Wellness Ambassador of the Month
Jason Masino – Graduate School of Management

How long have you worked at UC Davis?
I have been a full time staff member for a little over 8 years.

What does wellness mean to you?
Whatever area of wellness you’re focusing on, wellness is about helping yourself or others get to a place of sustainability. For example, if you’re focusing on financial wellbeing, then you’re working on practices and goals that will bring you to a sustainable place financially. That type of framework can be used to achieve any other realm of wellness, too, whether it be physical, emotional, social, etc.

Why did you become a wellness ambassador?
I was an undergraduate student here for 5 years and then started working here as a staff member right after I graduated. I loved the work I did, but found myself unfulfilled in some aspects because I wasn’t in a place where I was pursuing all of my passions. My supervisor encouraged me to explore my passions within the campus community. I found myself signing up to be on committees that addressed social justice and social issues, and when I came across the Wellness Ambassador program, I figured it would be a great way to address mental health and other health-related aspects of social issues.

How long have you been a wellness ambassador?
I’ve been a wellness ambassador for about a year.

What has been rewarding or positive about your experience thus far?
Having the ability to focus on wellness initiatives that are important to me has been very personally rewarding, but seeing how that extends to others and helps to influence their lives is very rewarding. The Graduate School of Management started a wellness initiative focusing on different pillars of wellness, and put together mental health panel where the graduate students could talk about their history with mental health. It was really great to put something so meaningful into motion and execute a successful event.

What are some of the challenges you face as a wellness ambassador?
It is difficult to get as many people participating in events, workshops, and whatnot, especially if they are related to social stigmas. It also becomes difficult to engage people who show hesitance due to various personal reasons or limitation in their personal schedules, and it can be hard to figure out why you’re lacking participation and how to progress from there.

What is one piece of advice you would like to share with new wellness ambassadors?
Don’t worry about being perfect and try not to focus on reaching quantitative metrics. Instead, try to be committed to investing your time and energy into the work and the outcomes will come along with that.

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?
I think I have contributed by being someone who is on the frontlines doing the work that will support others, instead of just setting up a theoretical framework. When it comes to wellness, it’s the people who are on the ground who are seeing progress toward their goals.

What is your favorite thing to do in your spare time?
I really love playing games such as Dungeons and Dragons or other role playing games.