



LIVE WELL @ WORK Newsletter

UC San Diego | Center for
SCHOOL OF MEDICINE | Community Health

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FEATURE

UCSD Center for Mindfulness

The UC San Diego Center for Mindfulness is a multi-faceted program of professional training, education, research and outreach intended to further the practice and integration of mindfulness into all aspects of society. Their caring talented teachers are ready to help guide you in bringing mindful coping skills into your daily life.

The Center for Mindfulness offers a broad range of mindfulness-based programs and initiatives. Whether your interest in mindfulness is personal or professional, on behalf of a young family member or your workplace, or if you are just curious about what it is, you are invited to explore our online home. The center is a program of the UC San Diego Center for Integrative Medicine and UC San Diego School of Medicine's Department of Family Medicine and Public Health.

HARVEST OF THE MONTH

Asparagus & Strawberries

A half cup of asparagus is an excellent source of folate and vitamin K, which are important for healthy blood.

A half cup of sliced strawberries is a great source of vitamin C, an antioxidant that protects the body's cells.



SWAP OUT → SWAP IN

Inside Breaks → Outdoor Breaks

It's important to remind yourself to take breaks throughout the day. Taking a well deserved 15-30 minute break can reduce work-related stress and anxiety. However, did you know that location plays a significant role in how adequate those stress-relieving breaks can be? Taking a break outside versus inside is more effective in reducing stress, improving concentration, boosting creativity, strengthening your immune system, and lifting your mood.

Outdoor Break Options:

- Promote a short walking route around the workplace.
- Create a water feature to encourage relaxation.
- Include outdoor art with nearby seating.
- Provide picnic benches to support outdoor lunches.
- Add a small garden for employees to enjoy.