UC Davis Wellness Fair

Free health screenings, activities and information about moving toward healthier lifestyle choices will be available at the annual Health and Wellness fair, Tuesday, February 23, 11:00-1:00 in the ARC Ballrooms. There will be several activities and screenings including blood pressure, heart rate, height/weight, body fat, fitness, nutrition and cholesterol, cardiovascular fitness, leg strength, flexibility, feet measuring, self-sports massage, mini massages, Reiki, happiness exercises and, weather permitting, Zumba in the courtyard with Campus Recreation and Unions instructors. Get there early with your group to make sure you get your free Kaiser Total Cholesterol, HDL, Glucose and Blood Pressure test package. This is a great way to track your health from year to year! We have received supervisor-approved release time as well as an endorsement to go from our Chancellor: “I encourage staff to attend the Wellness Fair and take advantage of free health screenings, activities and information. Additionally, I encourage supervisors to grant their team members the time and flexibility to participate.”
Dimension of the Month: Spiritual Wellness

Try the Japanese practice of "shinrin-yoku" translated to "forest bathing."

Studies have confirmed that spending time within a forest setting can reduce psychological stress, depressive symptoms, and hostility, while at the same time improving sleep and increasing vigor, a feeling of liveliness, creativity and problem solving abilities. When people are in nature, their brain functions much like a brain on a sedative but without the detrimental influences in cognition. Boosts in immunity also occur including an inhibition of the release of stress hormones and an increased functional activity of antiviral cell and intracellular anticancer proteins.

Additionally, the natural chemicals secreted by trees, phytoncides, have been associated with improvements of immune defenses. Can't get away from your desk? Norwegian research shows that having a plant at or within view of an office workstation significantly decreases the risk of sick leave. A full article from the book, Your Brain on Nature on these benefits can be found at Mother Earth News.

Video of the Month

Introduction to Shinrin-Yoku

Article of the Month

Why You Need to Try Japanese Forest Bathing

Activity of the Month

Turn your commute into a Five Senses Walk for one week. Because campus is so large, many of us have at least a small walking commute to our offices. Take advantage of this time to refresh and reset. (just re-focus if your mind starts work-ruminating)

Monday: Look up and around. See the trees, observe the squirrels and ducks.
Wellness Ambassador February News

Campus Links of the Month

UC Davis Arboretum Gardens
Wildlife in the Arboretum
Map of the Arboretum
Squirrels of UC Davis FB page
Ducks of UC Davis FB page

Visit our Facebook page to share ideas and triumphs!

Wellness

and birds. Look down, at the plants growing under foot, the fungi, moss and lichen. Notice the colors, shapes and textures of grass, trunks, leaves, plants, flowers. Notice the color of the sky.

Tuesday: Hear the animals, the rustling of the leaves, or running water. Listen for the subtle sounds of nature. Notice the voices of people from all over the world and ponder how fortunate we are to have this diversity.

Wednesday: Feel the ground beneath your feet, the strength of tree trunks, the softness of leaves, or the prickliness of pine cones. Reflect on how beautiful a place you get to work.

Thursday: Smell the fresh air and the trees. Get close and smell the flowers. Do you notice any food or drink aromas?

Friday: Taste edible plants (sage, pine needles, rosemary). Breathe the air. Let your thoughts flow by (acknowledge and dismiss) and continue to re-focus on your surroundings.

February Calendar

- The Alexander Technique, Thursday, February 4, WorkLife and Wellness Brown Bag 12:00-1:00 Student Community Center MPR
- Relaxation Day in the Arboretum Saturday, February 20, 1:00-3:00 Lawn
area west of the Arboretum Gazebo. The Arboretum is partnering with the campus “Mind Spa” to help you de-stress! Participate in a yoga class, coloring workshop and much more! All ages welcome.

- UC Davis Wellness Fair, Tuesday, February 23, 11:00-1:00 ARC Ballrooms
- Yoga for the Hip, WorkLife and Wellness Brown Bag, Friday, February 26, 12:00-1:00 Shared Services Center Aspen Room. 260 Cousteau, Davis