

August Events



- 1. **August 2 @ 6:30pm:** Bubbly & Bubbles party at Dr. Stanford's house! (Pot-luck style)
- 2. **August 22 @ 6:00pm:** Trivia night at Fassler Hall!

MINDFUL WALKING MEDITATION

- Endorsed by great meditation & spiritual leaders like Thich Nhat Hahn, is a quick and easy practice to help you foster mindfulness in your every day life.



- **Choose a Path:** Find a quiet place where you can walk without distractions.
- **Start Slowly:** Stand still for a moment and take a few deep breaths to center yourself.
- **Begin Walking:** Walk slowly and deliberately, paying attention to each step.
- **Focus on Sensations:** Notice the feeling of your feet touching the ground, the movement of your legs, and the balance of your body.
- **Use Your Senses:**
 - **Sight:** Observe your surroundings without getting lost in thought.
 - **Sound:** Listen to the sounds around you, like birds chirping or the rustling of leaves.
 - **Smell:** Take in the scents of your environment.
 - **Be Present:** If your mind wanders, gently bring your focus back to the act of walking and the sensations you're experiencing.
- **End with Gratitude:** When you finish, stand still again for a moment, take a few deep breaths, and appreciate the mindful walk you've just experienced.



Wellness News

- **August 2nd at 6:30 pm - Don't you miss Dr. Kendall Stanford?** Come enjoy a "Bubbly & Bubbles" party at his house! He has graciously opened this up to ED staff for attendance, there will be champagne, bubbles, and bubbly-drinks. Pot-luck style, there will be some finger foods but please feel free to contribute appetizers or desserts! See you there!!! (Address is on the Calendar invite)
- **Aug 22nd at 6:00 pm - Trivia night at Fassler Hall!** Come have fun with friends for some trivia, beer, and Bavarian food!

SUBMISSIONS NEEDED! *"Show Us What You Did For Your Wellness!"*

- we would love for you to show case what you did recently and how that contributed to your wellness! share your fun photos! inspire others to do the same!
- you can email your submissions to Zina (zalhaddad@uams.edu) or Kris (saundersAK@archildrens.org)

Emotional Debriefs after Critical Incidents in the ED

- The wellness committee created this guide to help you run "emotional debriefs" after a code or patient death in the ED. Can be run by TL RNs or Attendings.
- The purpose of the debriefs is to allow each other to grieve, support one another, and acknowledge that what we do can have an emotional toll on anybody, and that the wide range of emotions we experience after a critical event are normal and natural.



"Our bodies are our gardens – our wills are our gardeners." - William Shakespeare



SHOW US! *What you did for your* WELLNESS



What I do for wellness? I love to travel.

I recently took another bucket list trip to the beautiful country of Slovenia. I bicycled 231 miles over the course of 6 days, cumulative elevation gain of 11,132 feet-- from the majestic Julian Alps in the north to the turquoise Adriatic Sea in the south. Thank goodness I had assistance from the electricity in my bicycle when climbing those mountains.

I wanted to challenge myself in my travels and wanderlust. I saw the people, the nature, and the culture from a different lens on a bicycle seat.

Slovenija mi je sprostila misli in poživila duha.

Erica L. Liebelt MD FACMT FAAP

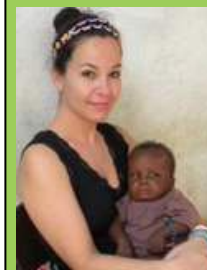
For any queries or suggestions, please email zalhaddad@uams.edu or SaundersAK@archildrens.org

Team Member Spotlight

Mandy Jones



I have a degree in Biology and spent my first life as a high school Anatomy & Biology teacher for 10 years. I am married to my best friend for 27 years now. Bruce is a retired Little Rock Police officer, and the father of our 24-year-old son, Spencer. I have lived in Arkansas my whole life, but I have loved traveling as an adult. I have been to Alaska, Hawaii, Mexico, and more but my favorite is Costa Rica and I am currently planning my next trip back.



I have led multiple mission trips to Haiti, Guatemala, and Dominican Republic. I love serving others and believe that everyone should see third world poverty first hand at least once in their life. In my free time, I volunteer with Cavalier Rescue USA and almost always have a foster pup (or two) at my house. I also enjoy spending time by the pool with family and friends.

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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:

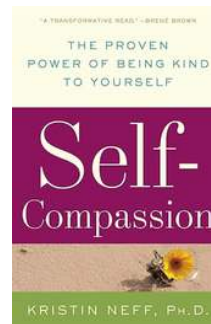
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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:



"Self-Compassion: The Proven Power of Being Kind to Yourself" by Kristin Neff
Kristin Neff emphasizes that self-compassion is a powerful tool for improving overall well-being and emotional health. By being kinder to ourselves, we can lead happier, more fulfilling lives and develop stronger connections with others. The book offers practical advice and exercises to help readers cultivate self-compassion in their daily lives.



Wellness Resources:



The Yoga Collective

This awesome website offers a comprehensive library of online yoga classes with all levels and styles. You can get on-demand access to a variety of yoga and meditation sessions, including Vinyasa, Hatha, and restorative practices.



Peloton

You don't need a peloton to enjoy the Peloton app. This app offers a wide range of fitness classes, including cycling, running, strength training, yoga, meditation, and more. Just buy a reasonably priced stationary bike off of Amazon and give this a go.

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