syndrome. It will be a helpful discussion about how high achievers like you can sometimes experience self-doubt and worry about if you belong. We will discuss helpful coping strategies so these concerns are less challenging.

# Monthly Wellness Tip



## Mindful Walking

Meditation is about slowing down and being present for your life as it is right now, without trying to change it in any way. You'll be glad to know that mindfulness is not all about closing your eyes and focusing on your breath all day long. Just remember... there are no expectations. This exercise is mindful and that means that you remain detached and non-judgmental of whatever comes to mind. If you find this hard, be mindful of your (perceived lack of) mindfulness. Doing a mindfulness exercise means you're doing it right—so you can't go wrong. Some people use walking meditation instead of breathing meditation. All you do in walking meditation is

***All you do in walking meditation is walk and focus on the sensation of walking.***

walk and focus on the sensation of walking. That is your focus as opposed to your breath. In walking meditation, you're not trying to get anywhere. To reinforce this, you walk in circles around a room or up and down a hall. This gives your mind the message that there's no use hurrying since you're not going anywhere anyway. Walking is generally a pleasant and relaxing experience for both mind and body, and an excellent way to release stress or restless energy.

You can begin by focusing on your legs, feet or your whole body. It isn't the walking speed that matters so much as focusing fully on the activity. Some people find it helpful to slow their walking and pay attention to each part of each step while others wobble when slow and need to speed things up. Just go with whatever feels right to you. If your mind wanders from the focus, notice where it has gone, then respectfully escort it back to the walking.

### Wellness App

A Free App for this month that fits in with Walktober is Map My Walk from Under Armour – GPS Walking, Jogging, Running, Tracking Workouts and Calorie Counter-Start walking with the MapMyWalk community. Record GPS-based activities to view detailed stats; connect with 400+ devices to import and analyze all your data in one place; log over 600 different activity types.

### Monthly Recipe

After walking- how about trying some pancakes – Dr. Rosane Oliveira from the UCD Department of Integrative medicine discusses how your favorite breakfast food can be “made the plant-based way by combining almond milk with lemon juice or apple cider vinegar, you can make a dairy-free 'buttermilk.' Add a few other plant-based ingredients like whole wheat flour, aquafaba, and applesauce, and VOILA!

<http://ucdintegrativemedicine.com/recipes/buttermilk-pancakes/#gs.8fvvCP8>



People who are agitated may find walking meditation a good meditation to do (there's a reason we pace when we're agitated). Preferably do your mindfulness activities in a private spot, either in your home or in your yard.

Now let's start... Stand straight, head up, feet about shoulder width. You're forming a solid stance, firm base. Feel your balance, how you're shifting slightly back and forth, from side to side. Normally this happens automatically. Become aware of these minor movements. Feel the soles of your feet, roll gently back and forth to emphasize the sensation of your feet against the ground. Focus on a point in front of you. It's time for your first step...Rolling forward, push off with your right foot and s-l-o-w-l-y take a step. For a couple of seconds, feel how your leg moves through the air. The sensation of impact as your heel touches the ground.....Now push off with your left leg. Feel how your right leg muscles are balancing your body as your left leg travels through the air and touches the ground. Take five slow, fluid steps like this. Then halt and turn around. Now walk back to your starting point, close to normal speed this time. Did you feel the difference? This time you relied more on sight and less on feeling your balance and your senses didn't you?

Slowing down the pace, we tend to become aware of other, lesser-used senses.

Now repeat the slow walk and return.  
After you're done stand still for a minute and feel your mind and body.

Simply observe any sensations or feelings. Whenever you become aware of any thoughts or sensations, remain mindful and detached and let the sensations go. When a new thought or sensation comes, let that one go. Become aware of the gentle, fluid movements within your mind. Thoughts and sensations are replaced by other thoughts and sensations—a perpetual, impermanent cycle. This is natural, just as the moving, changing sensations in your body, coming and going as you walk.

<http://www.themindfulword.org/2012/mbsr-mindfulness-based-stress-reduction/>

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## Office of Student Wellness

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