

September Events



- Sept 10: PEM Pool Party!** Hosted graciously by Mandy Jones! (location will be on the calendar invite)
- Sept 21 @ 12:00pm:** Wellness Committee Meeting
- Sept 22 @ 5:30pm:** Family Fun night @ Museum of Discovery



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

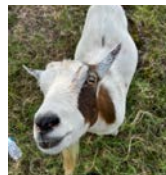


Wellness News

- Committee meeting will be **September 21, 2023 @ 12:00pm (Zoom)**
- POOL PARTY!** Hosted by **Mandy Jones** will be **September 10, 2023.**



Huge Thanks!



Huge shout out to the folks putting in the effort to come to these wellness events! You make it worth the effort & planning!



Warm & Fuzzies:

Melissa Moore:
For going the extra mile organizing everything we needed for retreat. It is A LOT of work.

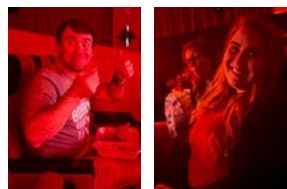
From Nikita to all fellows:
Thank you to all of you guys for being so kind and helpful to me! I feel like a kindergartner who needs to hold someone's hand to get places, and I'm glad y'all are doing that!

Sarah Sylvester:
For switching my shift so I can attend my Sunday mindfulness course!

Melissa Eason:
For working hard on getting us new cool equipment for our ED to help with our procedures!

Dr. Hannah Wilkins:
For graciously helping me by taking my didactic session so I can take care of family business.

Dr. Deepak Choudhary:
For being a great #2 (2nd night attending) and helping SO much on Tuesday nights!



What's happening in Little Rock?



Saturday Farmer's Market: Located at River Market, and open every Saturday 7am-2pm, last open day will be September 2.

Razorback Game! Discounted tickets of the game provided by UAMS, at War Memorial Stadium on Saturday, September 2.

Arkansas Comic Convention: Statehouse Convention Center. Sep 10, 2023 at 11:00am

Arkansas Times FALL 2023 MargaritaFest: September 14, 2023 - 6:00pm - 9:00pm @ Argenta Plaza on 6th and Main

Hispanic Heritage Festival: September 16, 2023. 8:00am - 5:00pm @ Plaza Frida (map)

Nickelback - Get Rollin Tour: LOOK AT THIS PHOTOGRAPH! Location: Simmons Bank Arena. September 25 @ 6:30pm - 10:30pm

"The present moment is the only moment available to us, and it is the door to all moments." — Thich Nhat Hanh



Mindfulness is the antidote



In our demanding world of healthcare, where every moment counts and lives hang in the balance, the power of mindfulness shines brighter than ever. Amidst the chaos and the constant demands, taking even a few moments for mindful breathing or a brief pause to center ourselves can work wonders. Mindfulness isn't just about reducing stress; it's a lifeline, a way to preserve our own well-being so we can better care for others. It's the strength to find calm within the storm, to ground ourselves in the present, and to navigate the challenges of our noble profession with grace and resilience. As healthcare providers, let's remember that our own well-being is not a luxury but a necessity, and mindfulness is our steadfast ally on this journey.



Mindfulness Exercises

1. Breath Awareness:

- o Find a quiet spot.
- o Close your eyes.
- o Focus on your breath.
- o Gently return focus if your mind wanders.



2. Body Scan:

- o Lie down, close eyes.
- o Start at toes, move up.
- o Note tension, release it.
- o Promotes relaxation and body awareness.



3. Five Senses Check-In:

- o Pause, breathe.
- o Identify: 5 things seen, 4 felt, 3 heard, 2 smelled, 1 tasted.
- o Engage all senses in the moment.



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

Physician Spotlight



Dr. April Clawson

I was born in Dallas, but my family is from the Delta region of Mississippi. We moved several times a year when I was growing up due to my dad's job as a roofer. However, I've been an Arkansas resident for 27 years and in Little Rock for 13 years (since starting medical school). My husband Jim and I have two kids, Katelyn age 10 and Matthew age 7.

My favorite things to do: in my free time, I like to meet friends for dinner and to read. I also try to include exercise - Body Step (step aerobics), walking, and Body Pump. I love to travel and am always planning my next trip! I prefer warm locations like Las Vegas and the beach. At the top of my bucket list is to travel to Egypt.



Jim and I in July in Las Vegas

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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 is 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 Book:



When Things Fall Apart: Heart Advice for Difficult Times
by Pema Chödrön

When we are riddled with anxiety and pain, Pema Chödrön shows us the answer to ease our suffering. Embracing painful situations head on can be the magical medicine to our healing.



Wellness Resources:



Mindfulness-based Stress Reduction (MBSR) Course

Learn Jon Kabat-Zinn's evidence based program for stress reduction. Course offered by UAMS! Email "MBSR" to mindfulnessprogram@uams.edu to be placed on the waiting list for the Fall course. [Link](#).



Carbon Diet Coach

A calorie counting app that acts as a coach to help you achieve your weight loss goals. It removes the guess work from you, and adjusts your calories based on your body's individual needs!



Move with Nicole

Pilates & yoga for all by Nicole, hundreds of videos on YT for [free](#).

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