

Happy April,

Spring is here. It is so nice looking out the window seeing so many of you eating on the grass and socializing. I had a lovey Spring moment the other day. I was walking by the basketball hoop, being very **unmindful** staring at my phone, when a group of students playing basketball shouted-“Look Dr. Rea, we are doing some wellness.” It was so exciting to hear that wellness is on the minds of our busy students.

I also feel quite proud that me, my scarves, and my “wellness,” message made it into MIRTH. I feel like I have arrived- thank you! I even like the idea of my mindful hand washing idea being mocked.

Now to some exciting wellness updates and news here at the School of Medicine.

- I am pleased to announce that OME has launched **The Wellness Ambassador Program** which communicates about upcoming wellness programs, delivers specific programs within the department, and offers tools and resources to create a healthy workplace, all coordinated by our own *Wellness Ambassador*, Lina Ibarra.

Please contact Lina @ liibarra@ucdavis.edu to get on the Wellness Ambassador contact list. Lina has already sent out information about **two challenges** going on at the moment:

1. Steps Challenge: <http://intranet.ucdmc.ucdavis.edu/publish/insidernews/ucdhs/10810>
2. Veggie Challenge



- The first year wellness reps, Mariam and Jenny, approached me with several wonderful wellness ideas. One proposal they had was to bring therapy dogs to campus as a stress management event. I am so pleased to announce that I have been able to arrange our first **Fluffy event, April 28** between 11-1. The dogs will be outside by the picnic tables.



Some Other Wellness Opportunities:



Meditation

Monday, April 18, 2016

Instructor: Brenda (Astara) Gustin, Ph.D., CMT, RYI

Time: 12:00-1:00 pm

Location: Glassrock Building, Room 7106

Self Defense

Wednesday, April 27, 2016

Time: 12:00-1:00 pm

Location: Marriott – Ballroom-Please join for a special self-defense class with Nikki Smith. Self-defense is the act of defending oneself, one's property or the well-being of another from physical harm. The focus of this workshop is to prevent attacks and incidents that put us in harm's way at work or in our daily lives.

Mother-to-Mother Group

Friday, April 8, 2016

Facilitator: Shirley German, IBCLC, RLC / UC Davis Breastfeeding Program

Time: 11:30am - 12:30 pm

Location: Main Hospital, Tower-DCR 1655 (across from the Rhino Café by the red brick walls) Meet other moms, encourage and learn from each other, and get help resolving breastfeeding difficulties. **Future Dates: 4/8, 5/13, 6/10, 7/8, 9/9, 10/14 (same place and time)**

Sponsored by the UC Davis Breastfeeding Support Program worklife-wellness.ucdavis.edu

Preparing to Breastfeed

Thursday, April 14, 2016

Instructor: Shirley German, IBCLC, RLC

Time: 11:30 – 1:00 pm

Location: Ticon III, Human Resources, 3-B Conference Room (3rd floor)

Please RSVP to mpodoreanu@ucdavis.edu or 916-734-2760.

- **Spiritual Health:**

The Clinical Pastoral Services sponsors the following:

- **Monday: 2nd & 4th of each month -Catholic Mass -12:00 pm**
- **Wednesday: Every Week - Interfaith Centering -12:00 pm**
- **Friday: Every Week – Islamic Prayer - 1:00 pm**
Battistella Meditation Room/All-Faith Chapel- Pavillion

- Thanks to the Department of Integrative Medicine at Davis-here is our healthy recipe for the



month:

<http://ucdintegrativemedicine.com/>

Southwest Chipotle Burger

BY JEFF NOVICK, MS, RDN

INGREDIENTS

- 1 (14 ounce) can no salt added kidney beans
- 1 (14 ounce) can no salt added black beans
- 1 cup rolled oats
- 1 cup cooked brown rice
- 4 tablespoons low-sodium salsa
- 2 tablespoons Mrs Dash Southwest Chipotle Seasoning

-
- **PREP TIME 30; COOK TIME 20; SERVES 8-10 BURGERS****DIRECTIONS**

1. Rinse and drain the beans thoroughly and place them into a large bowl.
2. Mash the beans by hand with a potato masher to a rough mash.
3. Add in the remaining ingredients (rice, oats, salsa and seasoning) and mix thoroughly.
4. Divide into 8-10 equal parts and shape each part into a burger.
5. Let sit uncovered for 15-20 minutes in the refrigerator to set.
6. Grill (or broil) on each side till golden brown.

Finally, I want to offer my wellness technique for April. I was reading an article about mindfulness and thought about all you students out there working hard and reading a lot. Check out this simple Mindfulness technique related to reading:



The Wrap-Around

Before reading, sit quietly for some minutes. Bring your attention to your breath, letting go of thoughts and sensations, returning to the breath again and again. Then read. Notice if you read with more focus and appreciation. When you finish reading, sit again for some minutes, again bringing your mind to your breath. At the end of your practice, notice what you have learned from the reading.

http://www.mindful.org/three-simple-mindfulness-practices-you-can-use-every-day/?utm_source=Mindful+Newsletter&utm_campaign=0f6961519f-

[MF Weekly March 29 2016 29 2016&utm_medium=email&utm_term=0_6d03e8c02c-0f6961519f-21555569](http://www.mindful.org/three-simple-mindfulness-practices-you-can-use-every-day/?utm_source=Mindful+Newsletter&utm_campaign=0f6961519f-)

Have a wonderful April and please join me on the 28th from some de-stress time with the dogs.

Maggie Rea

mrea@ucdavis.edu

(916) 703-WELL

