

# WELLNESS IN RESEARCH

The Wellness Newsletter of the  
MEDVAMC Research Service Line



## What this issue's all about:

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- Mindfulness + Positivity - 4
- Staying Active at Home - 5

## The Notebook Needs You!

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

Please email your photos, stories, and resources to [tierney.thomison@bcm.edu](mailto:tierney.thomison@bcm.edu) or [tynisha.rivers@bcm.edu](mailto:tynisha.rivers@bcm.edu).

The current COVID-19 global pandemic has filled the world with uncertainty. In these times of social distancing, it may be easy to feel alone and isolated. That being said, as we take a step back from our lives as we have come to know them, there is no better time to explore new opportunities for holistic well being.

We hope this newsletter be a place for connection, offering a wide variety of resources to keep you mentally and physically at peace and present, especially during these times of unease.

# CRISIS COPING FOR COVID-19

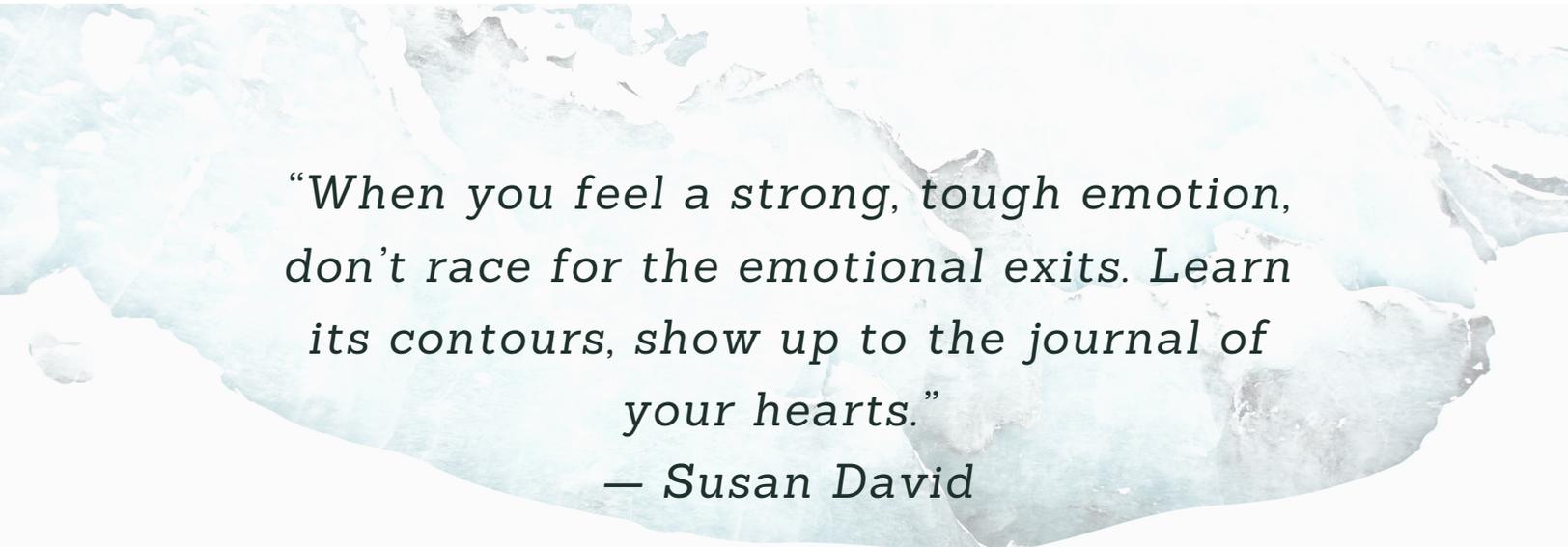
Explore ways of coping with crisis and join in on the conversations surrounding COVID-19

## **Susan David: How to be your best self in times of crisis**

In this Ted Talk, Susan David shares how to build resilience, courage, and joy amidst the coronavirus pandemic. This 45 min clip includes responses to listeners' questions around the world, allowing you to listen in on a global conversation.

## **Ten Percent Happier - Coronavirus Sanity Guide**

An entire page dedicated to practical ways of coping with stress, fear, and anxiety surrounding the COVID-19 crisis we face today. Explore the podcasts, blog posts, and other resources that are being constantly updated.



*“When you feel a strong, tough emotion, don’t race for the emotional exits. Learn its contours, show up to the journal of your hearts.”*

*— Susan David*

# ADJUSTING TO TELEWORK

The work-from-home-work-life balance...

## **Insights: Remote Learners Resources**

Use these resources as tools to adapt various skills when relating to remote workers or virtual environments.

Passcode: Insights2020

## **TED Talk Playlist: How to get into the work-from-home mindset**

A collection of 15 TED talks on various topics related to staying productive during telework, allowing the office into your home, and achieving work life balance when the two are housed under the same roof.

## **TED Talk Playlist: Work Smarter**

A collection of 11 TED talks that offer new and unconventional ideas for working and living better each day.

*“Look for solutions, instead of being difficult; be more thoughtful, instead of allowing anger to burn you out. Look at things from a different perspective, embrace change, look out for opportunities and you will feel much more in control.”*

*– Steve Backley*

# MINDFULNESS + POSITIVITY

Resources to guide and ground you

## APPS



**Headspace** - guided meditations ranging from 1 to 20 min long

- Free limited access for all
- Free full access to healthcare professionals (must enter NPI number)



**Ten Percent Happier** - guided meditations, podcasts, live streams

- Free access for healthcare professionals
- email [\*\*care@tenpercent.com\*\*](mailto:care@tenpercent.com) for instructions



**Balance** - personalized audio meditation program

## PODCASTS FOR POSITIVITY + HAPPINESS

### **Happier Podcast**

Hosted by Gretchen Rubin, delve into conversations focused on happiness and human nature.

### **The Science of Happiness**

Hosted by award-winning professor Dacher Keltner, guests discuss practices such as gratitude, mindfulness, meditation, self-compassion, and forgiveness, and then recap their experiences with well-being researchers.

## YALE UNIVERSITY - FREE ONLINE CLASS

### **The Science of Well-Being - Professor Laurie Santos**

Free online class offered by Yale University. Audit the class entirely for free or pay \$49 for the certificate of completion. **Enroll** online now!

# KEEP IT MOVING... FOR FREE!

Get your workout in without leaving your living room.

## APPS



### **Peloton Digital**

90 day free trial - unlimited access to workouts you can do from home. Includes no equipment needed options such as guided running/walking, bodyweight strength, cardio, yoga, and stretching.



### **Nike Training Club**

Free fitness app with pre-designed workouts to target your fitness needs.



### **7M Workout App**

Quick and effective workouts that will get you sweating, require no equipment, and work your entire body in a mere seven minutes. Free with ads.

## YOUTUBE

### **Yoga with Cassandra**

free Youtube videos with daily yoga practice ranging from 10 min to an hour.

### **PopSugar Fitness**

Cardio and HIIT to targeted workouts for strengthening your whole body, this is a great place to kick off your at-home fitness journey.

## ONLINE FITNESS PROGRAMS

### **Orange Theory Fitness**

Wear your fitness tracker and rake in the splat points while streaming a 30-minute workout featuring OTF trainers from around the world – no special equipment necessary. FREE on their website.

### **Yoga Works**

free 14 day trial for an abundance of online yoga classes. Use code ONLINE when you sign up.

# IQuEST LIVE!

Join your IQuEST colleagues in live Zoom Yoga sessions. Click on the date and time to launch the Zoom meeting link.

## Zoom Schedule

**Monday, 4/6, 11:30AM - 12PM**

Core/Strength with Vickie Powers  
Zoom Meeting ID: 637 211 287

**Tuesday, 4/7, 7:15AM - 7:45AM**

Yoga with Jessica Davila  
Zoom Meeting ID: 285 892 6181

**Wednesday, 4/8, 7:15AM - 7:45AM**

Bootcamp with Vickie Powers  
Zoom Meeting ID: 266 626 143

**Friday, 4/10, 11:30AM - 12PM**

Yoga with Jessica Davila  
Zoom Meeting ID: 285 892 6181

## 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](mailto:tierney.thomison@bcm.edu) and [tynisha.rivers@bcm.edu](mailto:tynisha.rivers@bcm.edu).

