Wellness Ambassador Brainstorming/Training Notes
July 18, 2019

Abbreviations:
- WA = Wellness Ambassador
- SFHWB = Staff and Faculty Health and Well-being

Mini-grants – Application period open October 21 – November 15, 2019
- Used to be offered twice a year, now changing to annual model
  - Everyone who applied in Spring 2019 can still apply this Fall for 2019-2020 year
  - Examples of past mini-grant projects: purchased silent disco equipment; hired instructors for yoga, meditation; purchased bento boxes (or Tupperware) for colleagues to bring lunches
- Grant process may be becoming a bit more competitive. Can provide 20 departments with funds if they all apply for $500 each.
  - Funds must be spent by June 1, 2020. The grants are reimbursement-based.

How to Apply for a Mini-grant
WA’s Have until October 21 to complete the following:

1. All WA’s need to complete a needs assessment as it is best practice. However you do not need to submit the needs assessment to SFHWB for review. Good way to get baseline information on your department.
   a. How to get to the Needs Assessment
      i. Head to https://safetyservices.ucdavis.edu/article/wellness-ambassador-program
         1. The right-hand column has several resources, including a sample Needs Assessment (PDF)
         2. You can more features on WA’s and the past mini-grants that have been approved for ideas

2. Healthy Department Certification
   a. Application period open August 26 – October 4, 2019
   b. Available at: https://safetyservices.ucdavis.edu/article/healthy-department-certification
      i. The right-hand column has a copy of the 2018 HDC Assessment Questions (PDF). This assessment highlights best practices. The 2019 assessment will be linked on the above webpage and will be available on August 26.
   c. The certification does not have to cover just one or an entire department – can be flexible as long as you take into account the needs of the people you may work with as a WA.
   d. *Encouraged to do it as a team or as partners*
   e. Last time: 26 departments filled it out, takes about 10-20 minutes
Most Successful Events

Heather Segale from Tahoe Environmental Research Center

- Did a full-day stress reduction workshop with Stacey Brezing, Linda Adams and Neesha Patel (from SFHWB); and Rob Starkey (from ASAP)
- However, the challenge was to get faculty and some staff to participate

Michelle Byrnes from UC CalFresh

- BikeShare Program still successful, bike donated by TAPS

Myrene Abot from Information Technology Services

- Did a “Trail Mix Bar”:
  o Myrene made the trail mix
  o Brought bags for everyone to take trail mix
  o Well-attended

Steven Asercion from Supply Chain Management

- Created a relaxation room:
  o Bought a sound machine, Cot, Timer
  o Lights are always off
- Booked conference room from 12 – 3 pm once a week on either a Tuesday, Wednesday, or Thursday
  o Created time slots to that colleagues register for
  o 15-minute time slots, 5-minute interim. From 12 – 3 pm there are 9 slots.
- Doing it for about 8 weeks now
  o For the first 6 weeks all of the slots were taken – now it has tapered off a little
  o Received positive feedback
- Takes about 10-15 minutes to set it up, Steven has a reminder on his calendar to set it up
- Put signage that says there is a session going on, “do not disturb”

Alex Vela from Supply Chain Management

- **Success**: Because there are 5 WAs at Cousteau Place, they connect on a monthly basis to share ideas, what works, what doesn’t, and what they are planning to do
• Offered succulent planting class – all three classes filled up very quickly. Contacted fellow WA, Stacey Parker at Arboretum and Public Gardens, to get started.

Julieta Kamin from Information and Educational Technology

• Bought a jigsaw puzzle to work because coworkers were all talking about job burnout. The jigsaw puzzle is in one location, and everyone has since come to do a little bit of the puzzle each day and chat with each other, talking about the puzzle's theme (but also learning more about one another)

Brenda Scalzi from Student Health and Counseling Services

• Started walking group on the first Wednesday of the month that leaves at 12:15 pm
• Created a calendar invitation that colleagues can forward on to others
• Post it on the internal website the day before (so they can bring the clothes or shoes)

Kara Moloney from Undergraduate Education

• Set up a recurring event to do “E”– decluttering = cleaning out email inboxes
• The event has been successful

Kathryn Sjoen from CA Animal Health and Food Safety Lab

• Step challenge using Stride Kick app – just like Walker Tracker
• Vegan food potluck

Rose Cabral from Office of the Provost

• “National Smile Day”
  • Student assistants worked on crafts for this day throughout the week:
    ▪ Made cutouts of famous people’s smiles
    ▪ Had an activity with quotes from comedy movies
    ▪ Did another activity with “Matching the smile”
  • Successful because staff were curious about what the students were working on and it is a happy event.
• Had financial wellness workshops: SAFE Credit Union came in to talk about Credit Scores and Fidelity came to talk about retirement

Lisa Laughter from College of Engineering Dean’s Office

• Had a holiday de-stress craft session that was successful
• “Self-care and de-stress” sessions:
o Have an open discussion
  o Have had other people come in (example: organ donation recipient talked about organ donation – high attendance)

Cydney Matteson from Yellow Cluster (Psychology, Philosophy, Cognitive Science and Science & Technology Studies)

- Created a wellness closet
  - Equipment, such as yoga mats, is available to check out
  - Makes sure that every item is checked back in by 5pm each day

Melyssa Rehman from Veterinary Medicine Dean’s Office

- Offers twice-weekly workout class, varying the class activities for each session. Activities include: Zumba, Yoga, step aerobics
  - Obstacle: The more aerobic it gets, the lower the attendance (for example: Kick-boxing)
  - Also created a walking group that uses the Healthy UC Davis Walking Loop near Vet Med

Least Successful Events

Myrene Abot from Information Technology Services + Cornell Wade from Public Health Sciences

- Similar issue: had yoga mats, dumbbells, and a big conference room to do a subscription of yoga classes offered online, but terms and conditions weren’t accepted by Contracts and Grants Accounting.
- Lesson: Anything that requires a subscription will take a long time to get going, just like Walker Tracker did for Healthy UC Davis/SFHWB. Make sure to plan ahead.

Alex Vela from Supply Chain Management

- Used part of the mini-grant to do stretch breaks – have colleagues come together and follow along with a YouTube video, using conference rooms for the sessions.
- Made switch to Stretch Lunch breaks, but a lot of people didn’t know what they were getting into
  - They didn’t know what level they were already at
  - Attendance has been lower, but still pretty steady, however
- Lesson: Make sure to give more information about what to wear, what to expect. Thinking of offering gentle stretches, for example: chair stretch breaks. Would be interested in bringing an “outside” person – maybe contact Lisa Cachia at lcachia@ucdavis.edu.
  - Comment from Lisa Laughter: did 10-minute meditation and maybe can use YouTube videos on chair yoga for lower cost.
Comment from Kara Moloney: in the past, the person who was a WA in Kara’s department was in decently good physical shape. Need to be mindful about how to be inclusive, and to encourage everyone to make improvements on their own scale.

- **New and additional challenge:** Cousteau is getting more and more occupants. Will need to look at where to hold the sessions now (and how to cater to everyone’s needs).

Evelyn Holguin from Western Human Nutrition Research Center

Offers walks, martial arts class, or meditation every Wednesday. Retention is always a challenge even though there is a lot offered. Sent out a survey to see what everyone is interested in but did not get any responses.

Kathryn Sjoen from CA Animal Health and Food Safety Lab

- Doing video chair stretch breaks wasn’t that successful for their group

Erinne Boyd from Institute of Transportation Studies

- Has found it difficult to create events that everyone can attend because there are many faculty members and researchers who travel for work a lot. However, the departmental bike resource is one resource that is regularly used since it is available all the time. Might consider doing more of the online trainings/recordings.

Something New

Stacey Parker, Myrene Abot, Cornell Wade: Set up Financial Wellness workshops with Fidelity

Evelyn Holguin: propose a healthy potluck

Breidi Truscott Roberts from Student Academic Success Center: thinking of holding chair massage sessions, and also revamp a space for food storage and prep to have healthy snacks and drinks offered

Lisa Laughter is planning the upcoming monthly events:

- Adult coloring
- Holiday craft
- Additional meeting in December on Crucial Conversations

Michelle Byrnes from UC CalFresh

- *Any suggestions on what to do for sleep?* Michelle is hoping to focus one of their monthly week-long wellness challenges on sleep.
Suggestions for SFHWB: Create a toolkit about the challenges that have been experienced or resolved before... “If you want to do this... then do this...”

Additional Resources

Nutrition/Dining Locations

- From Kayla Koenigshof at Student Housing and Dining Services:
  - I noticed that there were a lot of questions around dining and accessibility, and our Dining department has recently created a lot of resources. I collected some information that I wanted to pass along in case it is helpful:
    - Regarding campus dining locations, here are two maps housed online: https://housing.ucdavis.edu/maps/dining-locations/
    - Regarding establishing and maintaining venues, a location has to be viable in order stay open. If there isn’t enough business to sustain it over time, then it will close. Alternatively, if it is demonstrated consistently that there is a need for business, then I imagine that Dining would be willing to expand operations as needed.

Financial Resources

- SAFE Credit Union (link to request workshops)
- Fidelity Class Request for Departments: https://fmr.co1.qualtrics.com/jfe/form/SV_9ZYuBO9cLF91X?Q_JFE=qdg

Sleep Resources

- Healthy UC Davis Mental and Emotional Well-being Resources: Sleep Resources
- Greater Good Science Center Online Magazine (from UC Berkeley): good resources on sleep
  - Sample article: “Dear Christine: How Can I Get More Sleep?”