

*message from the Office of Student Wellness Director,
Maggie Rea, Ph.D.:*

Happy Holidays!

I am checking in to send my greetings as we launch into the holiday season.

I can imagine that that the festivities of the holidays and winter break can seem a long way off as you face your current stresses. Thus, it becomes even more important to consider your well-being and not lose sight of self-care. Please keep in mind that when your mind and body are well, you will be more likely to master the academic and professional challenges you are facing.

To that end, here are some wellness resources and tips- I am focusing on apps that can be useful as they can be easily accessible even when you are studying, or on rotations, or busily interviewing.

1. I recently downloaded the **7 Minute Workout app**- the data says we can get the benefits from a high intensity workout in just 7 minutes with just 12 exercises. I have just started using the app every day- I don't like those planks, but I am pushing on.

<http://intranet.ucdmc.ucdavis.edu/publish/insidernews/ucdhs/10560>

2. Many of you know I am a believer in practicing short mindful meditations throughout the day. These breaks and pauses in the day not only serve to keep us emotionally balanced, but they also can help us increase our focus and energy. I am trying to use a minute of meditation before I have to present to a big group. I find that I enter the room in a more centered and energized state after just one minute of meditation.

One of the apps that is useful for meditation is called:

- **Stop, Breathe and Think.**
- And one of my favorites is **One Moment Meditation** – after you download the app, they send you text messages to remind you to take a moment! The YouTube associated with the app is fabulous:

<https://www.youtube.com/watch?v=F6eFFCi12v8>

3. Let's not forget about those challenging thoughts that can sometimes work to fuel our anxieties. A great App- is the **CBT app- Cognitive Behavioral Therapy-**

This app contains exercises that can help you recognize and challenge thoughts that might not be helpful or healthy for you.

On that topic, I wanted to address a specific issue with regards to the **upcoming BSE**. I have been talking with the **Osler team** and we all wanted to highlight how important it is to not let the score define you. This is an important cognitive strategy. Students are setting up expectations about what their score should be- for example, expecting the equivalent of a passing score. However, these expectations are unreasonable given where you are in the curriculum. Then, if the score is not what you expected, you can fall into unhelpful thinking about yourself and your abilities. Consider the difference between how you would feel if you thought “I should have done better, what is wrong with me,” versus “the BSE is just an assessment not an evaluation and its goal is to help me form my study plan!” The latter thought would help you stay calm and focused. I encourage you to challenge that unhelpful thinking and create balanced expectations.

4. Finally, for those of you who might struggle with getting restful sleep, there are lots of sleep help apps such as the one appropriately called **Sleep/Anxiety-**

Just as a reminder, there are a few wellness offerings here at UC Davis Medical Center in December:

1. **Reiki**

Monday, December 14, 2015

Instructor: Kathy Lorenzato

Time: 12:00-2:00 pm

Location: Facilities Support Services Building (FSSB)

Room 2030, 4800 2nd Ave., Sacramento

- 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.

<http://intranet.ucdmc.ucdavis.edu/publish/insidernews/ucdhs/10560>

2. **Meditation Workshop**

Monday, Dec. 14, from noon to 1 p.m. in the Glassrock Building, room 7106.

- The class is part of the 2015 Meditation Series for balance and well-being. These workshops are for beginners who are just learning about meditation or for people who already make meditation their daily practice. Those interested in attending should RSVP to Marina Podoreanu or 916-734-2760 by Wednesday, Dec. 9

<http://intranet.ucdmc.ucdavis.edu/publish/insidernews/ucdhs/10557>

Thank you for taking the time to read my December Wellness Moment and I wish you all the best during the holiday season –

Maggie Rea

If you would like to connect with me, I can be reached by email at mrea@ucdavis.edu or at (916)703-WELL.