

Happy May –

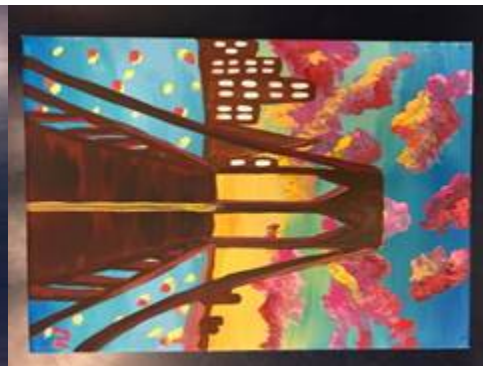
This month's newsletter has:

- Wellness Updates from April
- Information on May as Mental Health Awareness Month
- A summary of May Wellness opportunities on the UCDMC campus
- A Wellness tip for the month
- A wellness App for the month
- Recipe

Updates from April:

We had some wonderful wellness events in April that were led by students. It is so great to see our students finding creative and important ways to bring wellness programs to the School Of Medicine community. These are just a few examples of how our students are recognizing the importance of integrating wellness into their identities as developing physicians.

- Yuki Itoh, Jenny Wu, David Odineal, Elizabeth Wang and Lillian Zhang who are part of CREATE SIG are reviving the In Vivo magazine which will showcase art work and literature pieces from students, faculty, and patients. They launched the revival with a **Paint Night/Art Therapy Event** which resulted in some fabulous pieces. They have left me inspired to bring more Art experiences to our school as part of our wellness programming.



- Nancy Yadira Rodriguez, Mariam Fazel, Jenny Wu – your wellness reps, helped make our first and hopefully NOT last **Fluffie event** a huge success. Watching the students and staff interacting with the dogs was amazing- you truly could feel the stress level go down.



May is Mental Health Awareness Month-



Each year millions of Americans face the reality of living with a mental health condition. During the month of **May**, NAMI and the rest of the country are bringing awareness to mental illness to fight stigma, provide support, educate the public and advocate for equal care

<http://www.nami.org/Get-Involved/What-Can-I-Do>

- It was amazing to see that some of our students have begun their own initiative around mental health. Several students (Marty Manoukian, Abhi Jairam, Donna Bui, Ka Xiong, and Praveen Ramesh) are participating in 22 push-ups for 22 days which is a global movement created by veterans with a mission designed to raise awareness (as well as money and hopefully volunteerism) in the community regarding veteran mental health issues, including suicide, Post-Traumatic Stress Disorder, and Traumatic Brain Injury. Participants record a video of themselves doing 22 push-ups a day for 22 days, and after each day they tag a friend on Facebook. This helps to spread the word among friends, and hopefully create a snowball effect so that the issue is brought to everyone's attention.

<https://www.facebook.com/marty.manoukian/videos/10154150154370148/>

- Mental Health Awareness Month is a perfect time to call your attention to the **Each Aggie Matters** program at UC Davis. Please take a moment to check out the link to the campus program as well as the Vet Med link. The links offer an opportunity to learn about mental health issues, find out about resources for yourself, family or friends as well as pledge support to help remove stigma around mental health issues.

<http://eachaggiematters.ucdavis.edu/>

<http://www.vetmed.ucdavis.edu/students/clw/wellness/each-aggie-matters/index.cfm>

"Each Aggie Matters unites the tens of thousands of students, faculty, and staff at UC Davis in an open and affirming dialogue about mental health. We refuse to stay silent about such an important issue—an issue that impacts us all. Together, we are creating a campus where Each Aggie Matters. Each Aggie Matters is a partner with [Each Mind Matters](#) and is supported by the [California Mental Health Services Authority \(CalMHSA\)](#) and [Proposition 63, the Mental Health Services Act \(MHSA\)](#). Mental health is as important to our well-being as physical health. In fact, the two are inter-related. As with physical health, we can prevent unnecessary suffering if we can identify mental health challenges early or even prevent them by taking good care of ourselves and each other."

WHY EACH AGGIE MATTE

Here are Our Community Wellness Opportunities for May:

- **Reiki**

Monday, May 9, 2016- **12:00-2:00 pm**

Location: Main Hospital, Lower Basement, 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.

- **Mother-to-Mother Group**

Friday, May 13, 2016**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.

- **Meditation**

Monday, May 16, 2016

Time: 12:00-1:00 pm

Location: Glassrock Building, Room 7106

- **UC Walks Day**

On Wednesday, **May 18, 2016** you'll want to bring or wear your walking shoes to work so that you can join your colleagues in the annual system wide UC Walks!

At UC Davis Health System, our plan is to have interested participants meet at the Cancer Survivors' Park (corner of Stockton Blvd. and 2nd Ave) anytime between 11:30 am and 1:00 p.m. to receive your UC Walks t-shirt (t-shirts will be provided to the first 300 participants), and start your walk for wellness! A walking group leader will be available at this event. A 15-minute walk will take place at 12:00 p.m.

<http://video214.com/play/siX5Ung7oISAhoBdOkrqwA/s/dark>

- **Self Defense**

Wednesday, May 25, 2016

Time: 12:00-1:00 pm

Location: Marriott – Orchid Roo

- **Alexander Technique**

Tuesday, May 31, 2016

Time: 12:00-1:00 pm

Location: Cancer Center Auditorium 1100 2279 45th Street, Sacramento, CA 95817

The Alexander technique teaches how to change faulty postural habits enabling improved mobility, performance and alertness along with relief from chronic stiffness and stress.

- Don't forget the **Living Fit Forever** free Classes here at UCDMC.

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

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

- **Wellness tip of the month** involves sleep. There is a fabulous and free program that the UC Davis Campus Psychological services offer-

To access the program online, please visit <https://shcs-dev.ucdavis.edu/resources/conquering-insomnia.html>
In addition there is a free application of another Cognitive Behavior Therapy for Insomnia (CBT-i) program that is available in the Apple App Store and may be used on a phone or other mobile device.

- **The App of the month:**

Happier - Mood monitoring, journaling, meditation & mindfulness exercises, and it has a social media component.

- **Recipe-**

Another fabulous healthy recipe for the UC Davis Department of Integrative Medicine:

Roasted Garlic Mashed Cauliflower

<http://ucdintegrativemedicine.com/recipes/mashed-garlic-and-cauliflower/#gs.tYakBfU>

Thank you all for taking a moment to consider your wellness and as always never hesitate to contact me –
Maggie Rea

Margaret Rea, Ph.D.

Director

Office of Student Wellness

UC Davis School of Medicine

(916) 703-WELL (9355)

mrea@ucdavis.edu

and Psychologist

Academic and Staff Assistance Program (ASAP)

(916) 734-0676