

November Events



1. **Nov 8th:** PEM faculty retreat

SHOW US!

What you do for your

WELLNESS



"Breath is the bridge between body and mind." — Thích Nhất Hạnh



Breathing through stress



An effective breathing technique is **4-7-8 breathing**. **4-7-8 breathing** was developed by **Dr. Andrew Weil**, and is a simple and effective technique for relaxation and stress reduction.

Research on breathing techniques, including 4-7-8, has shown that controlled breathing can **positively impact heart rate variability (HRV), improve overall stress resilience, and even enhance sleep quality**. Studies suggest that rhythmic breathing like 4-7-8 can lower cortisol levels, balance blood pressure, and promote calm by engaging the body's relaxation response. Some findings even link these practices with improved mental focus and emotional stability, making 4-7-8 breathing an easy yet powerful tool for everyday wellness.

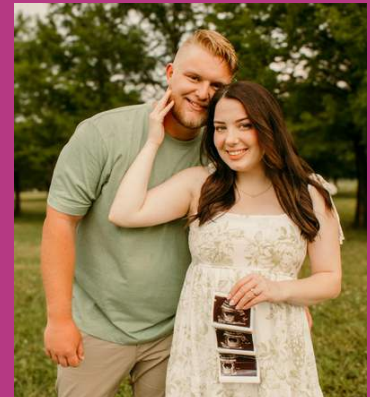
Here's how to practice it :

- 1) **Inhale** quietly through your nose while **counting for 4**
 - 2) **Hold** your breath for **7 counts**
 - 3) **Exhale** slowly through your mouth for **8 counts**.
- Repeat this cycle 4 times.

May start off doing it once a day and build it up over time. Dr. Weil advises not to exceed 8 breath cycles per day in the beginning.

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

Team Member Spotlight **Kaylee Patton**



Hey y'all! My career at Children's began in 2021 when I started as a tech in the burn unit. While working there, I learned many useful skills, like how to do burn wound care and empathize with grieving patients. I graduated from nursing school in December of 2022, and while I loved my job on the burn unit, I knew my true passion was caring for little humans. I ended up picking up shifts as a tech in the ER and knew pretty quickly that it's where I belonged, so when the opportunity arose in May of 2023, I matched immediately! I completed my BSN the following May, making me the second person in all of my family to obtain a bachelor's degree.



My free time is mostly spent with my husband as we share common hobbies - we love to hike or be near a body of water. We've been together since high school and are expecting our first child this December! I also love spending quality time with my friends by going to dinner or karaoke. My biggest wellness tip is to just laugh it off. Don't take life too seriously as each day isn't promised.



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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:

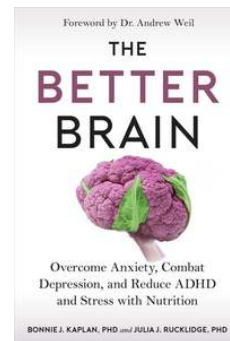
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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:

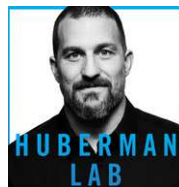


The Better Brain by Dr. Bonnie Kaplan and Dr. Julia Rucklidge

Have you ever wondered if the food we put in our bodies affects our mental health? Well, emerging research suggests it definitely does. I attended a fantastic lecture by Dr. Rucklidge where she discussed the incredible research trials she's conducted on mothers and children with anxiety, depression, and ADHD that showed a strong association between what we eat, the content of micronutrients in our food, and our mental health. I was amazed by the results she discussed in her studies, and The Better Brain will be my next read!



Wellness Resources:



Huberman Lab

This podcast is run by Dr. Andrew Huberman, a neuroscientist at Stanford University. This podcast explores the science of human behavior, brain function, and health. Each episode dives into practical insights on topics like sleep, focus, exercise, and stress, breaking down complex neuroscience into actionable advice. Huberman emphasizes evidence-based strategies to optimize mental and physical well-being.

Insight Timer



This app offers a vast library of free, guided meditations, soundscapes, and mindfulness practices led by teachers from around the world. With tools for managing stress, improving sleep, and enhancing focus, the app supports users at any experience level. It also provides a customizable meditation timer, making it easy to build a regular practice tailored to personal goals.

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