



# ACE LINKS



*ACE Mentoring Program Quarterly Newsletter*



## Dimensions of Wellness

There are many dimensions to wellness (emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social). We invite you to reflect on these dimensions as they relate to your overall wellbeing. How can your mentoring relationship support you in nurturing any of these dimensions? How can you support your mentor/mentee in this process? The path to overall wellbeing is a lifelong journey; embrace the winding path and give yourself grace along the way.



## Check-in WITH YOURSELF

The wellness wheel above suggests that to achieve overall wellness, each dimension should be equal in priority. Reflecting upon your own wellness...

- Which dimensions do you nurture the most? Which dimensions do you foster the least?
- Do the dimensions in which you nurture most and least align with your values?
- Was there a time in your life when the different dimensions were more or less balanced? If so, then what is different now?
- What steps can you take to balance your overall wellness?

# CONVERSATION STARTER

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

WHAT IS SOMETHING YOU'D LIKE TO ADD  
OR REMOVE FROM YOUR ROUTINE? WHY?  
IS THERE ANYTHING I CAN DO TO SUPPORT  
YOU IN THIS?

“The delicate balance of  
mentoring someone is not  
creating them in your own  
image, but giving them the  
opportunity to create  
themselves.”

-Steven Spielberg

Stay  
Connected  
with ACE



## RESOURCES AND UPCOMING EVENTS

### ACE READS

MARCH 6TH  
12:30-1:30 PM (ON ZOOM)  
[REGISTER HERE](#)

### ACE MENTORING MATTERS PANEL

MARCH 20TH | 1-2 PM  
SAVE THE DATE!

### UC AMP CONFERENCE

MARCH 10-12  
BALANCING ACT:  
NAVIGATING SUCCESS,  
WELL-BEING, AND  
PURPOSE  
[REGISTER HERE](#)

### UCLA HEALTHY CAMPUS INITIATIVE

**SEMEL INSTITUTE**  
[LIVE WELL INITIATIVES](#)

**MINDFULNESS  
PRACTICES**  
[MINDFUL AWARENESS  
RESEARCH CENTER  
\(MARC\)](#)

## ACE MENTORING COMMITTEE

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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](mailto:ace@college.ucla.edu)  
for more information!