



Updated 09/22/2021

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 (SSIH) is launching a wellbeing initiative to provide support services for our extraordinary caregivers and co-workers.

- Mindfulness & Meditation
- Guided Acupressure (no contact)
- Guided Yoga/Massage (no contact)
- Yoga for Wellbeing
- 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://docs.google.com/forms/d/e/1FAIpQLSefsVdBLX1JNLDKCsBwaTw6xrWhhIAtjkhSgGHFW7jYVY-BA/viewform?usp=sf_link

If you have questions please email Dina Pagano at dpagano@hs.uci.edu.

SESSION DESCRIPTIONS

- **Livestream Mindful Meditations** - VIA ZOOM

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

Register here: https://docs.google.com/forms/d/e/1FAIpQLSesXo1_NK1vTokWs4Mib-bGDzZCCykwi0UsT1txN9vet8wu9g/viewform

| Day | Time |
|------------|------------------|
| 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 OR PHONE CALL

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.

| Day | Time |
|-----------|--------------------------|
| Monday | 12:30 pm – 1:00 pm |
| Tuesday | 5:15 pm – 5:45 pm |
| Tuesday | 6:00 pm – 6:30 pm |
| Wednesday | 11:30 am – 12:00 pm |
| Friday | 11:15 – 11:45 am (phone) |

- **Guided Acupressure** - VIA ZOOM

During this 30-minute session, licensed acupuncturists will provide guided acupressure techniques that address anxiety, stress, grief, pain, fatigue, and immune support.

| Day | Time |
|--------------------|--------------------|
| Mondays | 1:00 pm - 4:30 pm |
| Tuesday, Sept.28 | 8:00 am - 12:00 pm |
| Tuesday, Sept. 28 | 1:00 pm – 5:00 pm |
| Wednesday, Oct. 13 | 1:00 pm – 5:00 pm |
| Wednesday, Oct. 27 | 1:00 pm – 5:00 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.

| Day | Time |
|-----------|----------------|
| Thursdays | 6:15 – 7:15 pm |

- **1:1 Wellbeing Check-In** - VIA ZOOM

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

| Day | Time |
|------------|--------------------|
| Wednesdays | 3:00 pm – 7:00 pm |
| Thursdays | 3:00 pm – 7:00 pm |
| Saturdays | 8:00 am – 12:00 pm |



- **Biofeedback and Relaxation Techniques** - 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.

| Day | Time |
|------------|--------------------|
| Mondays | 6:00 pm – 6:45 pm |
| Wednesdays | 12:30 pm – 1:15 pm |

- **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.

| Day | Time |
|----------|-------------------|
| Tuesdays | 2:00 pm – 4:00 pm |

Wellness Education Sessions

- **Sleep 101** - VIA ZOOM

Explore the many factors that can affect sleep and ways in which you can identify what your particular challenges are and how you can use integrative approaches to optimize the quality of your sleep. Even though sleep pathologies are known to impact sleep, the details of those conditions will not be addressed in this 30-minute session; however, the principles learned can support anyone with sleep difficulties.

| Day | Time |
|------------------|--------------------|
| Tuesday, Oct. 12 | 12:30 pm – 1:00 pm |
| Tuesday, Oct. 26 | 12:30 pm – 1:00 pm |

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

In this 30-minute 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.

| Day | Time |
|-----------------|--------------------|
| Tuesday, Oct. 5 | 12:30 pm – 1:00 pm |



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

The goals of this 30-minute session is to offer insight and provide general tips and guidelines to help participants identify ways to feel more grounded and less anxious. 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.

| Day | Time |
|-------------------|--------------------|
| Thursday, Oct. 7 | 12:30 pm – 1:00 pm |
| Thursday, Oct. 21 | 12:30 pm – 1:00 pm |

- **Stress Management and Intro to Biofeedback** – VIA ZOOM

In this session we will learn about the physiology of stress, explain the relationship of cortisol and how stress can be essential to health, as well as introduction to mitigating stress through mind-body medicine and biofeedback techniques such as heart rate variability, autogenic training, progressive muscle relaxation & more. You will become more aware of where we feel stress in our body as well as explore effective stress management techniques.

| Day | Time |
|--------------------|--------------------|
| Thursday, Sept. 30 | 12:30 pm – 1:00 pm |
| Tuesday, Oct. 19 | 12:30 pm – 1:00 pm |

- **Supporting a Healthy Immune System** – VIA ZOOM

Having a healthy immune system is top of mind for many of us this season. This session will review the function of our immune system and discuss daily lifestyle habits that may support or pose risk to its strength. General dietary and lifestyle recommendations will be discussed.

| Day | Time |
|-------------------|--------------------|
| Tuesday, Sept. 28 | 12:30 pm – 1:00 pm |
| Thursday, Oct. 14 | 12:30 pm – 1:00 pm |
| Thursday, Oct. 28 | 12:30 pm – 1:00 pm |

- **Yoga for Wellbeing** VIA ZOOM

A group yoga class that is appropriate for participants of all levels and backgrounds. This 30-minute 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.

| Day | Time |
|------------|--------------------|
| 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 |