

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

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Wellness in Research Needs You!

We would love to feature RSL 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.



A Hope For the Future

More than 30 musicians in 14 different countries have come together to record A Hope for the Future, a song written as a tribute to healthcare workers fighting the COVID-19 pandemic.

The Great Realisation

A father tells his son a bedtime story of the world before and after the coronavirus pandemic, and the impact the virus has had on society. "Sometimes you have to get sick, my boy, before you start to feel better."



EASE THE MIND + STRESS MANAGEMENT

As we continue to live in altered state of normalcy, it is important to recognize that adjusting to the "new normal" can take time. Take a moment to ground the self and take a mindful approach to the circumstances at hand.

Featured Podcasts:

The Joy Factor

- This podcast is built upon cultivating joy through intention, mindfulness, creativity, community, & action.
 - **Episode #28** - Questions to guide your path through COVID-19

The Daily Meditation Podcast

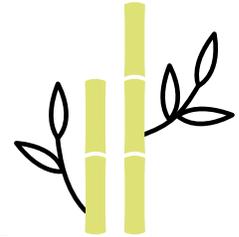
- A new guided meditation at your fingertips every morning.

Mindfulness Mode

- Interviews, strategies, and tips to help people learn how to be more centered and live in the present through mindfulness & meditation.



Insight Timer

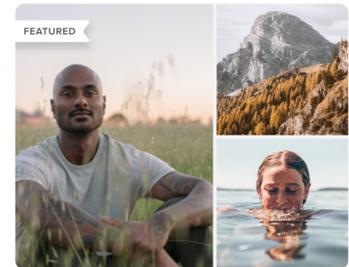


Insight Timer is a collection of over 45,000 guided meditations, now being offered for free as a way to give back to the community. Check out over 200 meditation topics, or dive into specially curated playlists.



COVID-19: Your Toolkit
Insight Timer

Essential music and meditation to get your [#mind off #covid19](#) and back into the [#presentmoment](#).
Relieve your [#coronavirusanxiety](#), find... [more](#)



Anxiety Relief
Insight Timer

In our fast paced world, [#anxiety](#) is at an all time high. These practices will help you [#befrienddanxiety](#) as you slow things down.

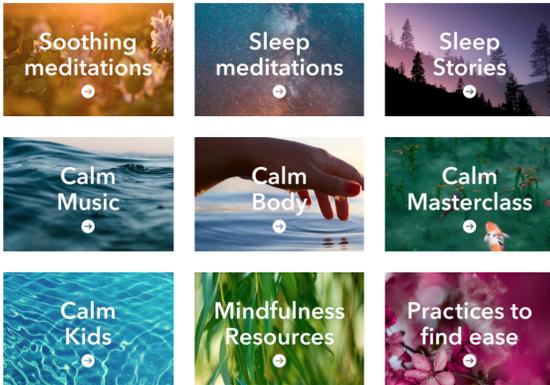


Sanvello

Free premium access for all users during the COVID-19 pandemic. This self-management app focused on stress, anxiety and depression, includes daily mood tracking, guided journey of cognitive-behavioral strategies, coping tools for specific concerns and virtual peer support community.

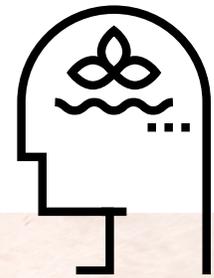
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Calm - Take a Breath

Calm has curated a series of meditations, sleep stories, movement exercises, journals, and music specific for coping with these challenging times. You can access these resources for free in their [Calm Together](#) guide.



KNOW THYSELF: MINDFUL INSIGHTS



Emotional First Aid

Guy Winch makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.

The Surprising Science of Happiness

Dan Gilbert explains the inner-workings of our "psychological immune system", and how it allows happiness to endure, even when we think it won't.



EAT WELL

With more time spent at home, we have more time to be mindful of the foods we eat. Take some time to explore!

RECIPE COLLECTION : QUARANTINE COOKING

Ambitious Kitchen Food Blog

Healthy recipes including family-friendly weeknight meals, diet-friendly recipes, make ahead breakfasts, dinners, and much more.

Food Network 50 Most-Popular Healthy Dinners

Wholesome, nutritious, and tasty fan favorites!

Snack Attack! - Tastes Better from Scratch

The Quarantine Snacking is real! Check out over 50 healthy snack ideas for kids and adults alike. Not only are they good for you, but making them is fun for all!

Healthyish Recipe Collection from Bon Appetit

Fun and creative recipes that are sure to have you feeling like a chef!

Half Baked Harvest

Delicious recipes from Tieghan Gerard for just about any occasion.



Bon Appetit

Coronavirus Guide

Articles, ideas, recipes all related to the impact coronavirus pandemic has had on the food industry and our relationship with food and eating.

LEARN SOMETHING

Though our physical worlds seem to have gotten smaller, take an opportunity to expand the mind.

TAKE A CLASS:

450 Ivy League classes you can take online for free!

Browse the vast selection of topics from Computer Science, Data Science, Business, Programming, Art&Design, Personal Development and everything in between!



The Science of Well-Being

Yale's most successful class is currently being offered online for free. Dr. Laurie Santos challenges you to make small changes in your behavior and build more productive habits. Enroll [here!](#)



How to Make Stress Your Friend

"Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others."

PODCASTS TO GET YOU THINKING



"TED Radio Hour investigates the biggest questions of our time with the help of the world's greatest thinkers." Check out other TED podcast initiatives [here](#).

"Depth and discovery in the time it takes to make a cup of tea."



"...takes up the great questions of meaning in 21st-century lives and at the intersection of spiritual inquiry, science, social healing, and the arts. What does it mean to be human, how do we want to live, and who will we be to each other?"

FIND MOVEMENT

Browse this collection of workout apps and programs for staying active and staying in!

APPS



Peloton Digital

Offering a free 30-day trial in response to COVID19 - unlimited access to workouts you can do from home. Includes no equipment needed options such as guided running/walking, bodyweight strength, cardio, yoga, stretching, and meditation.



Gold's AMP

Gold's Gym is offering free access to it's app through the end of May. Check out the collection of on-demand video workouts, or in-app audio and video-guided workouts



24Go

Everyone can access the 24 Hour Fitness app on-demand workouts and premium content for free during this time, which includes Les Mills classes and audio coaching



Daily Workout Fitness Trainer

Target all muscle groups with a great 5-30 minute daily workout routine for men and women that steps you through some of the best exercises you can do in the comfort of your own home.

MOVEMENT FOR THE WHOLE FAMILY



If you are looking for a fitness program designed to reach your goals then join Group HIIT. It offers programs for all levels even for kids. Program workouts are exclusive and ad free.

FIND MOVEMENT

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YOGA FEATURES

Yoga with Adriene

In these free YouTube videos, you'll find 30-day challenges for regular yoga practice, which work equally well for all levels.

Black Swan Yoga

Try out the 7 day trial and \$8/month after for unlimited access to yoga videos.

FREE PROGRAMS

VA Move Program

Exercises for movement breaks throughout the day! If you would like to add recurring calendar reminders, please email Melissa.Knox@va.gov.

305 Fitness

This stellar dance-cardio party is one of NYC's most popular workout classes. In light of COVID-19 closures, now offering free cardio dance live streams twice a day, at noon and 6PM EST.



Life Time Fitness

You can participate in new classes added daily on demand from Lifetime as a way for members and non-members to stream cardio, strength, and yoga classes absolutely free.

Houston Tidbits

6 free workouts you can do in your living room through online access Barre, Yoga, Strength Training, Pilates, HIIT Training, and Skateboard Pilates!

GO LOCAL!

Thrillist has put together a list of Houston fitness gyms and studios that are offering virtual classes during social distancing.

Support these local businesses with a drop in class or subscription.

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

Mondays, 11:15AM - 11:45AM

Core/Strength with Vickie Powers
Zoom Meeting ID: 133-589-614

Tuesdays, 7:15AM - 7:45AM

Yoga with Jessica Davila
Zoom Meeting ID: 285 892 6181

Wednesdays, 11:15AM - 11:45AM

Bootcamp with Vickie Powers
Zoom Meeting ID: 133-589-614

Fridays, 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 and
tynisha.rivers@bcm.edu.