

February Events



1. **Feb 15th:** Wellness Event - Painted Pig @ 10AM

SHOW US!

What you do for your

WELLNESS



"Happiness is the highest form of health." – Dalai Lama



3-1-1 Method for Gratitude Journaling



A new twist on gratitude journaling - let's try the 3-1-1 Method. Instead of listing general things you're thankful for, this approach adds intention.

Here's how to do it:

- 1) Start by jotting down three highlights from your day:** small moments that brought you joy or a sense of ease. E.g. "I saw a cute white dog wag his tail as he passed by me today".
- 2) Write one challenge you faced,** but here's the key: reflect on why you're grateful for it. Maybe it taught you resilience or gave you a new perspective. E.g. "I had a misunderstanding with a colleague at work today, but I am grateful that we hashed it out graciously and I think this will strengthen our collegial relationship".
- 3) Finally, end with one future gratitude:** something you're looking forward to tomorrow or soon - or, if you believe in the magical power of affirmations - something that hasn't even happened yet but you are hoping it would. This practice shifts your mindset to find gratitude in the past, present, and future, making it a powerful tool for reflection and positivity and setting up your subconscious to manifest your goals.

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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:

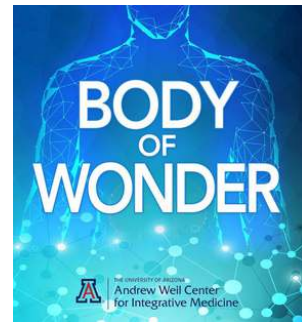
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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 Podcast:



Body of Wonder by Dr. Andrew Weil & Dr. Victoria Maizes

This podcast is a one of a kind! It's my go-to resource for incredible, evidence-based discussions on topics in integrative medicine. I may be biased, but my teachers at the Andrew Weil Center for Integrative Medicine do an incredible job in this podcast interviewing integrative medicine experts and shedding light on healing modalities that conventional medicine needs to catch up with :) Highly recommend.



Wellness Resources:



EFT (Emotional Freedom Tapping) by Brad Yates

EFT is a well-studied mind-body healing modality that shows good promise in healing some anxiety disorders and PTSD in research studies. I, personally, am a certified EFT practitioner and have been practicing EFT since 2009. I've seen it accomplish fascinating healing in myself and my friends (who let me practice on them!). Brad is a wonderful practitioner who is gentle and easy to learn from or tap along with.

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