Wellness Ambassador of the Month – September 2017

Rose Cabral

How long have you worked at UC Davis?
I’ve worked at UC Davis for 9 years and I’ve worked in the Office of the Provost for the last 4 years.

What does wellness mean to you?
Wellness is actively making time to check in and focus on yourself.

Why did you become a wellness ambassador?
I think it is very important to keep wellness in mind at work. I noticed that my coworkers did not leave their desks at all, and even ate lunch at their desks. I thought that focusing on wellness at work could create a better work environment with more efficient and productive work hours, so I decided to become a Wellness Ambassador. I also realized that if I became an ambassador I would have to prioritize having a healthy lifestyle, which could lead to people around me making it a priority as well.

How long have you been a wellness ambassador?
Since the program launched. (Summer 2016)

What has been rewarding or positive about your experience thus far?
I experience something rewarding every day! Someone will thank me for my motivational quotes, and the people in my department encourage me to continue being a wellness ambassador as my efforts have impacted them in a positive way. It feels good to know I’m spreading positivity.

What are some of the challenges you face as a wellness ambassador?
Sometimes getting people involved is a challenge. It may be difficult to convince people to make time in their schedule, even though they know the activity will benefit them. However, once they attend a few events, they get hooked and actively participate!

What is one piece of advice you would like to share with new wellness ambassadors?
Find the key people in your department who others gravitate towards, because it will motivate more people to join. Also, start with small initiatives and then eventually make them bigger. Initially, even 1-2 persons is a success, so don’t give up!

Staff and Faculty Health and Wellbeing aims to build an environment that makes the healthier choice the easier choice, while providing staff and faculty with the required support to make UC Davis the healthiest community. How do you feel you have contributed to our mission?
Every day at 3:15 p.m. I ring a cow bell and encourage all my coworkers to step away from their desk and stretch. As it is regular and accessible, and also because people don’t need to move more than 5 to 10 steps from their desk, it’s working well. I also have a calendar, where I promote ‘Wellness Wednesdays’ by writing inspirational quotes. I have set up a motivational poster wall which my colleagues can see as soon as they enter the office.

What is your favorite thing to do in your spare time?
In my spare time, I try to be active and run. I host activities in my neighborhood, and help connect people with different events. I’ve been part of races like the Santa Cruz wharf to wharf run, and I enjoy running in scenic locations.

To be part of wellness initiatives with Rose Cabral please email racabral@ucdavis.edu or visit her at Mrak Hall.