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Summer 2016 Newsletter

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UC DAVIS

WORKLIFE AND WELLNESS



Healthy, happy, well-adjusted employees are our best resource. Employee Wellbeing Month is an opportunity to help employees meet their personal health and wellbeing goals, providing ways to feel better at work, combat day-to-day stress, stay physically active, and contribute to an overall culture of health. We all spend a lot of time working so it's important for that time to be fulfilling, supportive and enjoyable. Looking for some healthy motivation, read some inspiring [success stories](#) from people who committed to their wellbeing. If they can do it, you can do it. Commit to reading the links found in this newsletter and making one goal to improve your wellbeing. Share this newsletter with a friend so they can get on our mailing list to get all of our information to support their wellbeing.



Caregiver Support



Groups

Davis Campus:

Worklife and Wellness and the Women's Resource and Research Center will be hosting a facilitated monthly support group for staff, retirees and students who are caring for an adult who is sick, disabled or fragile with age. The group will be facilitated by clinical psychologist Dr. Louise Bettner, PhD, the *second Friday of each month*, starting July 8 from 12:00-1:00 in the WRRR Conference Room, North Hall, Davis campus. No reservation necessary. Contact worklife@ucdavis.edu if you would like to be added to our specific caregiver mailing list.

Health System:

Worklife and Wellness and ASAP will be hosting a facilitated monthly support group for the Sacramento campus. This group will meet the *third Friday of each month* starting July 15 from 12:00-1:00 in Ticon III, Human Resources, #B Conference Room. [LEARN MORE](#). Please RSVP to mpodoreanu@ucdavis.edu



Drink up!

Consuming water in the summer is

Surfing the Motivation Wave

Motivation naturally ebbs and flows. A Motivation Wave is a period of time in which a person has high motivation. This time creates a temporary opportunity to do hard things before the wave subsides. For example, with summer, you may feel motivated to eat more vegetables. During the motivation wave, purchase, cut and store your veggies so you make it easier for "not-as-motivated you" who shows up later in the week to eat them because they are convenient and don't require much hard work. BJ Fogg, Ph.D. (The [Tiny Habits](#) guy) is a behavior scientist and innovator from Stanford University who founded this concept. Register for the Webinar "[8 Types of Motivation Waves and How They Can Help You](#)" on June 21 at 11:am PST. Closer to home, we're presenting a WorkLife and Wellness Brown bag on motivation, "[Increase Motivation Naturally](#)" on July 14.

Summer Brown Bags

- Campus WorkLife and Wellness Brown Bags [Details](#)
 - Health System WorkLife and Wellness Brown Bags [Details](#)
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Did you Know...

critical to your wellbeing.

- **Water keeps headaches at bay.** Mild to moderate dehydration can trigger headaches. One of the first signs your body sends to you when dehydrated is a headache.
- **Water makes you pleasant, energetic & smart (!)** Studies show even mild dehydration can impair mood, increase anxiety and fatigue, and is detrimental to brain performance.
- **Water keeps you regular.** Low water consumption is a risk factor for constipation. Water detoxifies your kidneys as well.
- **Water improves your nutrition.** People who drink water drink less sugar-sweetened beverages, reducing their intake of sugar, sodium, saturated fat and overall calories. Use this chart, [Choose Health, Drink Water](#) to see how many minutes of brisk walking you must do to walk off various types of drinks.
- **Water helps you maintain weight.** People who drink water throughout the day feel more satisfied and are less likely to eat unnecessary food.
- **Water makes your skin clear and glowing.** Think dry leather.

- We have a [Current Events page](#) for up to the minute events that just don't make it into the Monthly Happenings?
- Spending time within a forest setting can reduce hostility, psychological stress, and depressive symptoms, while at the same time improving sleep and increasing vigor, a feeling of liveliness, creativity and problem solving abilities? Try the Japanese practice of [Shinrin Yoku](#).
- Outdoor Adventures [rents equipment](#) for camping, mountaineering, rock climbing, snow gear and water sports? Maybe consider a summer backpacking, camping, rock climbing or kayaking [class or trip](#)?
- You can ride the Unitrans doubledeckers free on the First Saturday of each month from 9:00-1:00? The shuttle runs from the MU to the Farmers Market and Downtown. [LEARN MORE](#)



**Sugar Gliders are a good thing.
Sugar Bellies are not.**

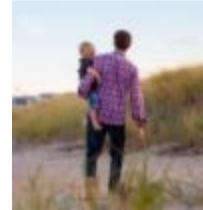
[Learn](#) how sugar leads to obesity, diabetes, heart disease, and liver damage. Use the useful charts on types of sugars, types of fat,



Free/Cheap Summer Fun for Families

- [Bat Talk and Walks](#)
- [Movies in the Park](#)/Davis Central Park
- [\\$1.00 Summer Movies](#)
- Davis Farmers Market [Picnic in the Park](#)
- Davis [Wetlands Tours](#)
- Davis Library Branch [Events](#): lego days, family movies

common foods and sugar content. Good [news](#)...with new legislation, it will soon be easier to identify added sugars on nutrition labels.



Happy Father's Day!

Here are some great resources for dads (and moms, really) on worklife integration and parenting:

Boston College "[The New Dad](#)" report
"[Dads Want Work Life Balance Too](#)"

"[The Daddy Juggle](#)" WSJ article

Great [articles/resources](#) for parents



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worklife@ucdavis.edu. Visit our website at worklife-wellness.ucdavis.edu.