

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!

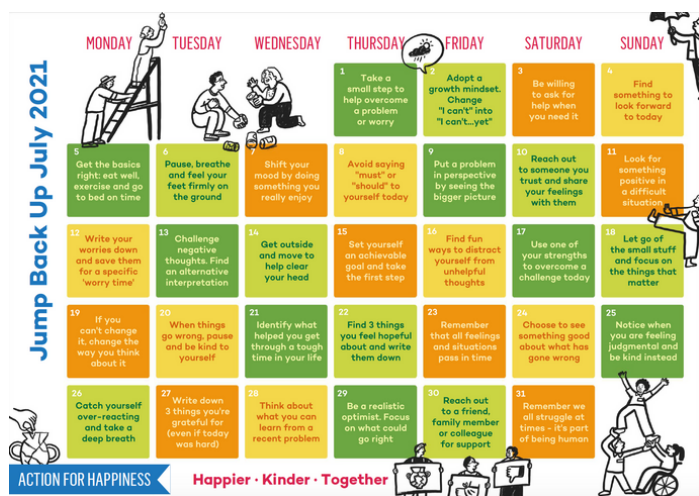
Please email your photos,
stories, and resources to
tierney.thomison@bcm.edu
or tynisha.rivers@bcm.edu.



[Patty McCord: 4 Lessons the
Pandemic Taught Us About Work,
Life, and Balance](#)

SUMMERTIME HAPPINESS

This summer, embrace this mantra: more happiness, less stress. Here are some ideas to be present and find joy in every day this summer!



Daily Practice: How to Notice Good Things in Your Life



Click the calendar to download from
Action for Happiness!

PODCAST SPOTLIGHT

Here are some podcast episodes add a little inspiration, joy, and mindfulness to your day!

On Being with Krista Tippett

- Alex Elle: Self-Care as Generational Healing
- Nicholas Christakis: How We're Wired for Goodness

Live Happy Podcast

- Discovering "For the Joy of It" Creativity With Jill Allison Bryan
- Happier No Matter What With Tal Ben-Shahar
- Mental Health Hygiene for Men With Quentin Vennie

Happier with Gretchen Rubin:

- Podcast 329: Explore the Five Senses of Summer, a Hack for Boosting Focus, and a Deep Dive into Solutions for Obliger-Rebellion



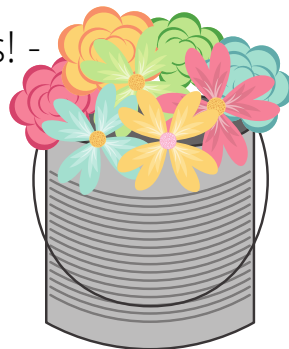
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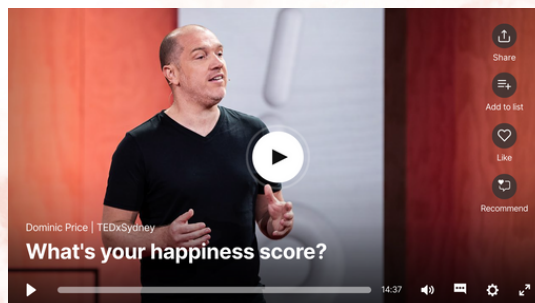
Summer 2021 Bucket List

Look no further, this Summer Bucket List that is sure to bring you lots of joy in the little things this summer!

- Make homemade lemonade - **this post from Taste of Home** has you covered with 20 lemonade recipes!
- Try a social media cleanse (even if it's just 24 hours!)
- Visit a flower shop! - I highly recommend making a mini bouquet from **Fannin Flowers** and displaying in a mason jar.
- Make grown up lemonade.... or other summer cocktails! - **Tieghan from Half Baked Harvest** has you covered!
- Swap ice cream for homemade **banana-based Nice Cream** - only 4 ingredients to make this cold treat!
- Take a day trip to a local farm to pick berries - **see this guide** for all the nearby spots!
- Send someone flowers!
- International vacay at home - cook a local dish, find some subtle decor that reminds you of that place, etc!
- Finish one of these **9 books for self-discovery**
- Project Day! - Build, Create, or Fix something you've been putting off.
- **Celebrate National Picnic Month the right way!**



15 Easy Breathing Techniques to Help You Take 5 Minutes Out of Your Day To Be Present



Dominic Price: What's Your Happiness Score?

EAT WELL

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

To Salad... or Not to Salad?



15 Healthy Meal Prep Recipes for People Who Hate Salad



13 Health Experts Share Their Favorite Salad Recipe



Summer Cooking Guide!



Your Guide to What's in Season for Summer—And Exactly What to Cook With It

Eat Like A Farmer: 10 Fresh-From-The-Dirt Recipes For Summer

Delish: 76 Insanely Easy Summer Dinner Ideas

30 Crowd-Pleasing Summer Recipes To Make In June from BuzzFeed

The Best In Season Summer Recipes for all occasions from Sip Bite Go



EAT WELL

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

Refresh Your Cooking Routine and Increase Efficiency with these 7 Cooking Hacks from The Everygirl

The Thirty: The Ultimate Vegan Grocery List

Whether you're completely vegan, looking to try, or on the look out for plant-based nutrition, these staples are always great to have on hand!

Check out this post for details!

- fresh berries
- nut milk or oat milk
- avocados
- sprouted quinoa
- sweet potatoes
- almond butter
- bananas
- whole grain or gluten free bread
- baby spinach
- raw nuts
- lemons
- vegan dark chocolate
- Persian cucumbers
- mung beans
- tomatoes



FEATURE: BREAKFAST GRAIN BOWLS

From sweet to savory, **Clean Plates** has you covered with 25 grain bowl recipes from quinoa to buckwheat and everything in between!

- **Dark Chocolate Quinoa Breakfast Bowl** from Minimalist Baker
- **Mediterranean Farro Breakfast Bowl** from Lemons for Lulu
- **Sweet Potato & Coconut Millet Bowls** from Clean Eating
- **Raw Raspberry Buckwheat Bowl** from Rise Shine Cook
- **Savory Vegan Breakfast Bowl** from Running on Real Food

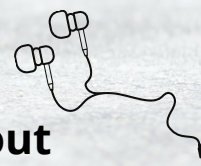
FIND MOVEMENT

Your body is made to move! Find activation and soak up those endorphins! Even if it's not a workout, find a way to MOVE!

The Everygirl Editors Share What Helps Them Stay Motivated to Workout

These tips can help get you out of that workout slump, and Summer is the perfect time to do so! Get outside (or stay in) and get those endorphins!

1. **Set specific, tangible goals**
2. **Track and share your workouts**
3. **View your workout sesh as an appointment**
4. **Reserve class spots and commit to certain gym times**
5. **Assemble the perfect pump-up playlist**
6. **Exercise for the right reasons**
7. **Wear your gym clothes long before your workout**



A Full-Body Strength Workout from Self Magazine That Has Just 5 Moves

Total body work starts with these key moves:

- Farmer carry
- Goblet squat
- Romanian deadlift
- Bent-over row
- Push-up

See **the post** for the full workout and directions for each move!

Your Guide to Online Workouts:

- **SELF Fitness guide**
 - Learn about workouts and explore free workouts
- **Sydney Cummings YouTube**
 - Free workout videos range from 20-60 min and include strength, HIIT, stretching, and more
- **Well + Good Good Moves**
 - Quick Pilates, Yoga, and HIIT workouts to help prevent injury, promote flexibility, build strength, and energize!

CONNECT + LEARN



Continue the conversations that enable you to learn from others and through empathy, active listening, and open perspective.

Four Ways Self-Compassion Can Help You Fight for Social Justice

"Fierce self-compassion can help us cultivate the clarity and courage to stand up to oppression."

[Click here to read the full article from Greater Good magazine.](#)

1. It helps women counter stereotypes and reclaim their power
2. It provides resilience for victims of injustice
3. It helps prevent burnout while working for justice
4. It helps us deal more effectively with guilt or shame



Greater Good Podcast: How Music Can Bridge Cultures

Diversity, Equity, & Inclusion Virtual Background

Click to download using your BCM email!



Juneteenth: Why Observation and Participation Matter

TED PLAYLIST: Love is Love



"These moving, personal talks share stories of love and commitment in the LGBTQ community."
Click the icon to listen!

TED PLAYLIST:

Revolutionary Women



Click above to listen to all 9 talks!

- The urgency of intersectionality
- How to overcome apathy and find your power
- The political progress women have Made - and what's next

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.

3 Best Tips for Dealing With Social Anxiety Post-Quarantine from Well + Good

- **Think about your boundaries**

- "Think about what boundaries you want to implement within these three dimensions: time, physical, and emotional. Then share them with your co-workers, friends, and families."

- **Self-regulate through self-soothing**

- "When you feel emotionally overwhelmed and anxious, try to engage in practices that bring you back to your center, such as the 54321 method, meditation, deep breathing, and engaging with sensory items like a stress ball."

- **Stay connected**

- "Since pandemic life has been a time when it's been especially difficult to cultivate connection, it's imperative that we do the work of staying together and gathering in community instead of drifting apart."

Beating Overwhelm: A 6 Step Process To Manage Your Energy

This article from Chalkboard Magazine dives in to what it means to practice Energetic Time Management!

- Step 1: The Brain Dump
- Step 2: Prioritize
- Step 3: Highest Leveraged Action
- Step 4: Set Up Your Calendars
- Step 5: Taking Action
- Step 6: Nightly Check-In



Quick Read:
Nine Tips for
Being a Male Ally
at Work



Please Rest While the Host Starts
This Meeting:
Fighting Zoom Fatigue from Greatist

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.

