

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 tyisha.rivers@bcm.edu.



Daniel Kraft: How COVID-19 Transformed the Future of Medicine

HEALTHY MIND, HAPPY MIND

May is Mental Health Awareness Month! Here are some tips to help your mind decrease distress, enhance your optimism, and laugh a little more.



Click the calendar to download from Greater Good Magazine!



TED PLAYLIST:

How Can We Keep Our Brains Healthy?

"The almighty brain! ... The problem is, we only get one. These talks have great advice on what we can do to ensure its health and well-being."

TAKE A LOOK AT SOME OF THE EPISODES:

- The brain-changing benefits of exercise - Wendy Suzuki
- How to stay calm when you know you'll be stressed - Daniel Levitin
- Why we laugh - Sophie Scott
- Want kids to learn well? Feed them well. - Sam Kass
- A simple way to break a bad habit - Judson Brewer

Six Keys to

Positive Communication

Click [here](#) for the full article from Greater Good Berkeley!

Greet to **create human contact.**

Ask to **discover the unknown.**

Compliment to affect people's **sense of self.**

Disclose to **deepen relationships.**

Encourage to **give support.**

Listen to **transcend differences**



HEALTHY MIND, HAPPY MIND

May is Mental Health Awareness Month! Here are some tips to help your mind decrease distress, enhance your optimism, and laugh a little more.

31-Day Mental Well-Being Recharge

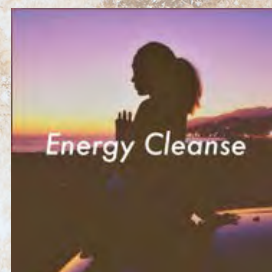


Mental Well-Being Recharge			
1	2	3	4
Confront Your Grief	Evaluate Your Boundaries	Create New Goals	Make Time for Play
5	6	7	8
Say No to Something	Make a Routine a Ritual	Take a 15-Minute Walk	Reach Out to a Friend
9	10	11	12
Donate to a Community Project	Write a Letter or Thank-You Note	Sign Out of Social Media for 24 Hours	Take a Relaxing Bath

Well+Good's Mental Well-Being Calendar has daily actionable tips for revitalizing your mind, body, and spirit.

Save the article [here](#) to revisit as a way to set the tone for each day.

Featured Playlist:

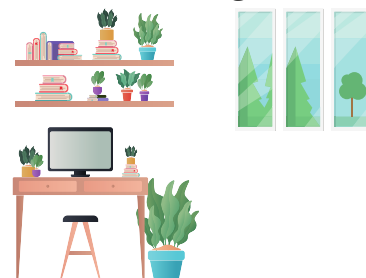


Rejuvenate your mind with "binaural beats, nature scapes, chill rhythms + more."

Calm a Distressed Mind by Changing Your Environment

This article from Greater Good Magazine discusses tools to help you avoid being overwhelmed by negative thoughts and feelings.

- **Surround yourself with nature**
- **Create opportunities for awe**
- **Clear the clutter**



[Click here to read more about the science behind these simple stress-relieving strategies!](#)



The Science of
Happiness
Podcast: Why
Love Needs
Laughter

MindBodyGreen
Podcast: How to
Use Nature to
Calm Your
Anxiety



RETURN TO WORK

We are getting closer and closer to the full return to work! Here are some tools and resources to help you adjust to life back in the office.

Return To Work Anxiety? You're Not Alone.

Here are some [tips from Forbes](#) to help navigate the road ahead.

- **Be graceful with yourself and others.**
 - "Give yourself space to be patient and understanding with yourself and others as we all work to find our way to "the new"."
- **Be prepared.**
 - "Understanding yourself, your needs, and your "signals" will help you to be attuned to how you are reacting to the changes that you are going through."
- **Talk to your coworkers and employer.**
 - "Find ways to engage others in dialogue about the realities of the situation, what is known, what is not, and the path forward."



Quick Read:
The "Well-Being-Engagement Paradox"



Quick Read:
How to Cope with Anxiety about Return to Normalcy

The GothamCulture Podcast: Navigating Return to Work Anxiety

Join Chris Cancialosi for an insightful discussion with guest speakers who are experts in clinical psychology, organizational behavior, life changes, and stress management.

Ten Percent Happier: COVID Transition Anxiety

"Many of us have spent over a year being unable to be with family, travel freely, or socialize with friends as we're accustomed to. So it's understandable, even though we're gradually getting vaccinated and transitioning to a new normal, that many of us are hesitant and uncertain."

As we all cope with this transition, try to incorporate these three practices:

- Check in with the body
- Notice what emotions are present
- Bring in some kindness

[Click here to learn more about how to apply these strategies.](#)

VENTURE OUT

As the vaccines continue to roll out and regulations begin to lift, here are some ideas to ease back into "real life" while still keeping a mindful distance.

13 Low-Contact Socializing Ideas To Ease You Into Life After Quarantine from Well + Good

These ideas are so fun and unique, and Houston has them all!

- **DIY rollerskating rink** - rollerskates and rollerblades are all the rage!
- **Play a round of mini golf**
- **Wine and cheese tasting** - DIY from your local grocery store, or treat yourself to **Montrose Cheese and Wine** or **Houston Dairymaids**. They have pre-made kits too!
- **Go to a drive-in movie theater** - Check out the lineup at **Moonstruck Drive-In!**
- **Host your own outdoor movie nights**
- **Take a trip to the farmers' market** - **Urban Harvest**, **The Heights Mercantile**, and the **Houston Farmers Market** are all great local options!
- **Or, take a trip to the flea market**
- **Go hiking** - Here are **15 places to hike in and around Houston**, or take a day trip to **one of these spots!**
- **Do some yoga in the park** - **Fitness in the Park** is Back at the Discovery Green! Check out Yoga, HIIT, and Tai Chi!
- **Have a picnic** - the newly renovated **Eastern Glades at Memorial Park** are a picnic must!
- **Go camping**
- **Get some ice cream cones and enjoy the scenery**



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Far Flung Podcast with Saleem Reshamwala



"A journey across the globe in search of the world's most surprising and imaginative ideas..."

A deep dive into the ideas that shape a particular spot on the map, brought to you by local journalists and creators."

- **Virtual Worlds**
- **Sky Science in the Painted Desert**
- **Post Pandemic Paradise in Rapa Nui**

6 Safer, Expert-backed Vacation Ideas from Business Insider

Click **here** for the complete guide or any of the topics for more info!:

- Book a socially distant hotel stay
- Book a private vacation rental to limit interactions with others
- Plan a socially distant road trip
- Camp somewhere remote
- Consider safer alternatives to traditional travel
- Work with a travel agent or book a tour

SUMMER ACTIVITIES FOR THE KIDDOS

Click below to explore tons of ideas to keep the kids busy this summer. Find all of your crafts, science experiments, and outdoor activities here!



Family Education: 12 Fun Summer Camp Crafts and Activities to Try at Home

Your Modern Family: 30 FUN Summer Activities for Young Children

64 Fun Summer Activities for Families That Won't Break the Bank

EAT WELL

Fuel yourself with foods that your body and mind will thank you for! Take a mindful approach to your relationship with food.

Today is the Day Podcast!

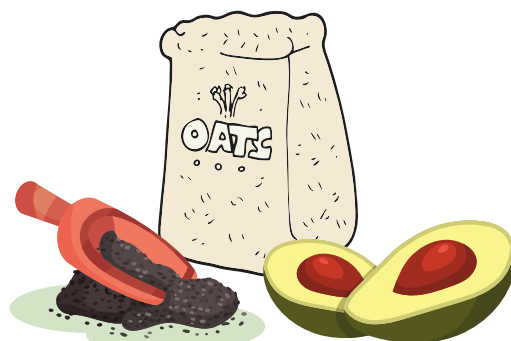
This podcast from the American Academy of Nutrition explores the multitude of health and wellness topics and unpacks the intricacies of the latest health topics. Give it a listen for tips on how to make well-informed decisions about your food choices and overwhelm.

- How to Eat Healthy on a Budget
- House Rules and Our Non-Negotiables for Health and Happiness
- How To Stop Being Fooled By The Label
- How These Surprising Causes of Weight Gain Could Be Affecting All Of Us

The [Healthier] Dessert Spot

Check out these links for desserts that are tasty and satisfying without getting in the way of your health and fitness goals!

35+ Healthy Lower Calorie Desserts That Won't Wreck Your Fitness Goals from Country Living.



22 High Fiber Foods You Should Eat

30 Low-Calorie Desserts That Still Taste Indulgent and Satisfying.

The Chewy Chocolate Walnut Cookies and three-ingredient Coconut Truffles look amazing!

20 Healthy-ish Dessert Recipes for Summer

The Vegan blueberry cheesecake bars look delicious and stunning!

EAT WELL

Fuel yourself with foods that your body and mind will thank you for! Take a mindful approach to your relationship with food.

RECIPES FOR VIBRANT SUMMER VIBES

It's never too early to get the summer vibes flowing with bright and colorful seasonal produce!

[Good Housekeeping 75+ Quick Summer Dinner Ideas for Easier Weeknights](#)

[15 Recipes From the May 2021 Issue of Real Simple](#)

[18 Healthy, Easy and Delicious Meals to Make During the Week from Today](#)

[20 Healthy Dinners You Can Meal Prep on Sunday from the Every Girl](#)

[31 Recipes to Make in May from Food + Wine](#)

[31 Delicious, Seasonal Recipes to Cook in May from Ambitious Kitchen](#)

FEATURE:

All the Energy Bites from Ambitious Kitchen

Energy Bites are quick and easy to make! And don't take many ingredients!

- [Healthy Cookie Dough Peanut Butter Protein Balls](#)
- [Birthday Cake Cookie Dough Energy Bites](#)
- [Oatmeal Peanut Butter Cookie Energy Bites with Chia + Cacao](#)
- [No Bake Omega 3 Mint Brownie Energy Bites](#)
- [Chia Banana Bread Energy Bites](#)

Healthline Mood Foods Challenge

Sign up for the 12-Day Mood Food Challenge with daily emails to your inbox!

[Click here for a guide to meal prep, planning tools, food swaps, and more!](#)

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.

