



WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work, & Live

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UCR HEALTHY CAMPUS STATEMENT OF SUPPORT

UCR Healthy Campus is here to support you. We will continue to prioritize important core values of diversity, inclusion, and equity, as well as the physical, mental, and social health and well-being of our students, faculty and staff. We are committed to listening, advocating, and working together to generate solutions that will result in a more just and equitable society. Together, we can create change and a better world for all.



Well-Being in Work/Learning Environments

By Minu Ambashta

In the midst of this pandemic, our lives have shifted to remote work/distance learning. In this time, it's especially critical that we maintain and support our own mental health and well-being, as well as that of our colleagues/peers.

We can integrate well-being concepts in virtual work environments and create healthy practices to lead to successful work environments.



Get Dressed

It doesn't have to be professional attire, but get out of your pajamas and into new clothes to symbolize a start to the day.

Move More

While we remain sedentary, it is important to remember to take breaks for movement, such as stretching.

Keep the Same Schedule

When you keep the same schedule as you would at the office or while going to campus, you are establishing that you are about to start your work/school day.

Create a Home Office

Create a designated, distraction-free area to operate from.

Set Boundaries

If other people are at home during the day, communicate about your schedules and ways to minimize distraction.

Working Remotely with Kids at Home

Communication

Talk to your supervisor about a shift in hours while telecommuting, such as whether you can work during hours before your child is active.

Capitalize on nap time

Schedule out your phone calls and meetings to happen during that time to ensure minimal interruptions.

Plan for interruptions

Many colleagues and peers are going through the same thing: transitioning to working from home with a family. Hearing kids/babies in the background is bound to happen.

Seek extra help

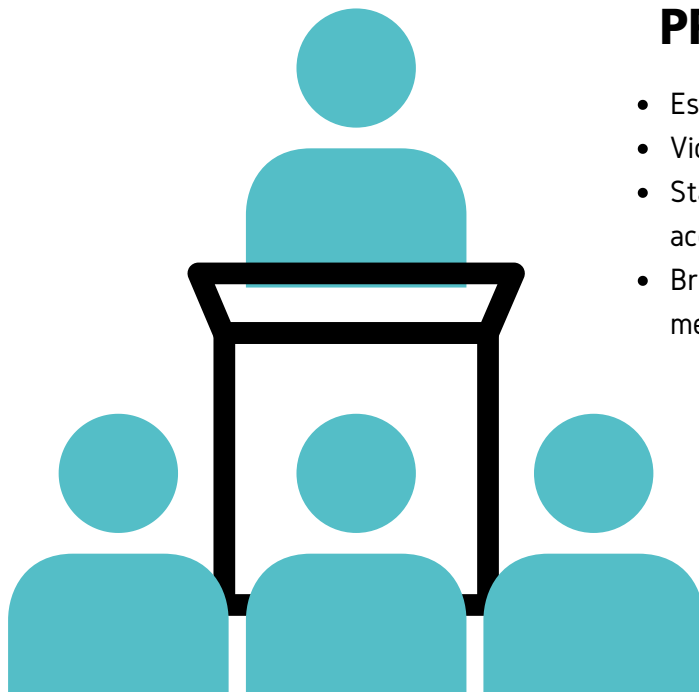
If you have a partner/family member at home, alternate working hours.

GUIDELINES FOR HEALTHY AND PRODUCTIVE MEETINGS

By Julie Chobdee

SCHEDULING MEETINGS

- Hold 50-minute meetings to allow 10 minutes for transitions.
- If possible, avoid scheduling meetings on Fridays from 1 – 5 p.m. to allow time to catch up on work and prepare for the next week.
- If possible, avoid meetings at 8 a.m. on Mondays to allow time to ease into work.



PRIOR TO MEETINGS

- Establish the expectations.
- Video camera is optional to allow for a visual break.
- Standing or walking during the meeting is encouraged and acceptable.
- Bring water and a healthy snack for longer meetings or meetings that may run into lunch time.

DURING THE MEETING

- Incorporate Ice breakers/brain teasers at the beginning.
- Include stretch breaks during classes/meetings, especially for those that last more than 1 hour.
- Start meetings with a minute of mindfulness and breathing.

CREATING A SAFE SPACE FOR ENGAGEMENT

- Use functions like chat, polls, raise hand, etc., to give attendees multiple ways to participate.
- Check in with all participants to make sure everyone has a chance to speak and share.
- Have participants identify themselves and make sure everyone recognizes each other.
- Record your meetings or distribute notes to guarantee that participants understand the next steps and have the resources needed to complete their tasks.
- Provide adapted programming or alternative activities for those with disabilities.

We hope you find these tips helpful and thank you for supporting the health and well-being of UCR!

Mental Health Resources

By Evelyn Diaz

The death of George Floyd was just the tip of the iceberg from the centuries of injustices committed towards the Black community. [George Floyd](#), [Ahmaud Arbery](#), and [Breonna Taylor](#) are only a few of the cases that sparked a series of protests across the nation.

Whether you are protesting, signing petitions, making donations, or spreading awareness through different outlets, remember to keep your body and mind healthy. There are many resources available for all students both on campus and off.

IF YOU ARE IN NEED OF IMMEDIATE HELP DURING A CRISIS, PLEASE CALL:

● **National Suicide Prevention Lifeline – Call 800-273-TALK (8255)**

● **Crisis Text Line – Text NAMI to 741-741**

● **National Domestic Violence Hotline – Call 800-799-SAFE (7233)**

● **National Sexual Assault Hotline – Call 800-656-HOPE (4673)**

Visit NAMI (National Alliance on Mental Illness) for more information!

- [Counseling and Psychological Services \(CAPS\)](#) can help you and can connect you with specialists in Racial, Systemic, Intergenerational, and other complex traumas.
- [Black Female Therapists](#) have launched a free therapy campaign where you can donate or receive therapy at no cost. Visit their website to find out more.
- [Loveland Therapy Fund for Black Girls and Women](#) is a foundation dedicated to getting accessible healing to the communities of color. Visit their website to find out where and how to donate as well as how to sign up for support.
- [The Okra Project](#) is a collective that seeks to address the global crisis of violence by providing resources and meals to Black Trans people worldwide. Click [here](#) to apply to the fund.
- [BEAM, Black Emotional and Mental Health](#), is focused on the wellness and healing of Black and marginalized communities. They offer various series of events that focus on different aspects to promote wellness and health. Visit their [Instagram](#) to find out more.

Remember that you are not alone.
In a time of need, UCR and many others are here for you.
Take care of yourself and those around you.



MOVE MORE FOR 3 TO 4!

By Julie Chobdee

Move More for 3 to 4 is an awareness campaign that teaches us how to increase our activity throughout the day to promote better health, reduce ergonomic risks, and create a positive healthy culture change.

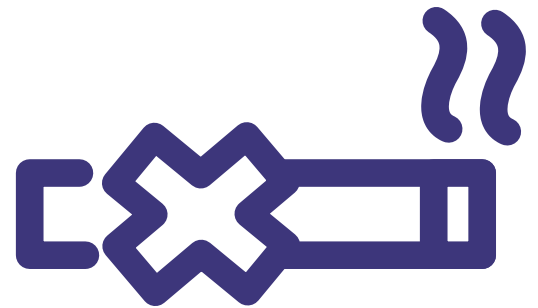
Here are some tips to get you started moving for 3-4 minutes every hour!

- Use your lunch hour to walk/exercise and grab a healthy bite.
- Stand up or march in place while on the phone or Zoom.
- Take a 3-4-minute break and dance to your favorite tune.
- Install a break-time app on your computer or mobile device to remind yourself to take a micro-break every hour to move or stretch.

TOBACCO CESSATION SERVICES

By Julie Chobdee

Smoking & Vaping could make you more susceptible to COVID-19. Protect your lungs. Quit Smoking & Vaping with the following resources from the [California Smokers' Helpline](#).



- Stretch your wrists, arms, and neck muscles after long periods of typing and using your computer mouse.
- Move around or take a stretch break during long meetings.
- Walk to get more water and stay hydrated throughout the day.
- Take the stairs instead of the elevator, if you are able.

Move More for 3 to 4 is co-sponsored by the [UCR Faculty and Staff Wellness Program](#), [Healthy Campus](#), [Ergonomics Program](#), [The Well](#), and [UCR Recreation](#).

Healthy Eating & Nutrition: Summer Edition

By Nitya Longada

Summer is here! Due to the current pandemic, many students have added summer classes to their schedule. Although that can make you busier, we can also remember to maintain healthy eating and proper nutrition to fuel our brains and increase work efficiency!

Fresh summer produce including apples, avocados, bananas, beets, bell peppers, black berries, blueberries, and watermelon are readily available in grocery stores and farmers markets. Advantages of seasonal produce include zesty flavors, increased nutrition, and cost efficiency, since they are easily available during the given season. Check out R'Pantry to see what options are available! Many items are healthy and organic produce grown in R'Garden, right here on campus.

Healthy eating and proper nutrition can help our bodies feel more energetic, allow for good nutrients to circulate the body, and reduce unwanted toxins. Maintaining a healthy body can lead to an increased lifespan, better sleeping schedule, and less joint pain.

Learn more about physical health: recreation.ucr.edu

Learn more about Healthy Eating and Nutrition: healthycampus.ucr.edu/sub-committees/healthy-eating-nutrition

More Healthy Eating & Nutrition Resources

Healthy Cooking Videos

UCR Healthy Campus YouTube Channel



Eat Fresh Playlist



Summer Berry Smoothie

By Brenda Bernabe

Blueberries are in season! Though they are a small fruit, they provide a range of health benefits, while still being deliciously sweet. Blueberries contain fiber and are a great source of antioxidants. Antioxidants are “substances that may protect your cells against free radicals, which may play a role in heart disease, cancer and other diseases. Free radicals are molecules produced when your body breaks down food or when you’re exposed to tobacco smoke or radiation.” (MayoClinic) What better way to enjoy the nutritional benefits than with a yummy and refreshing berry smoothie!

Ingredients

- 1 banana
- 1 cup of frozen mixed berries
- 1 cup of almond milk (or any milk of your choice)
- 1 tablespoon of chia seeds*
- 1/2 ground flaxseed*
- *Optional but highly recommended for added fiber, protein, and omega 3s



Directions

Blend all ingredients in a blender till desired consistency. Garnish with fresh blueberries.



DEAR CLASS OF 2020

By Eleanor Trinidad

2020, the year that marks our last year of college. Four years ago, this year seemed so far away. We couldn't even fathom the kind of person we would be in 2020. Yet, here we are.

A lot has happened for us grads these past four years. When we entered college, Donald Trump was elected president. Our senior year we were hit by a global pandemic and protests. Such events seem to have turned our worlds upside down. It's very easy to get caught up in the turbulence of such social events as young people in the world. I believe that our education has prepared us to be fighters for justice and peace during these difficult times.

However, I come with some words of advice. Despite all that may be going on in the world right now, please don't forget to take care of yourself. Bring your loved ones closer. Love yourself in a way that you haven't before. With all the hardship going on in the world, you need to have people that you can rely on. Most importantly, give credit to yourself for making it this far. You have graduated college and you have secured a degree that can only better your future. You have met friends that have changed your life. You have had memorable experiences that no one can take away. College is no easy feat, and as recent graduates we know that best. Yet, I wholeheartedly believe that the hardships we faced during these last four years have made us stronger. One day in the future, when you feel like it's hard to put one foot in front of other, remember what you are capable of. Remember what you have endured. Keep pushing forward, because the world needs more people like us. Strong, passionate, resilient, and action seekers. Fiat Lux!

