Register Winter 2024 Quarter
SPACE IS LIMITED

The Mind-Body Connection in the Neuroscience of Wellbeing

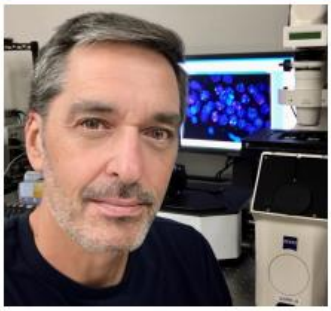
TuTh | 2:00 – 3:20
Bio Sci 48 | Course Code: 05172

This course explores how exercise, diet, sleep, mindfulness, and psychological practices alter your brain & nervous system function in ways to promote positive mental wellbeing.

- **No prior background in neuroscience is required to benefit from this course and it is open to ALL majors. 4 credits; satisfies General Education II OR III requirements.**

Student comments from Winter 2023:

- **"This course was actually life changing!! I feel like every college student should take this course…"**
- **"Honestly a great class and it opened my eyes to a whole new perspective on well-being. I think this class will become a staple in the UCI community and I'm honored to be a part of its progress."**
- **"This was an amazing experience and I greatly enjoyed the course! I'm really happy that UCI is able to offer such a unique and useful course to its students."**
- **"I enjoyed this class! I think it will have a big impact on how I take care of myself and think of wellbeing. Your enthusiasm on this topic is contagious. Thank you for a great quarter professor!"**



Instructor: John Guzowski, Ph.D.
Associate Professor of Neurobiology & Behavior

My Top Core Values

1. **Compassion:** The capacity to understand and connect with the suffering of others drives my actions. I deeply believe in empathy and extending a helping hand whenever possible.
2. **Kindness:** I strive to treat everyone with warmth and respect. Small gestures of kindness can have a ripple effect, and I aspire to make the world a slightly better place through my actions.
3. **Dedication:** When I commit to something, I give it my all. Whether it's a task, a project, or a relationship, I believe in seeing things through with focus and perseverance.
4. **Optimism:** While acknowledging life's challenges, I choose to approach situations with a positive outlook. This fosters resilience and helps me find solutions.
5. **Patience:** I understand that growth and change take time. I try to remain patient with myself and others, fostering an environment of understanding rather than frustration.

These values weren't chosen lightly. They reflect my life experiences, lessons learned, and aspirations for how I want to interact with the world. They serve as guiding markers when I make decisions, navigate challenges, and build relationships.
My commitment to core values have been tested in the past. Those experiences reinforced the importance of compassion, kindness, and patience, especially towards oneself during a complicated period.

Daily Intentions

- **Practice mindful breathing.** This grounds me in the present moment and brings calm.
    - (Relates to: Patience, Compassion)
- **Speak to myself with kindness.** Building self-compassion is an ongoing practice.
    - (Relates to: Kindness, Compassion)
- **Listen actively in conversations.** I aim to truly understand others' perspectives. (Relates to: Compassion, Kindness, Patience)
- **Focus on one task at a time.** This helps me stay present and avoid overwhelming.
    - (Relates to: Dedication, Patience)
- **Infuse my work with purpose.** Each task contributes to something bigger. This keeps me motivated.
    - (Relates to: Dedication, Optimism)
- **Choose joy where possible.** Simple pleasures and small acts of gratitude improve my outlook.
    - (Relates to: Optimism, Kindness)

Weekly/Intentions

- **Journal to process emotions.** A tool for self-understanding.
    - (*Relates to: Compassion, Patience) Weekly*
- **Set healthy boundaries in relationships.** Protects my well-being and affirms my values.
    - (*Relates to: Compassion, Kindness) As needed*
- **Reflect on my relationship needs.** What do I require to feel safe, supported, and loved? Understanding this helps me advocate for myself.
    - (*Relates to: Compassion, Kindness)*
- **Identify and honor my boundaries.** This could be about time, emotional energy, or specific behaviors. Setting clear boundaries promotes healthy relationships.
    - (*Relates to: Compassion, Kindness)*
- **Assess my communication patterns.** Am I direct and assertive? Do I hold back for fear of conflict? Healthy communication is vital.
    - (*Relates to: Dedication, Kindness)*
- **Observe my role in relationship dynamics.** Do I tend to over-function, under-function, or find a healthy balance of responsibility?
    - (*Relates to: Compassion, Patience)*
- **Practice inwards reflection in relationships.** This doesn't mean indifference, but rather recognizing that I cannot control others' actions or force outcomes.
    - (*Relates to: Patience, Optimism)*
- **Spend quality time with loved ones focused on connection.** Presence and genuine interaction strengthen bonds.
    - *Relates to: Kindness, Dedication*

Short-Term Goals (Within a Year)

- **Finish school** The courses are going to be tough, but I'm committed to staying focused and organized. Managing my time, finding effective study methods, and asking for help when I need it is essential. It's a balance between pushing myself and being realistic.
- **Explore healing techniques** Therapy has been a huge help, but I'm curious about other things that could work, maybe something more body-focused or creative in addition to therapy.

- **Purpose** It's always been a goal of mine to contribute towards the new generation of computing. This is one of the things that matters the most to me at this point in life, considering all the work I have done to get here.

Mid-Term Goals (2-5 Years)

- **Placements** I aim to do work that aligns with my interests and personal values. I prioritize engaging with meaningful technology that resonates with my beliefs.
- **Milestones** Achieve a tangible milestone in a skill or hobby outside of tech. This could be learning a new instrument, making music, art, or developing something more creative, outside of the monotonous nature of computer design.
  This fosters well-roundedness and creates mental space for other passions.

Long-Term Goals (Lifetime)

- **Surround myself with good people.** From friends to colleagues, I want to be part of a community that's supportive and genuinely invested in each other.

My core values – compassion, kindness, dedication, optimism, and patience – shape my actions and aspirations. These values, strengthened through overcoming challenges, are essential for an ongoing journey.

I nurture these values through daily intentions. Mindful breathing and self-compassion foster internal patience, while active listening promotes understanding and connection with others. Focusing on one task at a time aligns with dedication. Seeking purpose in my work fuels optimism. Prioritizing simple joys cultivates both optimism and self-kindness.

My short-term goals reflect these values. Life requires dedication and the resilience that stems from optimism. Exploring diverse relief modalities demonstrates self-compassion and a continued investment in my well-being. My values drive my determination to secure a fulfilling work.

Midterm goals further embody my values. Seeking a role that aligns with my interests and ethics exemplifies compassion and a strong commitment to purpose. Pursuing a non-technological skill fosters balance, encouraging optimism and creative expression.

Ultimately, I aspire to surround myself with supportive people. This stems from kindness and reflects the need for patience and healthy boundaries.

In summary, my values provide a framework for action. Daily intentions nurture these qualities, fueling my short-term goals. These short-term achievements create a pathway to my midterm goals, ultimately guiding me towards my long-term vision of a life centered around my core values.