

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line



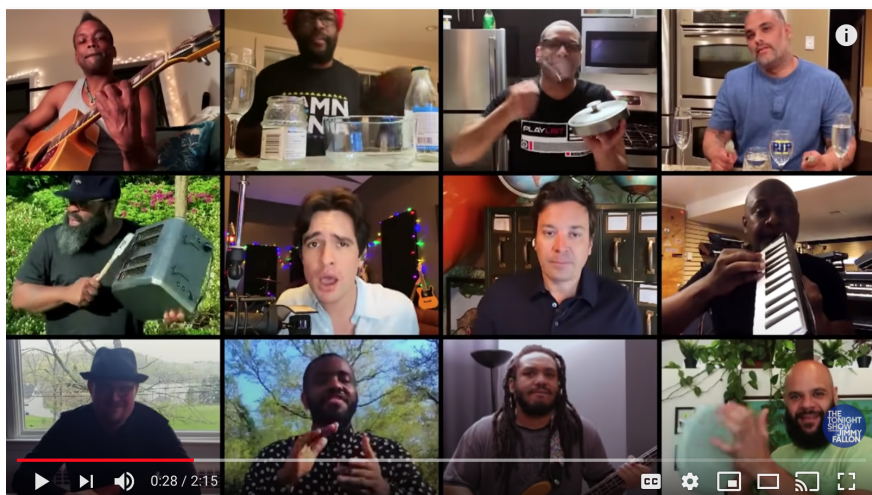
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The Newsletter Needs You!

We would love to feature
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.



"Under Pressure"

Jimmy Fallon, Brendon Urie,
& The Roots Remix

MINDFULNESS + CONNECTION

Resources to guide, ground, and connect you.

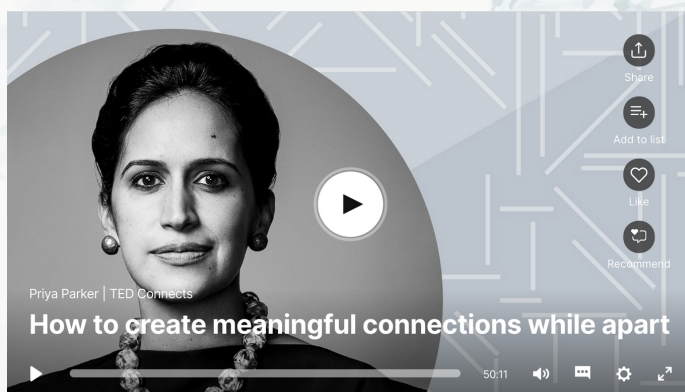
FEATURED APP: SMILING MIND

This free meditation app was developed by psychologists and educators in the pursuit of spreading mindfulness. Smiling Mind offers a variety of programs for all ages designed to equip users with mindfulness and meditation skills to transform daily life.



MINDFUL STRATEGIES FOR COPING WITH COVID-19

"Author Priya Parker shares tools for creating meaningful connections with friends, family and coworkers during the coronavirus pandemic -- and shows how we can take advantage of gatherings that are unique to this moment of social distancing."



PODCAST: Unlocking Us

Join Brené Brown, University of Houston professor and NYT bestselling author, in her conversations surrounding vulnerability, shame, and empathy in order to lead better lives.

Unlocking Us

The Headspace Blog

The Headspace approach to mindfulness and meditation is rooted in clinically-validated research. In addition to the app and podcast, the blog offers several posts and articles that can help you improve aspects of your life - whether it be health, work, relationships, productivity, and more. Take a midday break to explore the possibilities!

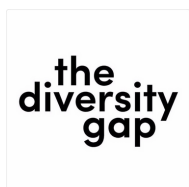
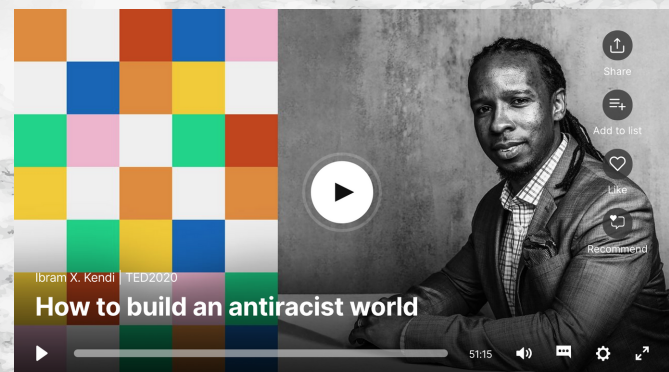
COME TOGETHER

Take a moment to lean in, to listen, and to learn.



Brené Brown shares insights into the tenets of human connection - empathy, belonging, and love

"Ibram X. Kendi urges us to use awareness to uproot injustice and inequality in the world -- and replace it with love"



The Diversity Gap

Host Bethaney Wilkinson invites a weekly guest to share their experiences with identity, with a focus on diversity, inclusion, personhood, culture, and belonging.



What Matters

"What Matters combines documentary narrative with interviews to illuminate specific, timely issues, aiming to create safe dialogue to promote freedom, justice, and collective liberation."



Code Switch: NPR

"Hosted by journalists of color, our podcast explores how race impacts every part of society - from politics and pop culture to history, sports and everything in between. This podcast makes ALL OF US part of the conversation — because we're all part of the story."

WORK + LIFE BALANCE

Work and life are now under the same roof - constantly! Here are a few ideas to help keep the two separate, find balance, and give your best self to each.

REMOTE WORKERS RESOURCES

Society for Industrial and Organizational Psychology Resources & Guidance

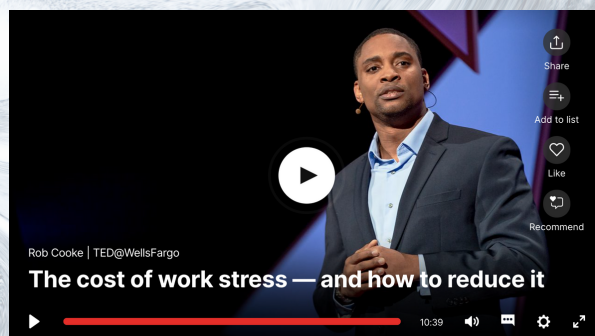
SIOP has been studying remote work related issues for years, and now that COVID-19 has necessitated the need for remote work, they have put together a comprehensive online guide. Check out all of the topics including **employee motivation and management, work-life balance, organizational agility, and worker well-being.**

FEATURED PODCAST: A NEW CORNER OFFICE



Host Laura Vanderkam shares strategies for thriving in this new and more self-directed world of work. Each daily weekday episode features a quick tip or an answer to a listener question. A great way to start the morning!

"Wellness Advocate Rob Cooke shares some strategies to help put your mental, physical and emotional well-being back at the forefront."



"ER doctor Darria Long shares a straightforward framework to help you take back control and feel less overwhelmed."



EAT WELL @ HOME

Eat good, feel good! From stovetop to grill, check out these recipes to get you excited for summer flavors!

FEATURED BLOG : HALF BAKED HARVEST



Tieghan Gerard's blog, **Half Baked Harvest**, is packed full of all types of recipes for you to try at home! Search by cuisine, diet-specific, type of meal, and more - or browse the collection of fun drinks and desserts! Watch one of her quick cooking videos to get you inspired!

RECIPE COLLECTION

Good Housekeeping Summer Cooking Guide

75 quick and easy dinner recipes for a perfect ending to those pool days in the sun.

Bon Appétit Summer Recipes

Take one look at this page and you will be craving a summer BBQ with Peach Cobbler!

Peta Vegan Recipes

Check out these simple vegan recipes that will help kick-start your creative culinary juices

Taste of Home Summer Recipes

From main entrees to side dishes, take advantage of Summer's freshest fruits and vegetables.

Delish Summer Recipes

A collection of 70 dinner recipes from the grill to Instant Pot! Browse the slide show and you are sure to find something mouth-watering.

Cook Smart's Meatless Meals

10 Best Meatless Meals on a Budget! A great way to put filling meals on the table and save money.

SUMMER SNACKING!

Along with Summer's prime fruits and vegetables for perfect snacking, keep the kiddos happy with these tasty bites!

Super Healthy Kids

30 fun and creative snack ideas to make at home this summer!

Best snacks of 2020

This list has all of Red Tricycle's best snack picks of the year. Great for on-the-go days or roadtrips!

WHAT DO WE DO NOW?

Texas is beginning to re-open, but as we adjust to the new normal here are some activities to kick off Summer but while practicing safe habits.



KEEP IT CLEAN

Clean Your Car

When it comes to disinfecting, your car is something you may have overlooked. See Martha Stewart's guide to learn how - and who doesn't love a clean car?

Coronavirus Laundry Tips

As Texas reopens, we are likely to leave home more often. To reduce potential risks of carrying coronavirus on your clothes, do your laundry!

Summer Cleaning Tips

We all know that Marie Kondo knows best! Now is the perfect time to de-clutter and tidy-up.

STAYCATION??

Make a Summer Bucket List

Travel is limited, and many trips have been cancelled. If you find yourself at home this summer, take a moment to make a list of things you can do locally.

365 Things to Do in Houston has a great article for a starting point!

12 Low Cost, Low Risk Things to Do this Summer

Money.com has put together a list of things that won't break the bank but can still get you feeling like it's summer.

Travel & Leisure's 100+ Things to Do at Home

The new guide for 2020 on how to keep staying at home while keeping it fresh!

Plan A Future Trip!

Sure, we can't take that dream trip now, but why not plan the trip of your dreams for when the time is right? This post from Practical Wanderlust is sure to inspire you.

WHAT DO WE DO NOW?

Texas is beginning to re-open, but as we adjust to the new normal here are some activities to kick off Summer but while practicing safe habits.

SUPPORT YOUR COMMUNITY

How to Help Houston

The Houston Chronicle has a comprehensive list of where to find help and how you can donate and volunteer during the coronavirus pandemic.

Support Local Black-owned Businesses

365 Things to Do in Houston has a compiled list of 100+ restaurants, retailers, museums, and more!

Houston Summer Camps

While many summer camp's are cancelled this year, these Houston spots are hosting free virtual summer camp programs. The list includes a variety of camps, from the Houston Zoo to Chess Club to the Houston Public Library.

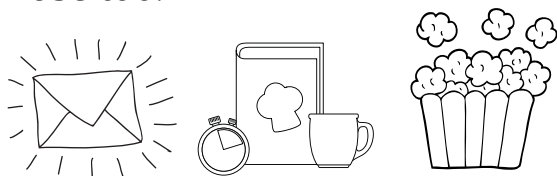
CONNECT!

Ways to stay connected with your loved ones, friends, and coworkers.

Be a Pen Pal

Send some hand-written snail mail!

Canva has a free post-card maker you can use too.



Create a Shared Online Cookbook!

My Foodbook allows you to create an online cookbook for collecting all of your quarantine recipes. Share with friends to make it collaborative!

Netflix Party

A new way to watch Netflix with your friends online! You can now synchronize video playback and add group chat to your favorite Netflix shows.

Tabletopia



Invite your friends to play online board games! Free to join.

House Party App

A perfect way to connect with friends for a virtual game night!

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: 936 4543 4478

Fridays, 11:30AM - 12PM

Yoga with Jessica Davila
Zoom Meeting ID: 285 892 6181

Wednesdays, 11:15AM - 11:45AM

Bootcamp with Vickie Powers
Zoom Meeting ID: 936 4543 4478

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.

