

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[RSS](#)

Summer 2017 Newsletter

[View this email in your browser](#)

UCDAVIS

WORKLIFE AND WELLNESS



We're on Facebook!!!! Please join us!

We have recently launched our Facebook page and if you are a Facebooker please like and follow us! We post great articles from our favorite sources, highlight little-known policies and services, post events that just don't make it into the monthly happenings and resurrect old favorites that deserve another run. <https://www.facebook.com/UCDWORKLIFE/>



Finding Meaning at Work

"Researchers have found meaningfulness to be more important to employees than any other aspect of work, including pay and rewards, opportunities for promotion, or working conditions." MIT Sloan Management Review 2016

Definition of "Meaning": A sense of higher purpose, a transcendent and belonging experience. In day-to-day life, it is how one makes cognitive sense of one's life and the daily actions that contribute to the overall meaning one holds with importance.

Meaning: builds resilience, promotes more adaptive choices in life and acts as a buffer for fear and stress.

5 Qualities of Meaningful Work

- *Self-transcendent:* Making someone else's life better.
- *Poignant:* Taps into your emotions.
- *Episodic:* A high point at work (which doesn't happen all the time), can define the narrative of your life.
- *Reflective:* This can happen in conversation or personal time--tie events to unfolding life.
- *Personal:* Internal conditions/feelings at work that connect to the larger narrative/purpose of one's life.

7 Deadly Sins to Discourage Meaningful Work

1. Disconnect people from their values.
2. Take your employees for granted.
3. Give people pointless work to do.
4. Treat people unfairly.

5. Override people's better judgement.
6. Disconnect people from supportive relationships.
7. Put people at risk of physical or emotional harm.

Daily Meaning Workout:

- Start your day with a sincere thank you to someone.
- Schedule 10 minutes of mindfulness into each day.
- Do [one kind thing](#).
- End work day with 5 minutes of reflection.
- Before bed, note 3 good things that happened that day.

President John F. Kennedy was visiting NASA headquarters for the first time in 1961. While touring the facility, he introduced himself to a "janitor" who was mopping the floor and asked him what he did at NASA. The janitor replied, "I'm helping put a man on the moon!"

— Remember, we all contribute to the noble accomplishments and goals of UC Davis every day.



Help us Recognize WorkLife Champions

Does your manager/supervisor provide emotional support, show sympathy, and offer day-to-day assistance and resources to facilitate your management of your professional and personal demands? Do they create flexibility around when, where and how work gets done with a focus on outcome? Are they a model of positive worklife integration?

This year's October Work and Family Month Observation will focus on

acknowledging and appreciating Managerial/Supervisory WorkLife Champions. Please complete our [recognition nomination form](#) and we will recognize and celebrate your manager/supervisor for 2017 Work and Family Month in October. We are hoping to find some worklife champs to help normalize, encourage, and model the benefits of worklife integration for UC Davis staff.



Happiness Lessons from Philosophy and Psychology, the concept of *eudaimonic well-being*

Aristotle was the originator of the concept of eudaimonia (from daimon – true nature). Aristotle thought that true happiness is found by leading a virtuous life and ***doing what is worth doing***. "Daimon" refers to the potential of each person, the realization of which leads to the greatest fulfillment. Efforts to live in accordance with one's daimon, the congruence between this and people's life activities, lead to the experience of eudaemonia.

There are many theories of well-being and happiness in psychology and most overlap in identifying the following key components/themes:

- positive relationships with others
- meaning & purpose
- engagement & mastery
- positive self acceptance & emotion

Some models to look at include:

- Carol Ryff's (University of Wisconsin-Madison) [Model of Psychological Well-being](#)

- [Sonja Lyubomirsky](#) (UC Riverside) [Model of Happiness](#)
- Martin Seligman's (University of Pennsylvania) Theory of Well-Being ([PERMA](#)) See [25-minute video](#)

These behavior models can be incorporated into organizational culture and result in improved [employee engagement](#) defined as: the extent to which employees are motivated to contribute to organizational success and are **willing to apply discretionary effort** to accomplishing tasks important to the achievement of organizational goals. **Happy people make happy employees, which in turn makes happy customers.**

Once an employee has a fair salary and benefit package, the next priority is aligning eudaimonic well-being and personal growth with organizational values. By focusing not on offerings to put in the "reward bucket", but on creating a culture that fosters the characteristics and values listed above we can have a more engaged workforce. ***If employees feel like their employer or supervisor cares about them and sees them for who they are and what they do, they are inclined to be a more engaged employee.***



Cutting the Cable

It's easier than ever to drop expensive cable or dish service and get your video from the web. This informative and humorous class covers what you need to know to watch your favorite TV programs with only a TV antenna and high speed internet connection. Learn about streaming Netflix, Hulu,



Bender Balls

Experience a variety of exercises using the Bender Ball, including cardio, upper body, lower body and core exercises. Leave with a simple workout program you can do at home. Bring a large towel or mat for floor work.

Summer Brown Bag **September 7**

Instructor: [Rose Zahnn](#)

Time: 12:00-1:00

Location: [Student Community](#)

YouTube, Pandora and other video and audio streams via the Internet to your HDTV. We'll also cover devices like Chromecast and Roku that make streaming to your TV easy even if streaming is not built-in. Find out about new services that provide conventional cable programming and sports via the internet.

Summer Brown Bag **August 17**

Instructor: Steve McMahon

Time: 12:00-1:00

Location: [Student Community Center, Meeting Room D](#)



What I Did for Summer Vacation...

Nothing yet?!?!?! It's not too late...here are some great ideas:

- [Hipcamp](#) & [Glamping Hub](#)
- [Glamping.com](#) CA
- [Norcal Hostels](#)
- [30 NorCal Day Trips](#)
- [Thrillist's](#) Northern California Bucket List
- [Lifehacker Tips](#) for using [Google Flights](#)
- [Flightaware](#)

[Center, Multi-Purpose Room](#)

Caregiver Support Group

The UC Davis [Caregiver Support Group](#) provides an opportunity for staff and their family members to meet once a month for mutual emotional support, receive resources and exchange coping skills with one another in matters relating to caregiving. Our goal is to provide support and resources right here at work for those of you who are challenged with caring for an adult relative or friend who require your care in one form or another.

The support group meets 12:00-1:00 the 2nd Friday of each month in the [Righteous Babes' Lounge](#) at [North Hall](#). The group is facilitated by the talented and compassionate Clinical Psychologist, Louise Bettner, PhD. You may request to your supervisor to adjust within your lunch and break times to attend.

Did you Know...

- WorkLife and Wellness has a [video library](#) of our favorite videos, Ted Talks and podcasts covering worklife and well-being topics? These are a great use of time for your work-breaks when the hot weather keeps you from that

Great road-trip apps:

[Roadtrippers](#) and [iExit](#)

- UC Davis [Outdoor Adventures](#) [rents](#) everything you need for fun right here on campus.

[Eight Steps to a Happier Vacation](#)
Greater Good Science Center



restorative walk in the arboretum. However, to stay active, we have included short and sweet office workouts and stretch breaks in the mix too.

- Employee -Initiated Reduction in Time ([ERIT](#)) is back?
- UCDH has a weekly Farmers Market? Thursdays, 3:00-7:00, corner of 45th and X. Free parking at Shriner's Hospital.
- UC Retirement has a [Life and Money page](#) with resources on money management?
- Contact the [Wildlife Care Association](#) if you find sick or injured wildlife or would like to volunteer to care for and rehabilitate wildlife.
- Most UC Davis employees have a paid-for "[Sittercity.com](#)" subscription? Go to the [UC Net site](#) to create your "[Care Advantage](#)" account and start using it!

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

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
WorkLife and Wellness · 1 Shields Ave. · Davis, Ca 95616 · USA

