Wellness Ambassador of the Month
Lisa Laughter – College of Engineering Dean’s Office

How long have you worked at UC Davis?
I moved to California in April of 2017 and started at UC Davis May 2017!

What does wellness mean to you?
Wellness is a mindset to me. Being mindful of self-care at every level – physical, mental, and spiritual. Practicing wellness, to me, means taking intentional, committed actions to be of service to oneself and to others. It is what makes the world a better place!

Why did you become a wellness ambassador?
Practicing wellness is super important to me. I am deeply passionate about it and want to share with others the benefits of specific wellness concepts like mindfulness, gratitude, and service. Practicing radical self-care for me has contributed to my wellness and transformed my life.

How long have you been a wellness ambassador?
As soon as I started here at UC Davis. It was one of the first things I got involved in outside of my specific job duties. So, since May of 2017!

What has been rewarding or positive about your experience thus far?
Living and working in a community that has such a community in the first place! I have been having a blast collaborating with the other wellness ambassadors in my college and coming up with fun activities to offer. Making a difference (even if it is a small one) is rewarding to me 😊

What are some of the challenges you face as a wellness ambassador?
Not everyone prioritizes their wellness as much as I hope they would nor are they ready to take the action required to make the changes in their life they are seeking. Planning activities that are of interest and at a time my co-workers are able to attend can be a challenge for sure.

What is one piece of advice you would like to share with new wellness ambassadors?
Focus on the solution and the solution gets bigger! Keep offering wellness activities. Start small. Plant seeds.

Staff and Faculty Health and Wellbeing 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?
I feel I have contributed to this mission by providing a variety of opportunities for members in my community to participate in fun and easy wellness activities. Through events and talking about wellness at any chance I can and promoting campus wellness activities.

What is your favorite thing to do in your spare time?
There are so many things… my favorite thing to do is to play and do arts and crafts with my 10-year-old daughter. I spend a lot of my time out of work being of service to my community and supporting others with their wellness. I love to be outdoors and take in the beauty of my surroundings. I like to do yoga, meditate, read, and color in adult coloring books.

To be part of wellness initiatives with Lisa Laughter please email llaughter@ucdavis.edu or visit her at the Engineering Undergraduate Office in Kemper 1050.