

The ad MINute

Volume 3

Welcome...

...Glenaver Charles-Emerson, Admin Assistant (Card) ...Julie Forte, Admin Assistant (MEO)

1st DOM Staff Art/Craft Fair



When: August 29th12:30-1:30 Where: Conference Room 6302

We would like to hold an inaugural social event for the administrative staff of the department to get to know each other better.

Do you have an artistic side? Do you make jewelry, art, or crafts?

Channel your inner Martha Stewart, and share your talents with the Medicine Administrative Staff.

Come support your fellow staff members and let's get to know each other better. Find out what we like to do when we are on our own time.

- If you are interested in participating, bringing items to sell or show-off please <u>RSVP to Angie</u> Hessell at 626-7174 by August 22nd.
- Please Note: If we don't have enough interest in participation the event will be canceled.

We look forward to a fun experience celebrating the many talents of our DOM administrative staff! Raffle Prizes, Refreshments, & Fun for All!

Want to contribute to the "adMINute"?

Send topics of interest or suggestions or fully scripted accounts for the next issue to ahessell@deptofmed.arizona.edu

Design and Graphics by Melissa Colchado

Written and Edited by Angie Hessell

Tips For Reducing Stress

Breathing Meditation for Stress Relief

With its focus on full, cleansing breaths, deep breathing is a simple, yet powerful, relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. All you really need is a few minutes and a place to stretch out. The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel.

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

Mindfulness & Meditation

Every Monday, 1:30-2:30 p.m. Kiewit Auditorium, University Campus

Free, stress-relieving meditation training. Regular meditation has many preventative benefits and helps to cultivate a peaceful mind.

