



ACE LINKS



ACE Mentoring Program Quarterly Newsletter



Self Care + Community of Care = Magic

Our profession requires a great deal of time, energy, and capacity to negotiate the complex demands that can change from day to day. Prioritizing self-care is critical to ensure we don't overdraw our personal reserves. However, self-care alone is not always the solution, and we invite you to consider fostering communities of care in addition to practicing self-care. Building a community of peers centered in care can create a shared space where we feel validated, seen, and heard. Together, we can develop innovative solutions to common challenges, all the while feeling intellectually, professionally, and personally fulfilled in a way that self-care alone can not. *We see you and your struggle, and we're here with you.*

Check-in WITH YOURSELF

- What is "community" in a professional setting? Why is it important?
- In what ways do you feel you give to your professional community? In what ways do you feel your professional community gives to you?
- What are ways in which we can harness technology to build community?
- How can you build community with your colleagues in your office? Campus partners and other departments? Other Institutions?

CONVERSATION STARTER

A FRIENDLY REMINDER TO
CHECK-IN WITH YOUR
MENTOR/MENTEE!

WHAT ARE THE WAYS IN WHICH YOU
PRIORITIZE YOUR PHYSICAL, EMOTIONAL,
AND MENTAL WELLNESS? WHERE WOULD
YOU LIKE TO IMPROVE ON THIS?

**"When you're among a
community of support that
gets it, there's always a
collective feeling of exhaling
and being like, 'OK, finally we
can really talk.'"**

*-Dr. Tungohan,
Academic Aunties podcast*

*Stay Connected
with ACE*

STAY CONNECTED WITH THE UCLA ADVISING
COMMUNITY BY FOLLOWING @ACEUCLA ON
INSTAGRAM!

RESOURCES AND UPCOMING EVENTS

**UCLA HEALTHY
CAMPUS INITIATIVE**

SEMEL INSTITUTE
LIVE WELL INITIATIVES

MINDFULNESS PRACTICES
MINDFUL AWARENESS
RESEARCH CENTER (MARC)

**FREE MINDFULNESS
RESOURCES**

FOR WORK

FOR DAILY LIFE

**ACE MENTORING
MATTERS PANEL**
MARCH 7TH | 3 - 4 PM
REGISTER HERE



ACE MENTORING COMMITTEE

Jessica Amaya
Marian Gabra
Lori Okimoto-Wheatley

Shahla Rahimzadeh
Carina Salazar
Cyndi Tando

Alina Avila
Social Media Guru and ACE Links Co-Editor

Interested in the ACE
Mentoring Program?
Have an event or resource
you would like to share in a
future issue of *ACE Links*?

Email ace@college.ucla.edu
for more information!