

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

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The Newsletter Needs You!

We would love to feature
employees' tips and tools for
working from home and
staying positive!

Please email your photos,
stories, and resources to
tierney.thomison@bcm.edu
or tynisha.rivers@bcm.edu.



[Amanda Gorman reads inauguration
poem, 'The Hill We Climb'](#)

CELEBRATE BLACK HISTORY MONTH

"... history has shown us that courage can be contagious and hope can take on a life of its own." - Michelle Obama

[Click Here to Explore the Washington Post Black History Month Interactive Infographic](#)



[Five Ways You Can Celebrate Black History Month Virtually](#)

From online events to virtual museums to supporting Black Businesses, [this article](#) has several ideas for celebrating Black History Month!

[Essential Reads](#)

Check out [this article](#) for 15 essential books to read this month!



[Essential Podcasts](#)

[Brené Brown: Unlocking Us](#)

- [Brené with Austin Channing Brown on I'm Still Here: Black Dignity in a World Made for Whiteness](#)
- [Brené with Emmanuel Acho on Uncomfortable Conversations with a Black Man](#)



[Black History Year](#)

Black History Year connects you to the history, thinkers, and activists that are left out of the mainstream conversations.

NOURISH RELATIONSHIPS

Take a moment to think about the relationships in your life. How you can encourage meaningful communication, strengthen your connections, and cultivate reciprocity?



February 2021
Happiness Calendar

This month, share the love and find some healing.
Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|---|
| 1 For Black History Month , our anti-racist resources offer insights to help reduce prejudice. | 2 Review your goals for the year to make sure they're meaningful and achievable. | 3 Recall a time someone offered you love and support . | 4 Listen to our top Science of Happiness podcast episodes of 2020. | 5 Reflect on what you have learned from the pandemic so far. | 6 Find a diverse, inclusive film to watch this weekend. | |
| 7 Here are some tips for talking with young people about today's tense political climate. | 8 Read our best education articles from 2020. | 9 Build some rewards into your habits to boost your motivation . | 10 Write a gratitude letter to someone you never properly thanked. | 11 Practice deep listening to find the humanity in people who seem different from you. | 12 Give yourself a pep talk when you feel like you want to quit. | 13 Is your relationship defined by honesty or suspicion? Take our Relationship Trust quiz . |
| 14 Seek out moments of positivity and connection in your relationship. | 15 Join us tomorrow for a workshop on mindful self-compassion . | 16 You're doing enough; resist the pressure to always be more productive. | 17 Happy Random Acts of Kindness Day! Will you take part? | 18 Read about the power of storytelling in Black American history. | 19 Reach out to a friend or acquaintance today to strengthen your connection . | 20 Your personality may make it harder for you to shelter in place . Thanks for doing your part! |
| 21 Aim for empathy and understanding when talking to people you disagree with. | 22 Decide on your priorities for the day and write down a schedule. | 23 For teachers, show care and understanding to help your students feel like they belong. | 24 Appreciate how much richness and emotion people's facial expressions can convey. | 25 Try making small talk with strangers—while being sensitive to your own and others' safety. | 26 If you are ready to forgive someone , follow these eight steps. | 27 To boost your empathy , don't jump to conclusions about other people. |
| 28 Seek out wonder and beauty in your environment today. | | | | | | |

GGSC Greater Good Science Center
ggsc.berkeley.edu
greatergood.berkeley.edu



Click the calendar to download from Greater Good Magazine!

TED PLAYLIST: THE SECRET TO LIFELONG FRIENDSHIP

Here are a few inspiring talks to get you started! Click below to view the complete playlist!

- The secret to living longer may be your social life
- How our friendship survives our opposing politics
- What comes after tragedy? Forgiveness.

PLAYLIST

The secret to lifelong friendship

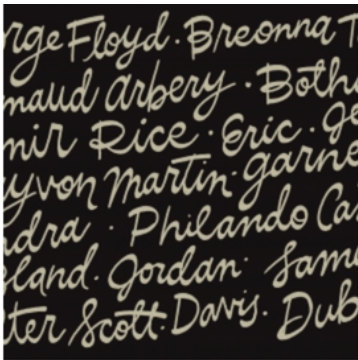
Tough conversations, lasting memories, shouldering loss together ... These speakers embody the highs and lows of true friendship.



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Greater Good Berkeley: Science of Happiness Podcast



Episode 68:
From Othering to
Belonging



Episode 72:
How to Reconnect
with Your Partner



Episode 75:
A Cure for
Loneliness

Don't Let The Pandemic Winter Get You Down: 9 Creative Ways To Socialize Safely

Check out this 3-minute listen from NPR! For more information on how to apply these tips, read this article.

- Embrace the cold
- Join local outdoor organizations
- Consider "podding"
- Embrace the old-fashioned lessons of long-distance romance
- A shared memories project
- Enough talk: Include activities in your virtual interactions
- Work out or meditate together
- Give help, time and love
- Yes, saying thank you helps



VALENTINES FUN

All the crafts, cards, and thoughtful gestures to spread the love this month!

CRAFTS AND CARDS

[35 Unique and Creative DIY Valentine's Day Cards from Good Housekeeping](#)

So many cute ideas! Click through this gallery of mason jar valentines, hole punch hearts, origami hearts, and more !

[Country Living's 38 Easy DIY Valentine's Day Cards to Tell Someone How Much You Care](#)

Your go-to spot for homeade cards - get out your craft box and find your watercolor paints, buttons, and maybe even popcorn!

[Country Living's 73 Best Valentine's Day Crafts That Double as the Sweetest Gifts](#)

Get crafty with these DIY gifts for your loved ones! Definitely wanting to try the mason jar candles!



[How to Have a Romantic Valentine's Day Meal at Home](#)

EAT WELL

Fuel yourself with foods that your body will thank you for! The new year is the perfect time to add some variety in your weekly menu!

FEBRUARY RECIPES

These recipes are all you need to take you through these last few weeks of winter!

[14 Recipes From the February 2021 Issue of Real Simple](#)

[Seasonal Recipes from Ambitious Kitchen](#)

[Food Network Magazine: January/February 2021 Recipe Index](#)

[Skinny Taste Winter Recipes](#)

[60 Healthy Chicken Dinners for the Best Weeknights Ever from Good Housekeeping](#)



[20 Easy Valentine's Day Cocktails To Toast With This Year](#)



[40 Valentine's Dinner Ideas For A Cozy, Romantic Night In from Delish](#)



EAT WELL

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SWEET TOOTH: A BALANCING ACT

The perfect balance of healthy and indulgent winter desserts to make for your loved ones...or as self care!

Taste of Home Ultimate Winter Dessert Wish List



Oprah Mag 45 Best Winter Desserts That Taste Gourmet But Are So Easy to Make

Eating Well Healthy Winter Dessert Recipes

Eating Well 17 Vegan Desserts to Make This Winter



Low Calorie Winter Desserts from Taste

MAKE IT EASY:

RESET WITH A 7 DAY MEAL PLAN

- **Skinny Taste 7 Day Meal Plan**
 - Includes recipes for every meal of the day, shopping list, and calorie count!
- **Taste of Home Healthy Dinners for every day of February**
- **Healthy Family Meal Plan for February**
 - This one is perfect for the kiddos too!



Celebrate Chinese New Year with this Delicious Moon Cake Recipe!

FIT FEBRUARY

January has passed and it is OFFICIALLY 2021.
No more excuses - get moving for Fit February!

FEBRUARY: DAILY GOALS:

- Take a walk +
Drink a full glass
of before
breakfast.
- 30 minutes of
movement.
- 10 minutes of
stretching.

[Click here for a A 30-MIN
RESTORATIVE FLOW WITH
THE BLACK WOMEN'S
YOGA COLLECTIVE](#)



GET STARTED: FREE FITNESS PROGRAMS



CORE FOCUS:
14 Exercises
For A Strong
Fitness
Foundation

Peloton 30-Day Free Trial!!

Free access to all of the Peloton Digital classes -
use your own bike, tread, or no equipment at
all!

SELF 4-Week At-Home Workout Challenge

Sign up for the daily challenge newsletter and
download your 4 week challenge calendar!

Six Week Daily Stretching Routine

10 minutes per day is all it takes to see change!

Burn 100 Calories Before Breakfast - 33 Videos!

MEDICAL RESOURCES

COVID-19 Vaccine Information

Baylor College of Medicine employees

Click here to access **BCM's COVID-19 Vaccine for Baylor Employees and Learners**. All information pertaining to the vaccine can be found here. For additional vaccine questions, Please email **coronavirusinfo@bcm.edu**.

MEDVAMC employees

Get your COVID Vaccine Now Have you gotten your COVID vaccine? After February 21st, employee vaccines will no longer be available on a daily basis in the Auditorium. Any employee who is interested in getting the vaccine should email their name and direct telephone number (cell) directly to **VHAHOUvaccineschedule@va.gov** and our vaccine team will reach out to you via phone to schedule an appointment.



CONNECT AND SHARE

We want to hear from you! Please share your ideas, resources, tools, photos, recipes with us to be featured in the upcoming issues of the Wellness Notebook!

Email submissions to
tierney.thomison@bcm.edu and
tynisha.rivers@bcm.edu.

