



## Well-being Services for UCI Employees Offered through the Susan Samueli Integrative Health Institute

During these challenging times, we recognize that your health and well-being 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 well-being initiative to provide support services for our extraordinary caregivers and co-workers.

**Beginning weekly on April 13th**, the following services are offered to staff and providers free of charge:

- Mindfulness & Meditation
- Guided Acupressure (no contact)
- Guided Massage (no contact)
- Yoga (no contact)
- Stress Management Strategies

Please see below the weekly schedule of offerings. **To sign up, please email Dina Pagano at [dpagano@hs.uci.edu](mailto:dpagano@hs.uci.edu), please include in your email what service you are interested in and a contact phone number.**

### **Mindfulness:**

#### In Person

Join us for 30-minute small group mindful meditation sessions, appropriately distanced, led by our certified Mindfulness instructors. Participants will have an opportunity to learn about meditation, engage in mindful meditation, and discuss plans for continuous mindfulness support, customized to your personal needs.

Weekly offerings on-site at UCI Medical Center on Friday from 10am-12pm on Shanbrom lawn (weather permitting). More sessions to be added soon.

#### Live Stream

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

Go to the following zoom link during the days and times listed below:

<https://ucihealth.zoom.us/j/894642874?pwd=dGIFZGdMVGHUeWxNWjIEb1ZQNmJZQT09>

Meeting ID: 894 642 874

Password: 408216

One tap mobile



+16699009128,,894642874#,,#,408216# US (San Jose)

+13462487799,,894642874#,,#,408216# US (Houston)

| Day        | Time          |
|------------|---------------|
| Mondays    | 7pm and 8pm   |
| Tuesdays   | 11am and 12pm |
| Wednesdays | 11am and 12pm |
| Thursdays  | 7pm and 8pm   |

### Guided Acupressure:

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

| Day        | Time     | Location  |
|------------|----------|---|
| Mondays    | 8am-12pm | ZOOM  |
| Tuesdays   | 5am-9am  | ZOOM  |
| Tuesdays   | 1pm-5pm  | ZOOM  |
| Wednesdays | 8am-12pm | DH Radiology 0117                                   |
| Wednesdays | 5pm-9pm  | ZOOM  |
| Thursdays  | 5am-9am  | ZOOM  |
| Fridays    | 1pm-5pm  | Bldg 55 – 2 <sup>nd</sup> floor conference room 212 |

### Yoga and Guided Massage:

Join us for 30 minute in-person yoga and guided massage sessions. The sessions are designed to help the participant obtain relief to areas on the body that are causing discomfort through guided stretch and massage.

Weekly offerings on-site at UCI Medical Center every Thursday between 1pm-5pm on Shanbrom lawn (weather permitting).



**Stress Management:**

Offerings of 15-20 minute 1:1 session 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 well-being. 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    | Location             |
|-----------|---------|----------------------|
| Tuesdays  | 5am-9am | DH Radiology Rm 0117 |
| Tuesdays  | 5pm-9pm | ZOOM                 |
| Thursdays | 5am-9am | Bldg 22A – Room 2103 |
| Thursdays | 5pm-9pm | DH Radiology Rm 0117 |
| Saturdays | 5am-9am | ZOOM                 |
| Saturdays | 5pm-9pm | DH Radiology Rm 0117 |

Biofeedback and Relaxation Techniques

These live-streamed sessions, that 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        | Location |
|-----------|-------------|----------|
| Monday    | 11am & 1pm  | ZOOM     |
| Tuesdays  | 7pm & 8pm   | ZOOM     |
| Wednesday | 7pm & 8pm   | ZOOM     |
| Thursdays | 11am & 12pm | ZOOM     |
| Friday    | 11am & 12pm | ZOOM     |