

Chief Wellness Officer

Dear student colleagues in the School of Medicine and the Betty Irene Moore School of Nursing,

I do hope you are all enjoying your studies and are learning what you need to know to enter the healthcare professions you have chosen. There is no more meaningful role in life than in caring and curing as I hope you are all discovering. As you look ahead into 2019, this is a good time to think about ways to take care of yourself. After all if you don't look after yourself, how can you look after your patients, and all of your friends and family, when and as necessary? And how can you have a truly rewarding lifestyle full of the interests we all need to have away from healthcare that give us the essential balance all of us require in our lives?

I am pleased to introduce myself to you. I am a psychiatrist and have been treating health professionals as part of my practice for many years. I have recently been appointed as the UCD Health Chief Wellness Officer, with a mandate to help all our staff and students thrive and be successful in their careers. With strong support from the UCD leadership, including in your Schools, I am focusing on improving our professional culture and making clinician wellbeing a core outcome that every member of our community aims to support and improve and part of the daily work and mission of every faculty, staff and student. We all need to not only look after ourselves, but also look after each other in a respectful caring way, and be prepared to ask our colleagues if they need help when they show signs of stress or burnout.

Let's start with a few tips for taking care of yourself, so that you can better look after your patients and your colleagues

- Regularly take some time out for yourself. If you do this regularly it will become a natural, comfortable respite.
- Make sure you sleep properly – pulling “all-nighters” is not a good long-term approach to succeeding in healthcare

By Dr. Margaret Rea

- Take time to “stay in the moment.” Mindfulness, yoga, meditation and Tai Chi are all useful. Get used to enjoying your surroundings rather than looking at your device or another distraction or thinking about plans and obligations.



- Exercise regularly. Walk, run, swim or play a sport you enjoy. Keeping physically fit is good for your mental health too.
- Give to others. Helping people in need and contributing to worthy causes are great ways to feel better about yourself and can remind us all how lucky we are compared with many other people. Get involved in charitable activities and be inspired by the power of “giving back”.
- Engage with problems rather than avoid them. It is better to try to resolve an issue and to focus on solutions rather than barriers. Putting off decisions or actions that you know you'll have to do leads to more stress.
- Say “no” to things that you don't want to do. You can't always please everyone, so don't try at your own detriment.

One of our weaknesses as health care professionals is that we are often the last people we look after, an irony that can cause more problems for us and our families than we realize.

So do please look after yourself and your colleagues as you progress through your studies at UCD. And my very best wishes to all of you.

Peter Yellowlees MD
Chief Wellness Officer,
UCD Health

Wellness Events

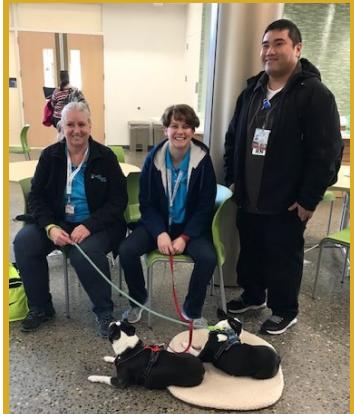
Work Life and Wellness Events

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

UC Living Fit Forever

http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml

Thanks to all who came to see the Therapy Dogs!



Wellness Tip: Self-Compassion Break for your Wellness

A great resource for finding strategies to promote your well-being is Mindful, "a mission-driven non-profit...dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness—to enjoy better health, more caring relationships, and a compassionate society." <https://www.mindful.org/about-mindful/>



This month's issue offers three wonderful techniques to conquer anxiety and build resilience. Please go the links provided and explore their three audio guided meditations.

Three Guided Meditations to Conquer Anxiety and Build Resilience

Build Resilience

Uncertainty is like fertilizer for difficult emotions. This meditation reminds you that life is always in flux and the most courageous thing you can do is slow down, turn toward your difficult emotions, and meet them with compassion. By staying with both the highs and lows

of your inner experience, over time you become more resilient, meeting each moment with strength.

Respond with Calm

Anxious feelings often provoke us to act in habitual ways. For example, when you're anxious you may find yourself chewing on your nails or lashing out at close friends. By practicing mindfulness, you can bring awareness to your experience and respond, rather than react, to the moment at hand. This meditation helps you open up, so you can choose whether to engage in a habitual action or simply stay with your feelings.

Create Space

When you dig into the storylines that trigger anxiety—whether it be memories, thoughts, or self-conditioning—you begin to give yourself the space you need to live with more ease. This practice helps you acknowledge your anxious feelings rather than fight them. This is a deep investigative practice that can be challenging at times and is best done when you feel safe, curious, and ready to fully explore your emotions.

<https://www.mindful.org/tune-in-three-guided-meditations-to-conquer-anxiety-and-build-resilience/>

All students, staff and faculty are encouraged to contribute wellness stories, tips or recipes to the newsletter.

Monthly Recipe from the UC Davis Community

This month's recipe is from **Elizabeth Rice PhD, PMHNP-BC** Associate Dean for Student and Faculty Success, Betty Irene Moore School of Nursing -"This recipe is one that I made a lot in Wisconsin when the weather started to turn cooler and hearty soups were necessary! I also like it because it is vegetarian and can be made in a slow cooker so it's all ready when you get home."

Corn Chowder

- 2 Tablespoons butter
- 1 cup chopped onions
- 1 cup chopped celery
- 3 Tablespoons flour
- 3 cups vegetable broth
- 1 cup diced red potatoes
- 2 cups corn (I often use frozen)
- 1/8 teaspoon of thyme
- 1 bay leaf
- 1/3 cup heavy cream



In a 3 quart pan, melt butter and stir in chopped celery and onion. Cook for 3-5 minutes on low heat until soft. Add flour and stir. Add broth and bring to a boil. Add potatoes, corn, thyme, and bay leaf. Return to boil for 15 minutes or until potatoes are soft. Reduce heat and simmer for 15 minutes. Stir in cream, salt and pepper to taste.

Wellness App: Zen

This free app offers weekly guided meditations for relaxation, deep sleep, mood improvement, anxiety relief, stress reduction, focus at work and much more.

- Audios and videos for relaxation and meditation.
- Deep sleep music and morning music for positive energy.
- Binaural beats therapy.
- ASMR audios for mental massage, relaxation and deep sleep.
- Mantras for health, love, happiness, deep sleep and anxiety relief.
- Realistic 3D sounds for relaxation.
- A unique mood monitoring feature allowing you to keep track on your emotional status.
- Reflections and inspirational quotes, proverbs and motivation messages.

<https://itunes.apple.com/us/app/zen-meditation/id1089982285?mt=8>

