Movement to Redefine the Successful Life

In response to the overwhelming evidence of stress affecting the American workforce, a new movement has evolved to redefine what it means to be successful. The Huffington Post has established “The Third Metric” to redefine success to include well-being, wisdom, our ability to wonder and our ability to make a difference in the world. This concept is not new, but simply rediscovered and packaged to help rescue us from our current model of success which equates success with burnout, sleep deprivation, money and power. The Third Metric page has excellent resources posted each day to help you down the path of caring for yourself, redefining success, and ultimately becoming a more “successful” person and consequently a more effective employee. There are sections/tabs on healthy living, parents, travel, taste, books, style, fifty, marriage—all with the goal of assisting you in your work-life fit. Though geared toward women, articles can benefit all (this site would be a great candidate for your “favorites” bar).

WorkLife & Wellness Brown Bags

- Sept 26 How to Use Those Veggies From the Farmers Market [More Details]
- October 10 Band Camp [More Details]
- October 24 Food Preservation is Fun [More Details]
- November 7 Produce to the People/ Food Prep Tips [More Details]
- December 19 Five Essentials to Stress Reduction [More Details]

Redefine Success for Kids Too!

When you redefine success for yourself, consider including the whole family especially children and teens who suffer from more profound consequences of attributing success to money, power and external recognition (New York Times). A great link to send to your children is the quote often attributed to Ralph Waldo Emerson on success. Included on this page is the debate of the origins of the quote as well as variations. This may stimulate important dinnertime conversations about what “success” means for your family.

Breastfeeding Classes/Groups

- Preparing for Breastfeeding Oct 10
- Continuing to Breastfeed When You Return to Work Dec 5
- Fall Support Group Meetings: Oct 25, Nov 15, Dec 20

For details and registration click here

Family Resources

- “Babies Are So Human...New Insights Into Infant Brain Development and Emotional Health” Presented by Diane Evans, Ph.D. Thursday, October 10, 12:00-1:00 pm, Buehler Alumni Center.
- Check out Bright Horizons Family Resources offering, E-Family News, blogs, an online social network for parents, webinars and more.
- “Race to Nowhere” Presented by Davis HS Parent Education, Wednesday, October 16, 7:30 pm, Brunelle Theatre, DHSA school counselor panel will discuss the film after the viewing.

Contact us at: worklife@ucdavis.edu

Click here for a printable PDF version

October is Food Month

- Campus Farmers Market: back October 2
- National Food Day: Thursday October 24
- Healthy Halloween Kit for fun, spooky and healthy snack ideas.
- Check out the Food Day Suggested Reading list
- Watch TED talk, “What’s Wrong With What we Eat” by Mark Bittman
- Check out campus Food Day activities and sign the UC Eat Real Pledge.

Work and Family

October 15 is National Flex Day sponsored by Working Mother. Since October is also National Work and Family Month, this is a great opportunity to look at ways you can flex your schedule to optimize your work-life fit.

For details and registration click here.

Managers and Supervisors:

For staff without ready access to e-mail, please print and post a copy of WORKLIFE NEWS.