

September Events



- 1. **September 7:** ED BBQ Block Party! 4:00pm-9:00pm. (Address is on the invite)
- 2. **September 19:** Wellness Meeting at 1:00pm

SHOW US!
What you did for your
WELLNESS

“Medscape: 6 Ways Pets Can Improve Your Health.”

By Dr. Donald Foster
 My wellness pictures, i. e. pet therapy



Wellness News

- **ED BBQ PARTY!!!! - Make sure you don't miss this event on Sept 7!** Graciously hosted by our very own Dr. John Block. Come enjoy good food and fun outdoor games. SOs and Kids are welcome! Address is on the calendar invite
- **Wellness Committee Meeting.** Sept 19 at 1:00pm via Zoom.
- Congratulations to our very own **Kris Dunlap** for graduating & completing her **Masters in Clinical Toxicology!**
- **Send us “What you do for your wellness” submissions!!!!**



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



THE RAISIN MEDITATION



The raisin meditation is a mindfulness exercise that can help you focus on the present moment and enhance your awareness by engaging all your senses.

Preparation: Sit comfortably and take a few deep breaths to center yourself.

Observation: Hold the raisin in your hand and observe it carefully. Notice its shape, texture, and color. Imagine you've never seen a raisin before.

Touch: Feel the raisin with your fingers. Notice its texture, weight, and surface.

Smell: Bring the raisin close to your nose and take a moment to smell it. Notice any aromas.

Taste: Place the raisin in your mouth without chewing. Notice how it feels on your tongue and explore its texture with your tongue.

Chew: Slowly begin to chew the raisin. Pay attention to the flavors and the sensation of chewing. Notice the changes in taste and texture as you chew.

Swallow: When you're ready, swallow the raisin. Notice the process and the aftertaste.

Reflection: Take a moment to reflect on the experience. Notice how you feel and any thoughts that arise.

Team Member Spotlight Ashton Rappold



My name is Ashton and I have been working at Childrens as an RN for a year now. I was born and raised in Central Arkansas and decided to stay once I started my career. I am ecstatic that it is finally summer! I love the outdoors: camping, hiking, floating, going to the lake, playing softball, etc.

Some activities I use for self care is spending time in the sun (literally doing anything), going to the gym, reading and spending time with my puppy Jersey. I also try to stay active by playing softball, volleyball, and I just recently picked up pickleball!! So all of that says that I really don't know how to not be busy lol



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:

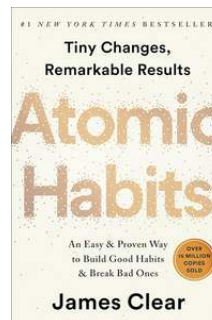
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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:

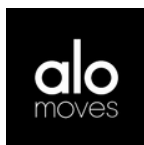


"Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear

This book is a comprehensive guide on how small changes can lead to remarkable results. The book is grounded in scientific research and provides practical strategies for forming good habits, breaking bad ones, and mastering the tiny behaviors that lead to remarkable outcomes.



Wellness Resources:



Alo Moves

Alo Moves is a digital fitness platform created by the popular activewear brand Alo Yoga. It offers a wide range of online workout classes, including yoga, and wellness content including meditation, that can be streamed online on the website or the app!



MyFitnessPal

MyFitnessPal is a super helpful calorie tracking app. Free version is sufficient for most basic calorie-counting purposes. Premium version is more expansive, and includes comprehensive fitness and nutrition features designed to help you manage your diet, exercise, and overall health goals.