

[Subscribe](#)[Share](#) ▼[Past Issues](#)[Translate](#) ▼[RSS](#) 

Winter 2016 Newsletter

[View this email in your browser](#)

# UC DAVIS

---

## WORKLIFE AND WELLNESS

---

## The Importance of Self Care

### You cannot serve from an empty vessel

Self care is about identifying your own needs and taking steps to meet them. It is taking the time to do some of the activities that nurture you, taking proper care of yourself, and treating yourself as kindly as you treat others. Read this [article in \*The Atlantic\*](#) as it has some good information on self-care as well as links to internet sites with articles, apps and checklists concerning self care.

#### Three steps to self-care:

1. Take Inventory: Determine why and where you feel deprived in your life by asking the following questions (be specific in your answers): What part of my life is feeling deprived? What do I need more of? What am I yearning for? What do I need less of?
2. Develop a routine of self care. Ask yourself, "What one routine could I put into place this month that would improve my life the most?" Write it down and tape it up where you will see it.
3. Create a *NO* list. Knowing what you don't want to do is just as important as knowing what you do. This list represents the things that you need to remove from you life. The goal being to create a list that makes you feel protected and taken care of. Examples include: Not answering the phone during dinner, not keeping or attaining things you don't need, not maintaining unsatisfactory relationships. Check out this [handy article](#) from ASAP with tips on relaxation, stress management and self-care.

## Wellness Fair 2016

Our annual [wellness fair](#) will be held Tuesday, February 24 from 11:30-1:30 in the ARC Ballrooms. The Health System (Sacramento campus) Wellness and Discount Fair will be Wednesday, February 24. Activity focused, we will have health assessments, biometric assessments, healthy food tables, and the usual fun ideas to improve your well-being. Just show up ready to move and learn, enter the table drawings, and move AROUND and AT the exhibits/activities.



---

## Did you Know...

- We have an award-winning Breastfeeding Support Program providing classes and support groups as well as 50 lactation sites at the Davis and Sacramento campuses? Visit the BFSP [website](#).
- You can [subscribe](#) to the Aggie Surplus (formerly the Bargain Barn) to get updates on the new stuff for sale?
- Check our [Current Events page](#) for up to the minute events that just don't make it into the Monthly Happenings.
- UC Davis provides [release time](#) for blood donation?



## February is Heart Month

Each February, UC Davis celebrates National Heart Month to help raise awareness that heart disease is the leading killer of women and men in the United States. Visit the [Getting Healthy Page](#) from the American Heart Association and commit to one small thing you can do for your heart!

---

## Events

- Campus WorkLife and Wellness Brown Bags [\[Details\]](#)
- Health System WorkLife and Wellness Brown Bags [\[Details\]](#)
- January is National Blood Donor Month.
- Support [National Wear Red Day](#), February 5, by wearing Red to show your support for saving women's lives. Campus [events](#) include CPR training, heart exhibit, fair and human heart formation.

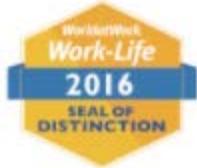
---

## Caregiver Series

Contact [Blood Source](#) right here in Davis to set up your appointment and enrich your (and others) new year!

---

We hope you like the new format for the quarterly newsletter, now more similar to the Monthly Happenings and easier to read online. It's a little harder to print but you can find it on our [website](#) in a PDF.



Help us help you. WorkLife and Wellness is expanding programming around [family caregiving](#). A family caregiver is anyone caring for an adult or elder. We endeavor to best meet your needs so please take a few minutes to share your ideas, experiences and thoughts on topics and support by completing the [Caregiver Education and Support survey](#). In the meantime, be sure to register for the Bright Horizons Care Advantage [webinar](#) on January 27 to learn more about and take advantage of this University of California employee benefit which helps match your needs to available local caregiving resources.

---

*This is a publication of UC Davis WorkLife and Wellness. If you would like to be removed from this list please email us and list "Please remove" on the subject line. Our mailing address is: [worklife@ucdavis.edu](mailto:worklife@ucdavis.edu). Visit our website at [worklife-wellness.ucdavis.edu](http://worklife-wellness.ucdavis.edu).*