

January Events



1. **Jan 16th:** Wellness Committee Meeting at 1pm (Zoom)

**SHOW US!**

*What you do for your*

**WELLNESS**



"Health is a state of body. Wellness is a state of being." - J. Stanford

## The Power of Emotional Wellness



As a physician and integrative medicine advocate, I've seen time and again how deeply our emotions influence our overall well-being. Emotional wellness isn't just about avoiding stress; it's about cultivating resilience, self-awareness, and balance. When we care for our emotional health, we create a ripple effect that supports physical healing, mental clarity, and spiritual growth.

One of the simplest tools for emotional wellness is practicing mindfulness. By taking just a few moments each day to breathe deeply, observe our thoughts, and reconnect with the present, we can shift from reactivity to intentional living. This practice strengthens our ability to navigate challenges with grace and fosters a sense of calm and control.

Emotional wellness is a journey, not a destination. It's about progress, not perfection. With every small step—whether through mindfulness, journaling, or seeking support—we move closer to living a life of harmony and vitality. Let's make emotional wellness a priority, not an afterthought. It's the cornerstone of true, holistic health.

Here's an affirmation to practice on your wellness journey:

***"I nurture my emotional wellness daily, creating harmony within myself and radiating balance, resilience, and vitality into every aspect of my life."***

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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:

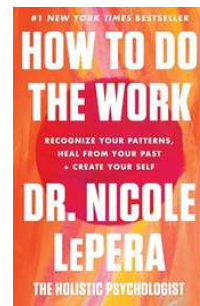
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

### 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:



### How to Do the Work by Dr. Nicole LePera

This book by Dr. LePera, "The Holistic Psychologist", offers a transformative guide to self-healing and wellness. Dr. LePera combines psychology, mindfulness, and integrative tools to help readers break free from limiting patterns, heal emotional wounds, and cultivate holistic well-being. It's perfect for those looking to take an active role in their wellness journey and create meaningful, lasting change.



## Wellness Resources:



### Aloe Bud

A gentle self-care companion, Aloe Bud provides reminders and encouragement for small wellness habits like drinking water, taking breaks, and practicing gratitude. Its minimalist design makes it a supportive tool for integrating mindful practices into your daily routine.