

December Events



1. **December 1st @ 6:30pm:** ED Christmas Party. 11301 Garrison Rd, Little Rock, AR 72223

2. **Dec 12 @ 12:00pm:** PEM Faculty Secret Santa gift exchange. Lunch will be provided!



If you see these December babies around, wish them a happy birthday!



Holly Ross
Dec 5



Isaiah Pineda
Dec 7



Ashley Murdaugh
Dec 10



Kya Jones
Dec 11



Mandy Truelove
Dec 12



Dr. Amanda Bailey
Dec 15



Candace Boyles
Dec 21



Ryan Kalousek
Dec 24



Dr. Lyndsay Fisher
Dec 29



Dr. Ryan Waddell
Dec 31



Wellness News

- We've moved to **assigned wellness events** per month. If you're a member, please make sure you know your assigned month! ;)
- **Regular Game Nights coming in 2024:** get ready once Zina moves into her new place! ;)



Warm & Fuzzies:

From Jennifer Perry to Co-Fellows:

I had a great time in New York at Base Camp! it was great to spend time with my co-fellows and it was a cool experience!

From Zina to Dr. Chacko & Dr. Porter:

Huge thank you to Dr. Chacko for helping me out when I was getting slammed on a night shift in Zone 2 while I dealt with a kid in extremis. Also, a huge thank you to Dr. Porter for helping see kids in Zone 1 while Lauren and I were stuck in a medical code!

From Dr. Don Foster to the APNS:

Many thanks to the APNs for all of their clinical work, including the Float, PHR, PIT, and CDU slots, as well as Fast Track.

From Dr. Don Foster:

Many thanks to the PGY-6s and our young and mid level attendings for all they are doing (clinically and otherwise) and all they will be doing here.

From Dr. Krystle McCarson to Mandy Jones:

Mandy procured an inpatient bed for a PICU boarder who was likely to be in the ER all night to help her be more comfortable while waiting for her PICU bed.

From Zina to Melissa Moore & Kris Dunlap:

Melissa for going above and beyond to make retreat happen. For Kris for being an awesome wellness committee member and putting in so much effort to host the Xmas party!

From Zina to the ED night crew who worked 11/22-11/26:

Everyone from the residents & fellows to the RNs, paramedics, techs and RTs - everyone! We had several babies try to die on us this Thanksgiving weekend and I could not have done it without you awesome peeps!

What's happening in Little Rock?



BRIGHT NIGHTS: LIVE JAZZ & CHAMPAGNE BAR:

Arkansas Museum of Fine Arts - Performing Arts Theater, 501 E 9th St, Little Rock. Nov 27 - Dec 27

AN EVENING WITH JOHN CUSACK & SCREENING OF 16 CANDLES:

Robinson Center 426 W Markham St Little Rock. Dec 1

BALLET ARKANSAS'S 45TH ANNIVERSARY

NUTCRACKER SPECTACULAR: Robinson Center, 426 W Markham St. Dec 8-10

CANDLELIGHT: FEATURING VIVALDI'S FOUR

SEASONS & MORE: Robinson Center - Still Ballroom. 426 W Markham St, Little Rock. Dec 14

"Your heart is the light of this world. Don't cover it with your mind." - Mooji



The Magic of Winter Wellness



Winter, with its frost-kissed landscapes and cozy moments by the fireplace, offers a unique opportunity for nurturing wellness. As the world outside embraces a serene stillness, there's an opportunity to turn inward and cultivate a sense of inner warmth. The chill in the air becomes a reminder to nourish your body and soul. The change of seasons reminds us that change is inevitable, but with death comes rebirth and with letting go comes transformation.

Wellness in winter is a delicate dance between self-care and embracing the beauty of the season. A reminder to go within when you cannot go without. It's about finding balance amid the cold, honoring the need for rest, and celebrating the quiet moments that replenish the spirit. The winter solstice in particular is magical in my opinion. The longest, darkest night of the year. An ornery reminder that light always follows darkness. "It is darkest before the dawn". But the dawn never fails.

Be gentle with yourself as you navigate the darkness and remind yourself that it signals spring is on the horizon, and so are beautiful, sunny days that are yet to come.



Staff Spotlight Dr. Lyndsay Fisher

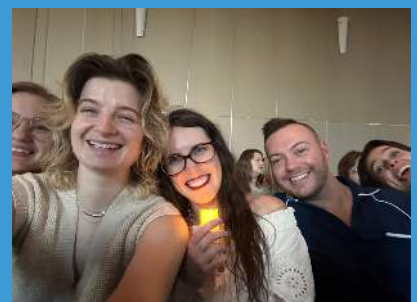


I am from Atlanta! Moved away to South Carolina for undergrad (go Gamecocks!) and medical school. Found my way to Little Rock for residency and now fellowship! It is just my dogs and I. We love it here! Arkansas is secretly beautiful and has amazing hiking that has been good for our souls!



My hobbies include puzzles, baking, hiking, and chart stalking the ill patients I take care of at ridiculous hours when I cannot sleep.

My wellness includes my hiking and traveling! I enjoy running to process traumatic events, when not in an ankle boot lol. I also love sitting on the couch, cuddling the dogs, and watching Hallmark Christmas movies with all my Christmas lights around me!!



Winter Blues & Seasonal Affective Disorder (SAD)

It was my first winter when I moved to Michigan that I realized I have SAD. Growing up on a beautiful, sunny desert meant long days and gorgeous sun all year round so experiencing SAD for the first time was very jarring. But everyone is prone to winter blues! The days are shorter and you don't get enough sunlight to stimulate serotonin.

Here are 4 evidence-based strategies to help you cope:

- 1. Light Therapy:** Regular use of a bright lightbox, particularly in the morning can help.
- 2. Exercise:** Cardio and aerobic exercise has proven benefits in reducing SAD symptoms by promoting the release of mood-enhancing neurotransmitters.
- 3. Vitamin D Supplementation:** Addressing potential vitamin D deficiency through supplementation is being explored as a strategy for SAD management.
- 4. Mindfulness Practices:** Mindfulness-based interventions, including meditation and stress reduction can be helpful

For any queries or suggestions, please email zalhaddad@uams.edu

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Helpful Employee Resources:

these links are clickable!

1. Mental Health Resources:

- Employee Assistance Program (EAP):

Available 24/7, EAP offers confidential personal, family, and work-related counseling. Appointments are free, both during and after work hours. Schedule an appointment [here](#).

- Member Assistance Program (MAP):

MAP if offered through United Health Care (UHC) and is available to all benefits-eligible UAMS employees. MAP has unlimited 24/7 phone access to master's degree-level specialists. Also includes legal and financial consults. Call 877.660.3806 (TTY: 711).

2. UAMS Mindfulness Programs:

Offers a variety of training classes and programs in mindfulness & meditation taught by certified instructors. Register for a course [here](#).

3. UAMS Merchant Discounts:

A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

4. Other UAMS Wellness Resources:

A plethora of free wellness resources. Take a self assessment to assess your wellness score, or read up on evidence based tools to improve your mental & emotional wellbeing [here](#).



Suggested Reading:



You Can Heal Your Life by Louise Hay

This is a self-help classic that explores the connection between thoughts, emotions, and physical health. Through anecdotes and practical exercises, Hay guides readers in changing negative thought patterns, promoting self-love, and fostering overall well-being. The book is a transformative guide to personal growth and positive living.



Wellness Resources:



Brad Yates: Emotional Freedom Tapping (EFT)

EFT involves gentle tapping on acupressure points while addressing emotional issues. Backed by research, EFT has shown effectiveness in reducing anxiety, depression, and PTSD symptoms by disrupting negative emotional patterns. Many therapists specialized in complementary therapy recommend this wonderful tool. Best EFT coach I've ever worked with is Brad Yates. You can find his YT [here](#).



MyFitnessPal

A free calorie-counting app that makes it very easy to log your calories and track your weight loss or weight gain progress. The paid version allows you to scan barcodes for easy logging.

For any queries or suggestions, please email zalhaddad@uams.edu