8 Dimensions of Wellness Replaces the Wheel

We are switching from the Wellness Wheel to Dimensions of Wellness and adding a dimension! Many remember learning about Maslow’s Hierarchy of Needs in Psychology 101 in which Abraham Maslow theorized that only when one’s physiological and safety needs are met, can one then be inspired to strive to meet higher needs of belonging, love and esteem, eventually progressing to self-actualization. In that spirit, we have added Financial Wellness to the Dimensions of Wellness. While studies show money does not buy happiness, a certain amount is required to provide a base to be motivated to pursue increased happiness and wellness. At UC Davis, we have our own system to achieve financial wellness by utilizing the UC provided Fidelity programming. Access the list of upcoming classes, webinars and services at UC Focus on Your Future.

Davis Campus/Satellite Brown Bags

- April 16: Local Agritourism [Details]
- April 28: Say Goodbye to your Lawn @ Cousteau Place [Details]
- May 14: Yoga for Healthy Backs and Necks [Details]
- May 28: Never Too Old to Find A New Job (Career Catalyst) [Details]

Health System Brown Bags

- April 13: Talking With your Child About Sex [Details]
- April 20: Meditation [Details]
- May 4: Local Hikes [Details]
- May 18: Meditation [Details]
- June 15: Meditation [Details]
- June 30: Nutrition Class [Details]

Breastfeeding Classes/Groups

- Preparing for Breastfeeding: April 23
- Support Group:
  SCC: April 17, May 15, June 19
  Valley Hall: May 27
- UCDHS:
  Weekly Support Group: Thursdays @ 10:00, Glassrock Rm7106
- Continuing to Breastfeed: April 9
- Preparing to Breastfeed: June 8

Become a Wellness Ambassador

Wellness Ambassadors are employees who serve as a wellness resource for their colleagues/immediate worksite promoting greater campus wellness activities and creating opportunities for movement and healthy choices. Ambassadors can opt to organize activities within their workplace if they feel inspired to do so or may just act as encouragers and communicators to pass along wellness tips, information, challenges, activities and events. Potential Ambassadors must obtain support and approval from their supervisor for this role. The position requires anywhere between 10 minutes to one hour a week depending on level of engagement. It’s our way of bringing wellness to you rather than you having to find us. Check out the website for more information. If you are interested in becoming an Ambassador, please contact us at worklife@ucdavis.edu as we will have development (with your input) and soft programming for spring and envision a more robust offering next fall.

Events & Observances

- UC Davis Farmers Market is Back! Wednesdays 11:00-1:30 moved to North Quad this spring.
- Family Stuff Swap Sunday, April 12
- Take Our Daughters and Sons to Work Day Thursday, April 23
- May is National Older Americans Month
- Davis campus TGFS Picnic, Thursday, May 7, 11:00-1:30 Russell Field
- UCDMC TGFS, Thursday, May 14
- UC Walks, Wednesday, May 20

Contact us at: worklife@ucdavis.edu
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