



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

The UCI Susan Samueli Integrative Health Institute recognizes that your health and wellbeing play a vital role in your personal journey to optimal health. Your wellbeing is important to the UCI community, your friends and family, as well as to those you serve. Through the UCI Susan Samueli Integrative Health Institute's Wellbeing initiative, you are invited to participate in a variety of virtual support services that are available to you at no cost.

- Mindfulness & Meditation
- Guided Yoga/Massage
- Yoga for Wellbeing
- Nutrition
- Wellness Check-In
- Biofeedback
- Mental Health Check-In

Please see below for the available sessions that are offered this month. To request an appointment, please register here: [https://uci.co1.qualtrics.com/jfe/form/SV\\_4ZSRfwrJ7jO5LM](https://uci.co1.qualtrics.com/jfe/form/SV_4ZSRfwrJ7jO5LM)

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

### AVAILABLE SESSIONS

#### Livestream Mindful Meditations - Via Zoom

Join in community for 25-minute meditation sessions. Drop in once, multiple times, or every weekday!

<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

#### 1:1 Mindful Meditation Appointment - Via Zoom

A 30-minute mindful meditation consultation with a certified mindfulness instructor who will take into consideration your experience with mindfulness as well as your goals and intentions with meditation.

<b>Day</b>	<b>Time</b>
Monday	12:30 pm – 1:00 pm
Wednesday	11:30 am – 12:00 pm
Wednesday	12:30 pm – 1:00 pm



**1:1 Yoga/Massage** - Via Zoom

This 30-minute session is designed to help the participant obtain relief to areas on the body that are causing discomfort through the practice of guided stretch and massage.

<b>Day</b>	<b>Time</b>
Tuesdays	2:00 – 2:30 and 2:30-3:00 PM
Thursdays	5:45 – 6:15 and 6:15-6:45 PM

**1:1 Healthy Nutrition in Times of Stress** - Via Zoom

During this 30-minute session, a Registered Dietitian will discuss practical methods on how to maintain a healthy eating pattern during times of stress, anxiety, and fatigue.

<b>Day</b>	<b>Time</b>
Tuesdays	2:00 pm – 4:00 pm

**1:1 Wellbeing Check-In** - Via Zoom

Schedule a complimentary session to meet with a SSIHI provider. Collaborate with our provider to discuss basic health concerns and strategies to optimize wellbeing.

<b>Day</b>	<b>Time</b>
Fridays	2:00 pm – 6:00 pm

**Biofeedback** – Small Group Via Zoom

These 45-minute sessions include up to ten participants and will focus on calming the mind and body in times of stress. A biofeedback certified practitioner will guide you through techniques to reduce the effects of stress. These techniques include breath work, guided imagery, and visualization. All of which contribute to reducing anxiety, lowering blood pressure, and improving sleep.

<b>Day</b>	<b>Time</b>
Mondays	6:00 pm – 6:45 pm

**Mental Health Check-in** - Via Zoom

A 30-minute mental health check-in for either support or an anxiety and depression screening with the Faculty and Staff Support Services Coordinator. Both options will be followed by recommendations and referrals to improve your mental health, and you will learn about available resources.

<b>Day</b>	<b>Time</b>
Tuesdays	1:00 pm – 2:00 pm
Wednesdays	2:00 pm – 3:00 pm
Thursdays	11:00 am – 1:00 pm



**Yoga for Wellbeing** - Via Zoom

A group yoga class that is appropriate for participants of all levels and backgrounds. This 1-hour class provides in depth explanations of foundational Yoga postures, focusing on alignment, the importance of breath and calming the mind. This class will help you to connect to your body, reduce stress and improve focus on and off the mat, while building strength, improving balance, and increasing flexibility.

<b>Day</b>	<b>Time</b>
Mondays	5:30 pm - 6:30 pm
Tuesdays	9:00 am – 10:00 am
Wednesdays	5:30 pm – 6:30 pm
Thursdays	9:00 am -10:00 am