

UCDSOM WELLNESS

Office of Student Wellness Newsletter
UC Davis School of Medicine

Mindful Breathing

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WELLNESS EVENTS



Course on “The Science and Practice of Mindfulness and Compassion” September 22

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

Welcome!

By Dr. Margaret Rea,

Director
of Student
Wellness



Greetings from the Office of Student Wellness,

I want to offer a special welcome to the class of 2020 - You are off to a great start. You are being asked to absorb a lot of information- please try and keep your expectations in check, circle back to the healthy thought, “ I am just beginning, I can't expect that I will learn it all right away. I have many resources to help me succeed.” You are part of a wonderful community that includes your classmates and upperclassman and please remember all the fabulous resources you learned about at orientation- Wellness, Osler, Diversity and Inclusion,

and Student Affairs, and of course the amazing OME staff- just to name a few of many.

As a reminder to everyone, and as an introduction to the class of 2020, the webpage, UC Davis School of Medicine Office of Student Wellness, has important information about how to access wellness and counseling services. In addition, you can access all the past monthly wellness newsletters which include various resiliency and stress management techniques.

http://www.ucdmc.ucdavis.edu/mdprogram/student_wellness

Monthly Wellness Tip



Using Mindful Breathing as a Strategy for Stress Management and Increased Focus

The first year students were wonderful and were willing to practice a mindful breathing exercise during orientation that has been shown to help students increase their calm and focus before a test. Practicing this exercise with the class of 2020 reminded me of the power of something as simple as BREATHING. This important strategy for well-being was highlighted in the site Mindful. Org where I often go when I am looking for techniques I can offer students to help you stay well and balanced.

I thought of medical students when I was reading about how, when we are trying to use mindful meditation, we start judging ourselves that we are not doing it right. The author talks about trying not to push so hard for results. Medical students tend to push themselves very hard in their drive for success. When it comes to mindfulness practices, it is helpful to step back from the judgment. Mindfulness is all about letting the judgment go!!!!

The author states:
 “striving for success usually gets in the way.the joke in meditation is that awe get somewhere by not trying to get anywhere. It invites us to set no targets, and to let go of judging ourselves constantly against some invented measure from the past or the future. If you’re seeking peace, it will come when you stop measuring everything, including meditation, against an arbitrary yardstick.....This letting go of judging our practice is precisely what’s trained in mindfulness of breathing. It’s wonderfully simple. Just notice and follow the breath as it’s happening right now. Let everything be as it is, and when you notice that the mind has wandered, gently come back to the breath. Just keep practicing this, and let the results take care of themselves.” From Into The Heart of Mindfulness, by Ed Halliwell.



Wellness App

Omvana gives you access to many meditation sounds, music, and guided sessions with meditation experts. Focus options include: mindfulness, stress, relaxation, sleep, and more. You can choose the length of each meditation session, from three minutes to an hour.



Monthly Recipe

Recipe for August:
 Since I live with a houseful of lactose intolerant family members, I was particularly excited by the recipe for dairy free cheesecake from Dr. Oliveira from the Department of Integrative Medicine at UC Davis.

<http://ucdintegrativemedicine.com/recipes/cheesecake/#gs.d4XoTvc>

Practice: Mindful Breathing

Here are some steps to take when experimenting with mindful breathing. Notice how I said experiment. Try it, experiment with it and see where you land. Not all techniques work for all people.

- 1. Find a quiet place, and sit on either a chair or cushion. Choose a chair with a firm, flat seat, and hold your back upright (although not stiffly so). Let the soles of your feet meet the ground, and bring your hands on to your lap. If you sit on a cushion, you can be cross-legged. Let your body be relaxed, inviting openness and confidence.
- 2. Decide how long to practice for. Your session can be as short as five minutes, or shorter or longer. You may find it useful to set an alarm to tell you when to stop, so you don't have to think about it.

3. Bring attention to the sensations of breath in your belly. Let go of thinking about or analyzing the breath. Just feel it. Follow its natural rhythms gently with attention: in and out, rising and falling. Let thoughts, emotions, body sensations, and sounds be as they are—you don't need to follow them or push them away. Just allow them to happen, without interference, as you direct gentle attention to the breath.

4. When you notice that your mind has wandered, as it likely will often, acknowledge that this has happened, with kindness. Remember, as soon as you're aware of the wandering, you have a choice about what to do next. You can bring your attention back to the breath, and continue to follow it, in and out, moment by moment, with friendly interest.

5. Continue with steps three and four until it's time to stop.



Office of Student Wellness

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