

ACE LINKS

ACE Mentoring Program Quarterly Newsletter



The Science is clear!

It is scientific **fact** that there are positive impacts of mentoring to managing burnout and overall health. "Employees participating in a mentoring relationship were significantly less likely to report burnout than employees who were not participating in a mentoring relationship". Social Support Theory is a field dedicated to examining the connection between meaningful social relationships and health. There are countless articles recounting increased health risks of disconnectedness and the positive effect of meaningful relationships on longevity, physical, and mental health. We invite you to peruse the [UCLA Library](#) if you are interested in learning more about the connection between mentorship and overall wellbeing!

Check-in WITH YOURSELF

We invite you to pause and reflect upon your relationships.

- Whom in your life brings you a sense of calm? When was the last time you connected? Would it be possible to connect more frequently?
- Are there relationships that you value but have not recently nurtured? Is it possible to prioritize those relationships?
- Are you feeling symptoms of burnout in your professional life?
- If you are experiencing symptoms of burnout, how can your mentor or mentee help you to navigate these feelings?
- What does meaningful connection mean to you? What does it look like?

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

CONVERSATION STARTER



Have you had relationships in your personal life or at work that added to your stress and drained your energy? How did you navigate situations where it isn't an option to avoid that interaction?

“Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people”

-Fred Rogers
Mister Rogers Neighborhood

Stay
Connected
with ACE



RESOURCES AND UPCOMING EVENTS

ACE EATS

CASUAL LUNCH

HANGOUTS TO CONNECT

- MON MAY 13 (IN PERSON)
- WED MAY 22 (IN PERSON)
- TUES JUNE 4 (REMOTE)

ACE END OF YEAR

CELEBRATION

TUES., JUNE 18TH

2:30PM - 5:00PM

SAVE THE DATE!

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 for more information!