


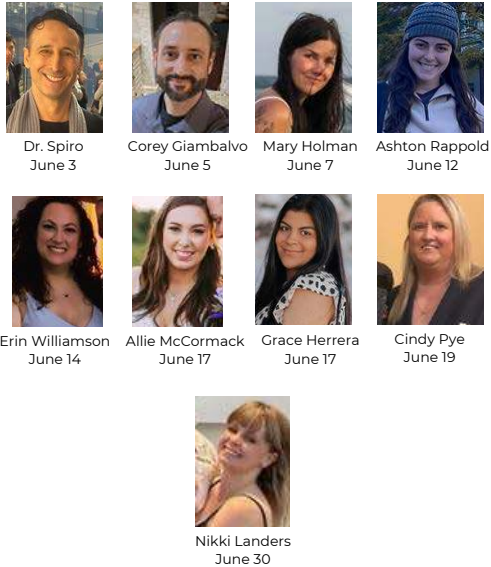
June Events



1. **June 2nd @ 10:00am:** Floating trip in Glennwood, AR! Let's float the Caddo River together! Please reserve your watercraft ASAP! (before they get all booked up!)




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



Happy Birthday!



to the Wellness Committee!!

 **Wellness News**

- HAPPY 1st BIRTHDAY!**
We have enjoyed 1 year of Wellness Events and Newsletters! THANK YOU TO EVERYONE for being a part of it :)
- A Year of Wellness in Pictures**
Do not miss this special newsletter edition recalling the incredible laughs and fun moments we shared together in pictures, and celebrating all the accomplishments we've done together for our wellness!
- Congratulations to Kris Dunlap on becoming Co-Chief of the Wellness Committee!**
Kris has contributed so much to the committee in the last year, she's dedicated to bringing positivity & kindness to our ED, and we are so excited for her plans & ideas for us & the committee!
- June 2nd Event** Floating trip on the Caddo River! (RSVP and see calendar invite for details - *reserve your watercraft ASAP!*). Thanks Dr. Ayers for organizing it!
- Revamping the newsletter!** As we move to bringing you better and more things, the newsletter will look a little different, but in a good way! Keep an eye out! :)
- Shout out to Dr. Melissa White!** For representing ACH in Washington D.C. for an Advocacy Fellowship. Here she is with the Secretary of Labor Julie A. Su!



What's happening in Little Rock?



Little Rock Farmer's Market

The Little Rock Farmers Market will open its 50th season on Saturday, May 4, 2024, and will be open every Saturday 7:00 A.M. - 2:00 P.M. Through Labor Day weekend, rain or shine. Our last 2024 market date will be Saturday, August 31. Location: River Market Pavilions.

An Evening with James Taylor

June 14, 2024 at 8:00 PM. Location: Simmons Bank Arena

The Damn Quails:

June 21, 2024 8:00 PM – 11:30 PM. Stickyz Rock N Roll Chicken Shack, 107 River Market Ave.

Blackwater Bayou:

June 29, 2024 8:30 PM – 11:30 PM. All Ages Admitted Reserved Seat Tickets are \$10 per person (in advance) and are sold as table reservations. Stickyz Rock n' Roll Chicken Shack, 107 River Market Ave.

May's Event: Game Night



It's all fun and games til you play Incoherent & have to guess the gibberish!



"If you want to live a happy life, tie it to a goal, not to people or things." – Albert Einstein



5 Evidence-Based Integrative Medicine Remedies for Stress Relief



Acupuncture: This traditional Chinese medicine practice involves the insertion of thin needles into specific points on the body to promote the flow of energy (Qi) and restore balance. *Acupuncture has been found to help alleviate stress by stimulating the release of endorphins, the body's natural painkillers, and reducing levels of stress hormones like cortisol.*

Herbal Remedies: Various herbs and botanicals have been used for centuries to support relaxation and ease stress. *Examples include chamomile tea, which contains compounds that have calming effects on the nervous system, and adaptogenic herbs like ashwagandha and Rhodiola rosea, which help the body adapt to stress and promote resilience.*

Aromatherapy: This practice involves using essential oils derived from plants to promote physical and psychological well-being. *Examples: lavender, bergamot, and frankincense, have been shown to have calming and stress-reducing effects when diffused, applied topically, or added to baths.*

Mind-Body Techniques: Practices like *yoga, tai chi, and qigong* combine movement, breathwork, and mindfulness to promote relaxation and reduce stress. These mind-body exercises can help release tension, improve flexibility and balance, and cultivate a sense of inner peace and harmony.

Massage Therapy: Massage therapy involves manipulating the body's soft tissues to promote relaxation, relieve muscle tension, and reduce stress. Techniques such as *Swedish massage, deep tissue massage, and aromatherapy massage can help soothe both the body and mind, allowing for greater relaxation and stress relief.*

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

★ Team Member Spotlight ★ Darla Hodapp



Hi there! I'm Darla. When I'm not at work with all you fabulous people I'm all about embracing wellness in the most chill way possible. For me, it's all about those little moments spent with my husband, our goofy puppy, and our adorable nephews. Their company fills my heart with happiness like nothing else. And then there's our family lake house – my favorite escape. There's something about being by the water that just melts away any stress.



A Year of Wellness In Pictures!

Wellness Events:

- July:** Dinner & drinks at the flying saucer!
- August:** Goat Yoga + Movie Night
- September:** Pool party at Mandy Jones'!
- October:** Science After Dark followed by seafood for dinner!
- November:** GloWild at the Zoo and Mexican for dinner afterwards!
- December:** Christmas Party at Kris's + PEM physician/APRN gift exchange.
- January:** :((event was canceled)
- February:** Circus Bros + Sunset Hike at Pinnacle
- March:** Bowling, dinner, drinks, followed by Top Golf + Donkey Basketball!
- April:** Games, food, and good times at Kris's
- May:** ED Game Night!
- June:** Floating trip on Caddo River

What else have we done?

- 12 Months of Newsletters
- PEM physician, PCM, and APRN retreat
- Coffee & Tea Wellness Station
- Kudos/Warm & Fuzzies
- Cheers for Peers Wellness Board
- Poker night
- ED game night
- Birthday shout outs & celebrations
- Strengthen relationships between physicians and ED staff!

And we're looking forward to bringing you much more!



WELLNESS STATION
 You have to **take care of YOU**
 in order to take care of **OTHERS.**
 Take a deep breath. You can do this!

MARCH

Take care of YOU

"If you want to live a happy life, tie it to a goal, not to people or things." – Albert Einstein



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:



Free Your Fascia by Dr. Daniel Fenster

"Free Your Fascia" by Daniel Fenster delves into the intricate world of the body's fascial system, exploring its role in movement, flexibility, and overall health. Through a combination of exercises, stretches, and techniques, Fenster guides readers on a journey to release tension, improve mobility, and alleviate pain. This comprehensive guide offers insights into the significance of fascia in holistic well-being and provides practical tools for cultivating a healthier, more resilient body.



Wellness Resources:



WaterMinder

WaterMinder a mobile application that helps track a person's water consumption, with daily reminders to drink regularly. The app offers water intake reminders, tracking, and goals to incentivize users to improve their hydration routines.



Mainstream Reiki

Andrea created this channel to be of service to you. Please enjoy her Reiki sessions, her explanatory videos about Reiki, and her Reiki Business Success series to help you build a successful Reiki practice of your own. She explores more subjects like intuition development and the power of the mind/body connection. Find her YT channel [here](#)