Wellness Grant Feature of the Month: Yellow Cluster

Wellness Ambassador: Cydney Louis

Wellness Ambassador Cydney Louis for the UC Davis Yellow Cluster, which supports Psychology, Philosophy, Cognitive Science and Science & Technology Studies, was able to use her department’s mini-grant funds to create an in-house health and wellness rental program for faculty and staff, as well as hold a “Picnic, Chit-Chat & Lunch” event for department members to discuss the most effective ways to prepare healthy meals for the week.

For the health and wellness rental program, Cydney used the mini-grant funds to purchase picnic blankets, yoga mats, resistance bands, coloring books, colored pencils, and an ab roller. By making these items available for check-out, Cydney hoped to encourage department members to get more active during their workday breaks, enjoy some time outside, and find ways to integrate mental breaks in with their daily tasks. Cydney felt she was successful in reaching her goals through this initiative. Many department members have been enjoying the free use of these health and wellness items during their workday, and are looking forward to more opportunities to more health and wellness initiatives within the Yellow Cluster in the future.

Based on the positive feedback Cydney received for the health and wellness rentals, Cydney decided to additionally hold a “Picnic, Chit-Chat & Lunch” event. At this event, department members were welcomed to bring out the rental picnic blankets and enjoy their lunches outdoors while talking about strategies for meal prepping, food budgeting, and more. Of the 10 people who attended this event, everyone relayed their gratitude for the idea. The attendees felt that they learned a lot from their colleagues regarding tips on how to not overbuy at the grocery store, reduce food waste, limit eating at take-out restaurants, and more.

Although event attendees had only positive feedback about “Picnic, Chit-Chat & Lunch”, Cydney felt that the main challenges with the event were finding a time where the most people would be available to attend and encouraging people to leave their desks during the day to join the outdoor activity. One solution was to offer incentives in the form of farmer’s market vouchers, which Cydney reported did help improve attendance. Otherwise, in the future, Cydney hopes to hold events at varying times to make them more accessible to everyone.

In the future, Cydney plans to continue promoting health and well-being within her department by planning more events and maintaining the health and wellness rental program. Additionally, Cydney has expressed interest in creating a binder of workouts that department members can complete during their lunch breaks. Cydney also hopes to apply for a future mini-grant in hopes of purchasing a department bike for staff and faculty to use as active and efficient transport to and from meetings all across campus.