



**Updated 9/22/2020**

## **Wellbeing Services for UCI Employees Offered through the Susan Samueli Integrative Health Institute**

During these challenging times, we recognize that your health and wellbeing is important and vital to the UCI community, as well as the patients and families you serve. The Susan Samueli Integrative Health Institute (SSIHI) is launching a wellbeing initiative to provide support services for our extraordinary caregivers and co-workers.

- Mindfulness & Meditation
- Guided Acupressure (no contact)
- Stress Management Strategies
- Biofeedback and Relaxation Techniques
- Nutrition
- Wellness Education Series

Please see below the weekly schedule of offerings. Go to the below link to request an appointment: <https://forms.gle/sma8ZVB25ygeCSDf8>

If you have questions please email Dina Pagano at [dpagano@hs.uci.edu](mailto:dpagano@hs.uci.edu).

### **SESSION DESCRIPTIONS**

- 1:1 Mindful Meditation Appointment - VIA ZOOM OR PHONE CALL

Set time aside for yourself with a 30-minute customized private meditation consult, which will take into consideration your experience level (all are welcome), as well as your personality, lifestyle, and intentions.

<b>Day</b>	<b>Time</b>
Monday	12:30 – 1:00 pm
Wednesday	11:15 – 11:45 am
Friday	11:15 – 11:45 am (phone)

- Livestream Mindful Meditations - VIA ZOOM

Tune into 20-minute ZOOM livestream meditation sessions, from work or home.

Register here: [https://docs.google.com/forms/d/e/1FAIpQLSesXo1\\_NK1vTokWs4Mib-bGDzZCCykwI0UsT1txN9vet8wu9g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSesXo1_NK1vTokWs4Mib-bGDzZCCykwI0UsT1txN9vet8wu9g/viewform)

<b>Day</b>	<b>Time</b>
Mondays	12 pm – 12:25 pm
Tuesdays	5 pm – 5:25 pm
Wednesdays	12 pm – 12:25 pm
Thursdays	5 pm – 5:25 pm
Fridays	12 pm – 12:25 pm



- **Guided Acupressure - VIA ZOOM**

Offerings of 30 minute 1:1 sessions via ZOOM with an Acupuncturist, providing guided acupressure sessions and techniques to promote health by addressing anxiety, stress, grief, pain, fatigue and immune support.

Day	Time
Mondays	1 pm-5pm
Wednesdays	2 pm-5pm

- **Stress Management - VIA ZOOM**

Offerings of 15-20 minute 1:1 session via ZOOM with a naturopathic doctor to explore how stress may be impacting your health. Learn about steps you can take to mitigate stress and improve your resilience, support your body and mind, and enhance your overall sense of wellbeing. This is your time! It is intended to give you a space and the resources to make sure that your health needs are met.

Day	Time
Thursdays	3 pm-7pm
Saturdays	8 am-12pm

- **Biofeedback and Relaxation Techniques - VIA ZOOM**

These live-streamed ZOOM sessions, which allow up to eight participants, will focus on calming the mind and body in times of stress. We will guide you through simple, easy to learn techniques that you can use regularly on your own to reduce the effects of stress. You will learn breath work, guided imagery, visualization, and other techniques to promote relaxation, calm stress and anxiety, lower blood pressure and improve sleep.

Day	Time
Mondays	7 pm
Wednesday	12:30 pm

- **Healthy Nutrition in Times of Stress – VIA ZOOM**

Offerings of 30 minute 1:1 sessions with a Registered Dietitian, providing education and practical advice on how to maintain a healthy eating pattern during times of stress, anxiety and fatigue. Links between nutrition and immune health can also be discussed.

Day	Time
Tuesdays	2 – 4 pm



## Wellness Education Sessions

- **Sleep 101** - VIA ZOOM

It's all too common for sleep quality to be negatively impacted after working strenuous long hours, with increased responsibilities, and emotional concerns over current events. In this brief video session, we will outline the basics of sleep science and sleep hygiene, and examine the relationship between sleep and our health. We will additionally explore the many factors that can affect sleep and share with you, ways through which you can identify what your particular challenges are and how you can use integrative approaches to optimize the quality of your sleep. Our emphasis will be on lifestyle and nutritional strategies, as well as mindfulness and meditation, all of which can be readily applied to restore sleep patterns. Even though sleep pathologies are known to impact sleep, the details of those conditions will not be addressed in this session; however, the principles learned can support anyone with sleep difficulties.

Day	Time
Tuesdays	7:30 p.m.

- **How Stress Affects You** - VIA ZOOM

Given the current circumstances and the demands on healthcare workers, it is not a surprise that we are seeing more and more healthcare workers, including our own colleagues, suffer from the negative effects of stress. If you have felt overwhelmed, anxious, irritable, restless, tense, or are experiencing increased physical symptoms such as pain, digestive upset, headaches, insomnia, etc., it is possible you are feeling the effects of increased stress on your mind and your body. There is no better time to take steps to care for yourself and decrease the negative effects of stress. In this live video session, we will review the physiology of stress and our stress response, learn about how and where we feel stress, and explore simple and effective ways to help manage stress and build resilience. Our emphasis will be on lifestyle and nutritional strategies, as well as mindfulness, attitude, and our perception of stress.

Day	Time
Tuesdays	7:00pm

- **Anxiety During Stressful Times** - VIA ZOOM

Anxiety is all too common in our society with a growing number of patients looking for ways to quiet their mind and calm their nervous system. In this session, we will explore what anxiety is and how we experience anxiety in our mind and our body. We will review some of the causes of anxiety and discuss self-care tools that can be incorporated in daily life. Severe anxiety and other related psychiatric disorders do require medical attention and information pertaining to those specific conditions will not be addressed in this video session. The goals of the session is to offer insight and provide general tips and guidelines to help participants identify ways to feel more grounded and less anxious.

Day	Time
Wednesdays	12:30 pm