

Welcome Back and Happy 2016,

Congratulations on the Wine Auction. It was such a wonderful event. I was so impressed with all the beautiful auction items and the entertainment was fantastic- what talent!

I hope you all were able to fit in some good wellness time over the break.

January is a busy month and it can be hard to come back to studying and work after a break especially during these dark rainy days.

SO.....being intentional about your wellness is key!

I encourage you to take advantage of several wellness events and opportunities listed below as well as integrate wellness techniques into your routine.

Let's start with the wellness events happening in January:

Two medical student specific events are:

- **January 21st: Emotional Preparedness Step 1;** 12-1 pm, Education Bldg., Room 2205: Join Dr. Karin Nilsson as she reviews strategies for self-care and success during your Step 1 study period.
- **February 8th** – Dean Freischlag will lead the community in an important discussion about maintaining resiliency in the face of the many work demands and goals. Dr. Freischlag's presentation will be followed by a panel of other UCDCM community members who will continue the dialogue about resiliency and take comments and questions from the audience.

Other UCDCM Wellness opportunities:

- **January 11th Reiki Class 12 pm – 2 pm;** Main Hospital, Lower Level, ASCU-G344; 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
- **January 20; “Nutrition & Technology”;** 12-1pm; Cancer Center Auditorium Rm 1100; Smart phones, fitness devices, and “apps” have been gaining in popularity to bridge the motivation gap between healthcare provider appointments. Learn how to sift through the endless options and pick the right app or device to help meet your nutrition and fitness goals.
- **January 25: Meditation; 12 p.m. - 1 p.m;** Glassrock Room 7106

- ****Monthly Mother -to-Mother group for employees and students. Meet other moms, encourage and learn from each other, and get help resolving breastfeeding difficulties. Facilitated by Shirley German, IBCLC, RLC on 1/8, 3/11, 4/8, 5/13, 6/10, 7/8, 9/9, 10/14, 11:30-12:30pm Main Hospital, Tower-DCR1655 Boardroom***

Now let's consider a wellness technique that might be useful for you to make part of your daily routine.

The following exercise is called the *Body Scan* and can help you step away from the stress of the day and allow you to focus your attention in a way that promotes reconnecting with your body. It can help promote awareness, and calm. This technique can be particularly useful at the end of the day especially when you are about to go to bed.

Here is a link to an MP3 audio (39.33 minutes) that can be used to help guide you through the exercise.

http://www.last.fm/music/Mark+Williams/_/Guided+Body+Scan+Meditation

Finally, I was asked about the Behavioral Health Coverage for medical students. If you are getting your insurance coverage through school, you have Western Health Advantage which includes behavioral health coverage through Magellan and you can access therapists and psychiatrists. Here is the contact information:

<https://www.magellanassist.com/default.aspx>

- Register or Enter as a Guest (link on right side of page)
- Enter the dedicated toll free #: 800-424-1778 and press continue
- You can continue as a guest by clicking the blue link located right under "Registration and Sign In" which states "enter as a guest"
- On the pink banner in the center of page you will see "Find a Provider"
- You can enter a zip code or search by name
- After you enter the zip code, it will tell you that it will only give you the first 100 names, you can narrow your search by entering information on the left hand side like gender, specialties, etc. **If you want to find only MDs, you would enter "Medications Management."**

Thank you for taking the time to consider your wellness and if you would like to connect with me, I can be reached by email at mrea@ucdavis.edu or at (916)703-WELL.

All the best,
Maggie Rea