

July Events



- 1. **July 6th @ 1:00pm:** Pool party at Mandy Jones! Potluck style; A-M bring appetizers, N-Z bring dessert!
- 2. **July 18th @ 1:00pm:** Wellness Committee Meeting via Zoom!

SHOW US!

What you did for your WELLNESS

Share with us what you did recently for your wellness!

Showcase what you did, where you went, and who you did it with!

Share some fun pictures with the group!

Inspire others & give them ideas for wellness they can emulate!

Examples:



Dr. Stanford: I spent a beautiful day outside working on the neighborhood front entrance... not a single plant complained and everyone was happy!!!

And now my wellness for today is complete!



Zina: Nick and I have started taking more evening strolls & it's been so fun! We've encountered lots of wildlife, even heard the bleating of narrow-mouth toads in Two Rivers Park! They sounded like sheep. It was awesome!



Wellness News

Newsletter Revamp is Here!

As you can see, we look a little different this month! We are experimenting with a different look to fit our needs, which includes more pictures and a new section:

"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! (P.S. this idea is just as awesome as its owner Dr. Stanford.)
- 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)

Kudos & Warm/Fuzzies

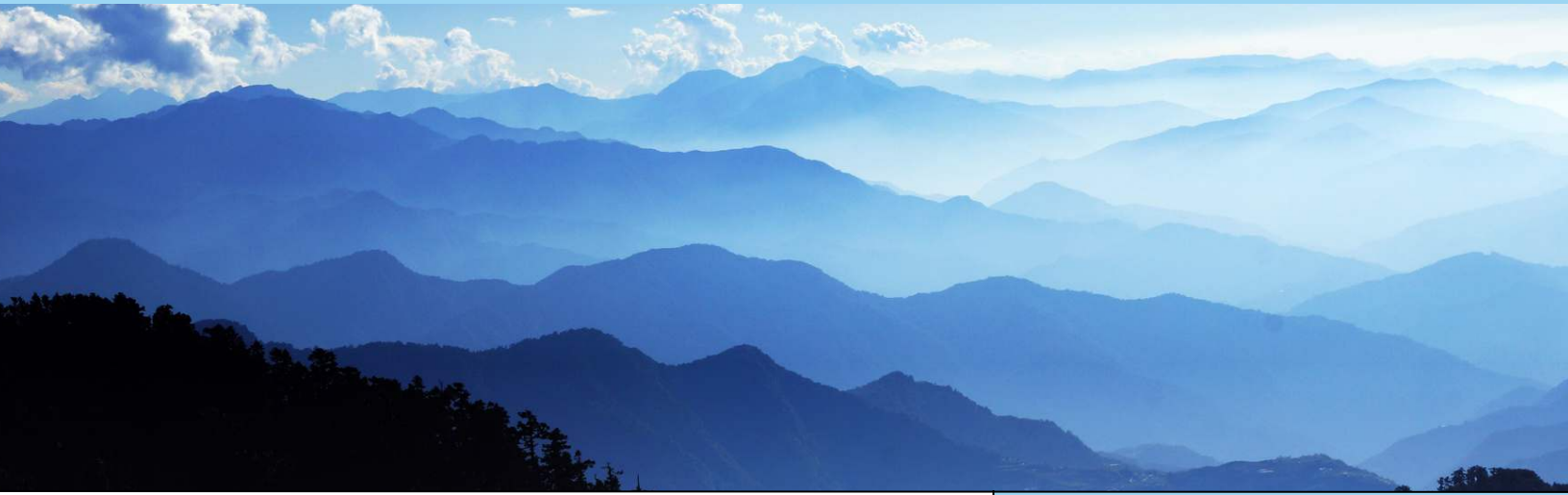
- Now have an official happy home on our "Cheers for Peers" board in the ER!
- They will no longer be published on the newsletter, so make sure you keep an eye on the board by the Z1 attending office!
- Don't forget to give your colleagues a shout out & keep the love coming!

Next Committee Meeting: July 18th at 1:00pm via Zoom. Mark your calendars and come join us to have your voices heard!

July Wellness Event: ED Pool Party, July 6th at Mandy Jones' place. BYOB. No kids, but SOs welcome. See flyer for more details.



"If you keep good food in your fridge, you will eat good food." – Errick McAdams



What's Your Dosha?



Ayurveda is an ancient holistic system that seeks to harmonize body, mind, and spirit. It categorizes individuals into three **Doshas—Vata, Pitta, and Kapha**—each representing distinct energies with specific traits. Balancing these Doshas through personalized practices fosters overall well-being. Test your Dosha for free [here!!](#)

Vata, "the energy of movement":

characterized by creativity and flexibility, can be balanced through routine, warmth, and grounding foods. Signs of Vata imbalance include anxiety and restlessness. To balance your Data, do this:

- Practice a regular daily routine, including consistent sleep and meal times.
- Incorporate warm, nourishing foods like soups, stews, and cooked grains.
- Engage in grounding activities such as yoga, tai chi, or walking in nature.

Pitta, "the energy of transformation":

embodies ambition and passion, finding equilibrium through cooling practices and moderation. Signs of Pitta imbalance manifest as irritability and inflammation.

- Keep cool by avoiding hot and spicy foods; favor cooling foods like cucumber and coconut.
- Practice relaxation techniques such as meditation, deep breathing, or gentle yoga.
- Balance work and play; prioritize leisure activities and avoid overworking.

Kapha, "the energy of stability":

exudes calmness and nurturing qualities, seeking balance through stimulation and invigorating activities. Signs of Kapha imbalance include lethargy and excess weight. Embrace your unique constitution and thrive with personalized practices tailored to your Dosha.

- Stay active with regular exercise & invigorating activities like cardio or dancing.
- Include pungent, bitter, and astringent tastes in your diet
- Cultivate mental stimulation through learning, socializing, or engaging in creative pursuits to prevent lethargy.

Team Member Spotlight

Kamron Steed



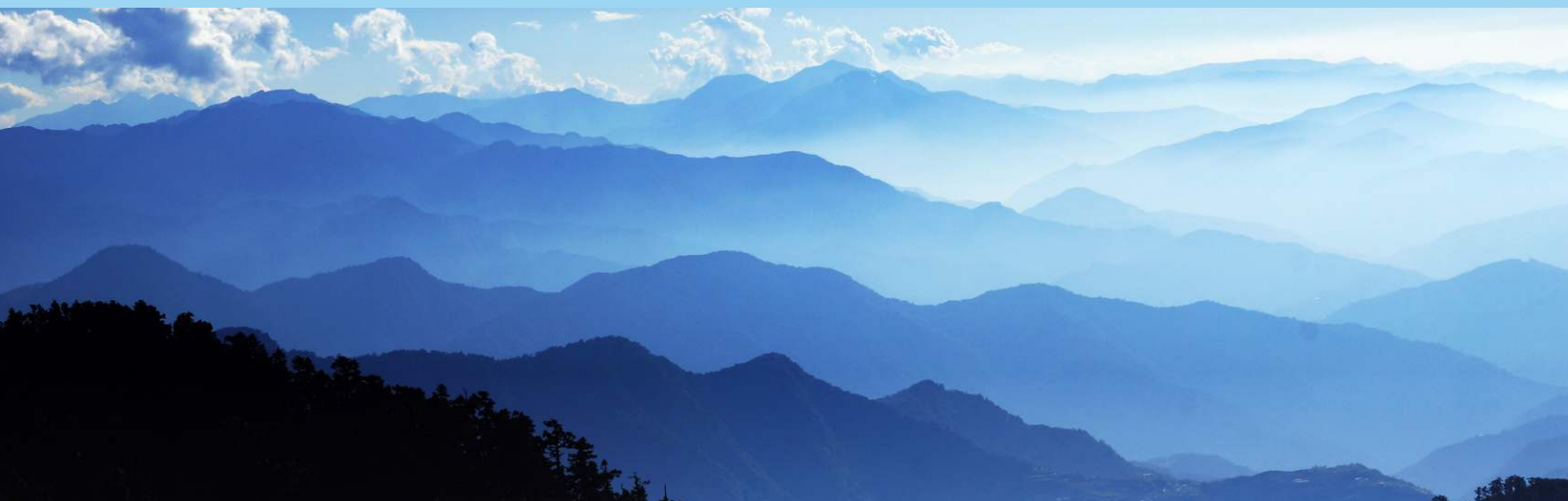
I have been a part of Arkansas Children's ER on and off since 2015. I started here as a paramedic and graduated from nursing school in 2018. In 2020, I left to travel nurse with FEMA in the COVID ICU. In 2022, I kept traveling but returned to pediatrics. Some of those contracts were opening a 38-bed stand-alone ER for Phoenix Children's. I also did two contracts with the critical care transport team at CHOP (Children's Hospital of Philadelphia).



I recently returned to school, completed my BSN in 2023, and will graduate with my PMHNP in December of 2025! I enjoy anything outdoors, but my favorite outdoor activity is hiking! I have made the best of my travel nursing career with some amazing hikes, including Big Bend (TX), Cloudcroft (NM), and Devils Bridge (AZ). I believe tomorrow is not promised and I've worked to enjoy as many experiences as possible. In 2021, I went skydiving by myself!! In 2023, I went to an elephant sanctuary. In 2024, I bought a Harley!! I have 4 sons (21, 19, 13, and 10), they keep me busy. I enjoy gathering with friends and family for any reason. My relationships bring so much fulfillment to my life. Whether it's an impromptu beach trip or an afternoon brunch, I'm here for it!

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

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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:



"Eating Well for Optimum Health" by Dr. Andrew Weil

This book underscores the significance of nutrition for overall wellness. Dr. Weil advocates for a balanced diet emphasizing whole foods, fruits, vegetables, and healthy fats while reducing processed foods and sugars. He integrates traditional dietary wisdom from different cultures into modern eating practices. The book provides practical guidance for making healthier food choices to enhance vitality and longevity.



Wellness Resources:



Happify

Happify is a free mental health app that focuses entirely on your mood and helps relieve anxiety. Developed by mental health professionals, Happify's strategies are derived from cognitive behavioral therapy that helps you learn how to recognize and reorient negative thinking

Talkspace

It's an affordable online therapy option that gives you more than just helpful guides and videos to watch. You have access to a licensed therapist wherever and whenever you need them. [Talkspace](#) is a great option for someone who is not comfortable going into an office or would rather have [therapy appointments online](#).



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