

October Events



1. **October 12th:** Hillcrest HarvestFest @ 12:00pm

SHOW US!

What you do for your

WELLNESS

goofing off....a good adventure...this bebe...Pinnacle hikes...supporting local sports teams... sunsets at the beach...this silly boy...a perfect flower...good food...the beach...family...friends...wings and a cold drink with my wife at BWV...
...work friends...travel...fishing...hiking...a concert with best friends...vacations bring me joy and help with my mental wellness...traveling with family...
...celebrating people I love...



"You can't stop the waves, but you can learn to surf." – Jon Kabat-Zinn



GROUNDING IN THE CHAOS



In our chaotic ED environment, it can be easy to feel overwhelmed by the intensity and urgency of it all. Grounding techniques can be a simple but effective way to anchor ourselves in the present moment, allowing us to reset our nervous systems and reduce stress. One of my favorite techniques is the **"5-4-3-2-1" method**:

- **5 things** you can **see**
- **4 things** you can **touch**
- **3 things** you can **hear**
- **2 things** you can **smell**
- **1 thing** you can **taste**

This practice can help us take our focus away from racing thoughts and back to the present, calming both mind and body.

Whether in the middle of a shift or during a brief break, taking a few moments to ground yourself can make a big difference in your mental clarity and well-being.

★ Team Member Spotlight ★ McKennah West



Hi! My name is McKennah and I grew up in Ozark, Arkansas. I moved to the Conway/Little Rock area when I began nursing school at UCA. I started at Children's as a PCT here in the ED and then promoted to RN after graduation. When I am not at work, I enjoy spending time with friends and family, traveling, being out in nature, going to concerts, and watching and rewatching criminal minds. I have one fur baby named Nala who I decided to get after Day 1 of nursing school. I've currently been an RN for almost a year and I have enjoyed getting to work with with and learn from everybody down here in the ED!



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:

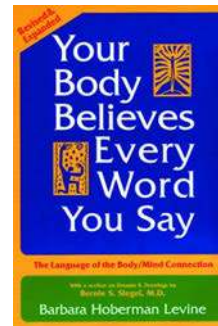
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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:



Your Body Believes Every Word You Say by Barbara Hoberman Levine

This book has been one of my most recent reads lately and it is incredibly eye-opening. This book explores the connection between our words and our health, urging a clue of our deeper beliefs that can manifest in our bodies. Levine's personal experience with a brain tumor led her to research how everyday expressions like "that breaks my heart" or "it's a pain in the neck" are tied to underlying emotional patterns and physical symptoms. I highly, highly recommend you give this a read!



Wellness Resources:



Do Yoga with Me

The founder, David Procyshyn, has been my go to lately for incredibly healing yoga. His body focused videos are phenomenal. He has tons of free videos on YouTube, and a premium subscription [website](#) full of yoga vids from beginner level to expert, and tons of educational material on meditation and mindfulness.



Fooducate

Fooducate is a nutrition-focused app used to teach you how to make healthier food choices. You can scan food barcodes and the app provides a health grade based on the nutritional content of the food, along with detailed information on ingredients, added sugars, and potential additives. It can be a good supplementary app for your weight and health goals.

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