

# ACE LINKS

## ACE Mentoring Program Monthly Newsletter

### The Importance of Self-Care

Being in a helping profession, we are constantly reminded of the fact that we cannot fully support others, if we are not taking into account our own mental, physical, and emotional health. The topic of “self-care” comes up quite often—many of us are aware of how impactful self-care can be on promoting a positive lifestyle, but let’s be honest, it often goes ignored and is not given the proper attention it deserves.

What can help is to have someone in your life who can be your self-care accountability buddy—possibly your mentor or mentee? How can you support one another in making your self-care a part of your daily or weekly practice? We hope this month’s resource can be a starting point in encouraging you to take the time to be kind to yourself and each other.



#### MONTHLY RESOURCE

Inspired by last month’s ACE Workshop, *Integrating a Trauma-Informed Lens to Foster Student and Staff Wellness*, this month’s resource highlights practices of self-care.

There are plenty of resources available for self-care—including infographics, inventories, and [questionnaires](#) that promote self-care, but also, highlight practices that one can integrate in their day/week.

If you need a friendly reminder about the importance of self-care, we recommend taking a look at this infographic developed by the University of Buffalo’s School of Social Work.

[Infographic: Steps to Self-Care](#)

#### RAFFLE WINNERS

Congratulations to **Michael McCormick** and **LT Rease-Miles**—you are this month’s raffle winner duo! You have won a UCLA goodie bag! To claim your prize, please email [ace@college.ucla.edu](mailto:ace@college.ucla.edu).

**Conversation starter: Consider completing the above questionnaire regarding your self-care practice: after completing the questionnaire, what areas of self-care would you like to dedicate more time to?**

#### MENTOR MENTEE SPOTLIGHT

Meet this month’s Mentor and Mentee duo—Stephanie Bundy (English), and Sandy Valdivieso (International Institute)!

**Q: What have you learned so far from, or about, your mentor/mentee?**

**Stephanie (mentee):** Sandy has taught me so much about patience, balance, and trust. I’m still finding my footing as a new SAO, and Sandy encourages me to be patient with myself and the learning process. She’s offered guidance on how to balance the many facets of our job and how to find a healthy work/life balance. Most of all, I appreciate that Sandy expresses trust and belief in me, which helps me to trust myself!



Stephanie Bundy (left) and Sandy Valdivieso (right).

**Sandy (mentor):** It’s been a great experience getting to know Steph. Seeing how much she cares about her students has given me a fresh outlook on the importance of fostering bonds with students while maintaining healthy boundaries. Her willingness to share her struggles and ability to be vulnerable has reminded me of how crucial it is to share our stories to inspire and connect with others.

**Q: What have you done so far together?**

**Stephanie and Sandy:** We have had lunch meetings where we have been able to learn from each other on a personal and professional level—we enjoyed our last one so much that we lost track of time!

**Q: What do you plan to do to cultivate and foster your relationship?**

**Stephanie and Sandy:** We would love to continue meeting on a regular basis in different settings. We hope to visit each other’s offices and/or attend campus events together.



#### CALENDAR OF EVENTS

Each month, *ACE Links* will highlight events both on- and off-campus that you may want to consider attending with your mentor or mentee.

If you have any events that you wish to advertise, please email [ace@college.ucla.edu](mailto:ace@college.ucla.edu)

#### Upcoming Events

<a href="#">I &lt;3 Walking @ KREC</a>	2/13
<a href="#">Learn @ Lunch: Dig @ the HCl Garden</a>	2/16
<a href="#">Thinking Gender 2019 Conference</a>	2/22
<a href="#">ACE Research Workshop</a>	2/26
Film Screening: Horror Noire	2/26
<a href="#">Intention Setting Workshop</a>	2/28
Mentoring Matters Panel— <i>save the date!</i>	3/7

