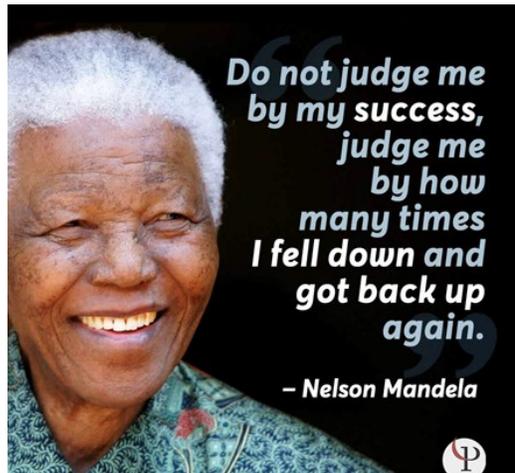


Gratitude!



It has been an extremely challenging time for those effected by the fires here in California. I want to be sure to practice what I encouraged in the November newsletter and express my deepest gratitude to all of you in our community who have volunteered your time, expertise and resources to support the victims.

<http://intranet.ucdmc.ucdavis.edu/publish/insidernews/ucdhs/13374>

The past few weeks have been challenging first and foremost for those personally affected by the fires and those who did not hesitate to step in to help. For the rest of us, the ever-present smoke, eerie surroundings, and the need to make changes in our schedules have been constant reminders of the tragic events. The ability to be resilient is being put to the test and it is an important time to be reminded of what can help us stay resilient in times of great stress and uncertainty.

It can be helpful to visit the area of Positive Psychology which focuses on the characteristics of individuals and communities that allow them to grow, be healthy, and stay resilient. One of the central tenants is addressing and embracing strengths. Students who are facing the challenges of grueling academic demands can sometimes focus on their limitations. Research data indicates that if you pause to identify and honor your strengths you can be more resilient. So perhaps when you are having a particularly challenging day, pause, be mindful, and intentionally use one

By Dr. Margaret Rea

of your strengths. It does not mean that you are ignoring that there is stress. Instead, you are addressing the challenges from a place of strength and you can start a positive spiral where you feel empowered to face your stress and additionally improve your mood. Please take a moment to consider your strengths such as **curiosity, compassion, bravery, authenticity, kindness, humility, gratitude, determination and humor** just to name a few. For example, taking a risk and being **brave** might help you conquer an obstacle. Recognizing you might not be certain of all the material for a quiz, you remain **determined** to obtain your ultimate goal. Practicing **gratitude** for things and people that fill your life can help sustain you when the stress feels overwhelming. Researchers in Positive Psychology have added another factor that can help you stay resilient and that is Grit. Angela Duckworth defined the concept of grit as: "Grit is passion and perseverance for long-term goals. One way to think about grit is to consider what grit isn't. Grit isn't talent. Grit isn't luck. Grit isn't how intensely, for the moment, you want something. Instead, grit is about having what some researchers call an "ultimate concern"—a goal you care about so much that it organizes and gives meaning to almost everything you do. And grit is holding steadfast to that goal. Even when you fall down." Incorporating Grit as a coping strategy means not losing sight of your goals – something that can be very hard when obstacles like a poor score on a test or difficult feedback come your way. These are the exact moments when you need to hold onto Grit- connect to the goal – the mission that drove you to start your professional journey. <https://angeladuckworth.com/qa/> As you face the final academic demands of this year before the holidays, take a moment to honor and employ your strengths, add your Grit, and some optimism and you have three central elements of Positive Psychology in your coping tool kit that can help you stay resilient. Wishing you all much joy, good health and much laughter in 2019- may you not only be the giver of kindness, but a recipient as well.

Wellness Events

Work Life and Wellness Events

<http://www.ucdmc.ucdavis.edu/hr/wellness/index.html>

UC Living Fit Forever

http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml

School of Nursing

Wellness Workshop: "Tips for Keeping Yourself Well and Focused During the Crunch Time"

Dr. Pilar Gonzalez-Doupe
Moore Hall, Room 1000
December 7th at 12
First 30 Students Get Lunch

Consider your "Event," for December to be giving of your time, your kindness, or your resources: Here are Some options:

Camp Fire Donation at the Red Cross:

<https://www.redcross.org/donate/donation.html/>

Catastrophic Need for Animals:

<https://give.ucdavis.edu/VMTH/V6TH631>

Wellness Tip: Three Ways to Practice Self-Care

Please remember that we can also build resiliency by not ignoring self-care. Take a moment to pause and foster your well-being by trying these three helpful techniques. <https://mailchi.mp/d0ce2ef65e54/three-ways-to-practice-self-care?e=7359d3a579>

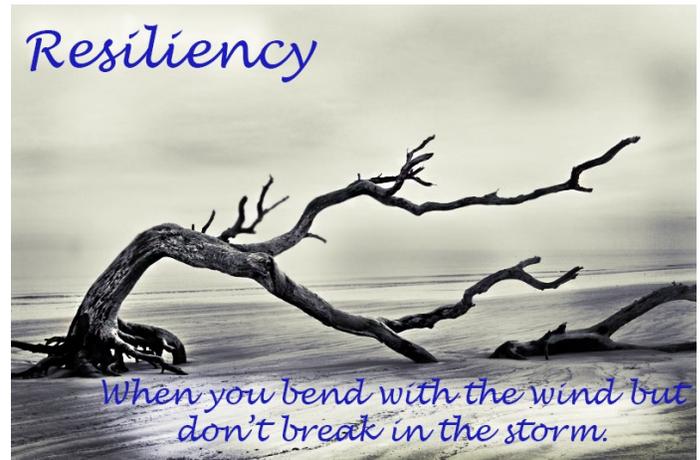
1) Nourish your body. When you feel tired and want a break, it's tempting to curl up on the couch—but doing so can often leave you feeling more low-energy than before. Simple movements, like stretching, can get your blood flowing and help you feel more refreshed. Try this three-minute mindful movement exercise to warm up the body and connect with the breath. https://www.mindful.org/mindful-movement-nourish-spine/?mc_cid=b4bd359318&mc_eid=7359d3a579

2) Set an intention to unplug: from the news, cat gifs, Facebook likes—everything. It's difficult to stay connected and informed without getting sucked into your phone, but spending too much time staring at your screen and scrolling through social media can cause feelings of loneliness and self-loathing. Follow these four ways to cultivate a healthier relationship with your screens, so you can stay engaged while still feeling good.

https://www.mindful.org/four-ways-to-hack-your-screen-addiction/?mc_cid=b4bd359318&mc_eid=7359d3a579

3) Seek out a moment for solitude. With traffic horns blaring, kids shouting, and phones ringing, life can get pretty noisy. Taking time to pause and embrace silence restores the mind and gives your nervous system a well-deserved break. Explore this 15-minute meditation to embrace quiet moments and find peace of mind.

https://www.mindful.org/the-power-of-pause/?mc_cid=b4bd359318&mc_eid=7359d3a579



All students, staff and faculty are encouraged to contribute wellness stories, tips or recipes to the newsletter.

Monthly Recipe from the UC Davis Community

Dr. Oliveira from the UC Davis Department of Integrative Medicine reminded us that the holiday season is not just about shopping and wrapping gifts. It can also be about sharing food with others and giving to those who might be in need of food. She highlighted two holiday recipes that can be easily shared: Almond Cranberry Granola and Peanut Butter Fudge Truffles.



[Almond Cranberry Granola Recipe](#)

[Peanut Butter Fudge Truffles Recipe](#)



Wellness App: ShareTheMeal

As you head into the holiday season, also often called the season of giving, I encourage you to reflect upon the power that giving your time, your kindness, and your care can impact not only your community, but your own well-being. The app below can support you in cultivating giving.

ShareTheMeal fights global hunger through the United Nations World Food Program (WFP). The concept is simple. Tap the app on your phone and give 50 cents. That will feed one child for one day. Why not use the app whenever you sit down to a meal? Help feed the hundreds of thousands of undernourished people in the world. It's simple, and grants and partner companies cover the



<https://itunes.apple.com/us/app/sharethemeal/id977130010?mt=8>