Wellness Ambassador of the Month – May 2018
Maureen Craig

How long have you worked at UC Davis?
I’ve worked at UC Davis since 1995, so this is my 23rd year!

What does wellness mean to you?
Wellness is living a life with vibrancy. Wellness is also global; it involves the mind, body, the spirit and social interactions. Our interactions amongst each other and in the world are important to live better and healthier!

Why did you become a wellness ambassador?
I became a wellness ambassador because I care a lot about personal wellness, and I like sharing my passion with others, whether they are patients or colleagues. Nothing has improved my life more than paying attention to my own wellness, and I wanted to spread that to the people around me.

How long have you been a wellness ambassador?
Since the program launched (Summer 2016).

What has been rewarding or positive about your experience thus far?
Whenever someone thanks for me for being helpful, it makes me realize how my role as a wellness ambassador is truly rewarding. It is great to see how valuable the resources I’ve shared with them has created an impact, and it makes me so happy inside.

What are some of the challenges you face as a wellness ambassador?
I love to talk about health and wellness, but I’m not always sure if people are ready for it. It is challenging to expect drastic change without a change in attitude. Hence, if people are not ready to make healthy changes, it can be frustrating in the beginning, because I don’t want to push my ideas and give unsolicited advice.

What is one piece of advice you would like to share with new wellness ambassadors?
Find what element of wellness you are passionate about and incorporate that into your activities.

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 have given lectures on mindfulness, and promoted mental health among my colleagues and patients. Additionally I teach Yoga classes, as well as smaller yoga sessions with in the office. I follow a plant-based diet, and I wanted to explain the benefits of the diet so I gave more talks about nutrition, plant based diets, and the importance of whole and unprocessed foods.

What is your favorite thing to do in your spare time?
In my free time, I enjoy spending time and playing golf with my kids. I like being active and practicing yoga and I teach yoga at my local gym. I love to cook too! Come talk to me if you want to hear about delicious plant based recipes and cooking!

To be part of wellness initiatives with Maureen Craig please email macraig@ucdavis.edu or visit her at the UC Davis Department of Nephrology at UCD Health.