Wellness Ambassador of the Month
Sarah Arsenoff – Office of Medical Education

How long have you worked at UC Davis?
I started at UC Davis in July 2014 after moving from the east coast.

What does wellness mean to you?
Wellness starts with a mindset. It is important to remember that wellness is not always a perfect practice. There will be times when it becomes routine and it’s easier to follow our wellness practices, but other times we can fall out of our routine when our busy schedules get the best of us. I think it’s just important to be patient with ourselves and be thankful for the opportunities we have to engage in a healthy lifestyle.

Why did you become a wellness ambassador?
In 2016 I transitioned from the Davis campus to the Sacramento campus, and I really wanted to find a way to get involved in staff organizations to grow more as a professional. Wellness has always been a passion of mine, so I thought the Wellness Ambassador Program would be a perfect opportunity to connect with colleagues and get involved.

How long have you been a wellness ambassador?
About 2 years – since fall 2016.

What has been rewarding or positive about your experience thus far?
I think being able to connect with my colleagues in my office has been such a positive experience. In our office, it can be easy to get siloed into your own department, which makes it difficult to connect with people across departments. This program has allowed me to connect with people and learn more about their lives. It’s a great way to grow together.

What are some of the challenges you face as a wellness ambassador?
Everyone has a different idea of what wellness is to them and how they want to accomplish their goals, so as a wellness ambassador it can be difficult to have a full scope of how you can reach the most people.

What is one piece of advice you would like to share with new wellness ambassadors?
Start with a passion and use that as your momentum to get others on board. It’s also important to remember that we often have big ideas in our heads about what we want to accomplish, but we should be willing to break it down to goals that are more manageable. Lastly, be flexible with your goals because the needs within your department will naturally ebb and flow.

Staff and Faculty Health and Well-being aims to build an environment that makes the healthier choice the easier choice, while providing staff and faculty with the required support to make UC Davis the healthiest community. How do you feel you have contributed to our mission?
The Wellness Ambassador Program itself has really set me up to contribute to this mission. I’ve learned so much about what is offered by the university for employees by attending trainings and lunchtime talks, which has provided me with the tools to support my colleagues. This is how we ended up using the Mini-Grant to start up wellness workshops and our walking group, which is still going strong!

What is your favorite thing to do in your spare time?
During the winter you can usually find me skiing in Tahoe on the weekends. Overall, I like to spend my time being active outdoors and enjoying the general environment around Sacramento, whether that means going to the mountains, the coast, or even a cozy coffee shop.