



A Slice of Life is a quarterly newsletter to share wellness information and encourage wellness practices within UC ANR. [Click here to let us know about your favorite wellness practices!](#)

Wellness goes beyond eating salads and going for a jog. Wellness encompasses many different aspects of life: emotional, occupational, intellectual, environmental, financial, social, physical, and spiritual. In each issue we aim to address at least 1 of these “slices” of wellness. In this issue, we have included information about physical and spiritual wellness, as well as a fun seasonal snack recipe.

Click here to learn about upcoming wellness related holidays and observances:

- September is National Suicide Prevention Month and National Recovery Month.
- October is ADHD and Depression Awareness Month and World Mental Health Day is October 10th.



STRETCH IT OUT

Whether you are sitting at a desk or working out in the field, it's important to stretch throughout the day. Stretching can help prevent injury and can be a good reset when you transition between tasks. [Click here to see some stretches you can do right at your desk, or wherever you are working!](#)



EXPRESS GRATITUDE

Spiritual wellness encompasses your beliefs, values, ethics, philosophies, and faith. Taking time during the day for your spiritual wellness can help you reflect, reset, and refocus. In less than 5 minutes, you can take a break and write in a gratitude journal. [Click here for some tips:](#)

- Be specific and dive deep into a certain topic rather than trying to cover many topics
- Recognize positives and negatives
- See good things as gifts
- Be consistent



SEASONAL SNACKS

Watermelon is a classic summer snack, but you can take it to the next level by making your own watermelon fruit snacks! You'll need:

- 1.5 cups cubed watermelon (fresh or thawed frozen)
- 1/2 cup lemon juice
- 1/2 tsp vanilla extract
- 1 oz gelatin powder
- 2 Tbsp granulated sugar

Blend and strain the watermelon to make watermelon juice. Add the lemon juice and vanilla to the watermelon juice, then add the gelatin and let sit until firm. Then heat the mixture on low until it's liquid again. Pour the liquid mixture into a baking dish and let it sit in the fridge for 1 hour. Slice and sprinkle sugar on top, then enjoy!

See the full recipe here: bit.ly/UCANR_WatermelonGummies

