

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 tylisha.rivers@bcm.edu.



[Julia Galef: Why you think you're
right — even if you're wrong.](#)

INTENTIONAL PRACTICE + GROWTH

Here are some resources to help you build better habits, find new practices, and integrate small changes in pursuit of your best self.

August 2021
Happiness Calendar

This month, make time for fun and rest.
Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Carve out some time to let your mind wander .	2 Do you have a strong sense of purpose in life ? Take our quiz.	3 Set goals for your screen time .	4 Take a walk outside and be mindful of what you see, hear, and smell.	5 What does play look like for you? Do something fun today .	6 To be a better listener , avoid giving advice unless someone asks for it.	7 Craving solitude ? Plan for some alone time to do an activity you enjoy.
8 Don't be afraid of your anger . It can help motivate you to take care of yourself.	9 Get lost in a good novel .	10 Try doing something new with your partner.	11 Find a happiness practice to try in the Greater Good Toolkit.	12 Do you experience awe, beauty, and wonder in the world? Take our awe quiz.	13 Think about what you're grateful for today.	14 Help kids have better conversations with these 36 questions (or try them yourself!).
15 Tired? Take a nap!	16 Look for funny moments at work to help lighten the mood.	17 Schedule time to do something meaningful to you, like helping or volunteering.	18 Take our Science of Happiness course this summer.	19 Try to make your partner laugh today.	20 Ask your kids what activities they enjoy —then put them on the schedule.	21 If you're getting lost in your head , try focusing outward on the sensations around you.
22 Abstain from something temporarily , to get more enjoyment out of it later.	23 Acknowledge people's emotions at work; it could help build trust .	24 Understand that forgiveness is a process , and it will take time to heal.	25 Build critical consciousness: Notice inequality and prejudice in society.	26 Think about how you want your life to change post-pandemic.	27 If you suffer from anxiety , find a program or therapist who can help.	28 Express warmth and compassion to your kids ; it could help them be more generous!
29 Reflect on how your parents raised you and what you might do differently as a parent.	30 Find solace in books and stories when you're navigating difficult emotions .	31 Believe in human goodness .				

 **Greater Good Science Center**
ggsc.berkeley.edu
greatergood.berkeley.edu





Daily Access to TED Talks directly to your phone!

{[Click here for links to Apple Podcasts and Spotify](#)}



7 Ways to Combat Bias in Everyday Life

"Foster diversity and inclusion and build a better world by putting your beliefs into practice."

[Click here to read the full article by Greater Good Magazine.](#)

- Aim to be good-ish, rather than good
- Follow the "10% More Rule"
- Learn how to say people's names
- Audit your media consumption
- Run better meetings
- Use your privilege for influence
- Build a community to grow together

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Quick Read: Does Practicing Gratitude Help Your Immune System?



Tips for Starting an Effective Journaling Practice

Journaling can have many benefits. It can help relieve stress and anxiety, as well as help you take a more mindful and grounded approach to daily life. Here are some tips from Self Magazine to help you integrate journaling as a regular practice.

1. Make a regular habit out of journaling
2. Keep your journal close by
3. Turn to your journal in moments of need
4. Make your journal a judgment-free zone.



[Click here for the full article and journaling prompts!](#)

20 Simple Daily
Habits That Will
Make You Happier
and Healthier

What is
Ayurveda?

CULTIVATE EMPATHY

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



JAMIL ZAKI:

We're experiencing an empathy shortage, but we can fix it together



NPR Hidden Brain You 2.0: The Empathy Gym

"On this episode of Hidden Brain, we talk about calibrating our empathy so we can interact with others more mindfully."

3 Ways to Express Empathy in Your Next Conversation

Show that you notice they're struggling

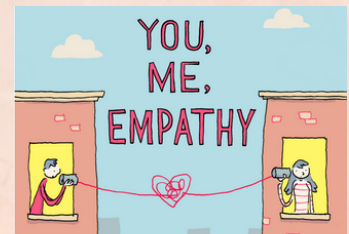
Ask: "Can you help me understand?"

Share an observation.

[Click here to read the full article on TED Ideas.](#)



PODCAST SPOTLIGHT: You, Me, Empathy: Sharing Our Mental Health Stories



TED PLAYLIST: Empathy and Authenticity

Click below to listen to nine talks about two human traits that can make all the difference in this world.

How to bring empathy and authenticity to your life

Empathy and authenticity: These two very human traits are what the world — and your life — need right now. (Curated in partnership with Lexus.)



Watch now



Add to list



ADDRESSING VACCINE HESITANCY

Many people still face concerns regarding the COVID-19 vaccine. Here are some resources to help you with difficult yet crucial conversations about vaccination.

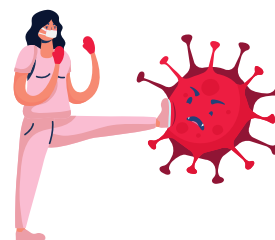
How to have conversations about vaccination from the World Health Organization

Listen with empathy and acknowledge how they are feeling.

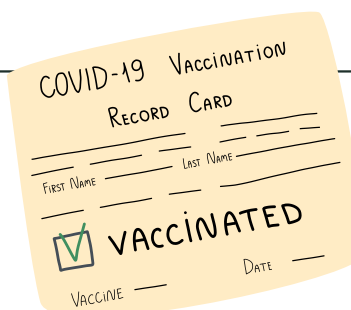
Ask open-ended questions to help you understand their concerns.

Share trusted information.

Explore reasons for wanting to get vaccinated - share your motivations and what helped you overcome your concerns.



WHO COVID-19
Vaccine Safety
Page



Unicef: How to talk to your friends and family about COVID-19 vaccines



Click to visit the full article and video.

Do connect with their values.

Don't interrupt.

Do help them feel empowered.

Don't focus on the myths.

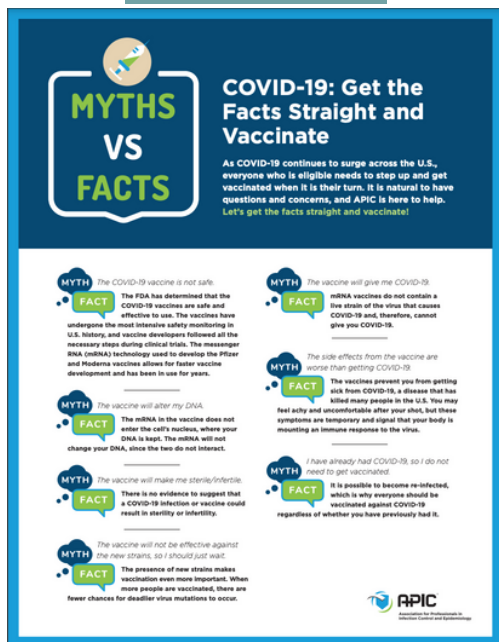
Do assume they are going to get vaccinated.

Don't get discouraged.

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APIC Vaccination Resources



Click the fact sheet to download and share the two-sided PDF.



CDC: Myths and Facts about COVID-19 Vaccines

CDC: Key Things to Know About COVID-19 Vaccines



Three things to know about the long-term side effects of COVID vaccines



Healthline: How You Encourage Others to Get Vaccinated Makes a Big Difference

This article from Healthline explores how conversations with vaccine-hesitant people can actually have a big impact on their decision. A few summary points include:

- How you approach the topic can make a big difference.
- Countering misinformation with specific facts can help people reach a different conclusion
- Shaming or arguing does not work. Instead, listen to their concerns, give them the facts, and then let them decide.

EAT WELL

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

Zucchini Season Is Upon Us!

[Love and Lemons 35 Best Zucchini Recipes](#)

[45 Healthy Zucchini Recipes from iFoodReal](#)

[65 Game-Changing Zucchini Recipes from Delish](#)

[50+ Zucchini Recipes That Are Easy, Healthy and Delicious from Good Housekeeping](#)

[Trend Alert:](#)

[Edible](#)
[Healthy](#)
[Cookie](#)
[Dough](#)



End of Summer Recipes

[Best New Recipes From the Latest Issue of EatingWell Magazine](#)

[Ambitious Kitchen: 31 Delicious, Seasonal Recipes to Cook in August](#)

[46 Easy Summer Dinner Ideas to Keep Meals Fun and Fresh from Womans Day](#)

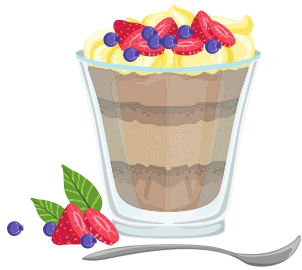
[Epicurious: 99 Summer Recipes for Everything We're Craving Right Now](#)



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Healthy Summer Desserts



[90+ Delish Summer Desserts You'll Be Making Again And Again](#)

[39 Healthyish Summer Desserts That Are Perfect For the Hottest Days of the Year](#)



[16 Recipes for Healthy Baking With Kids](#)

[Healthy Eating on the Go: A Guide to Dining Out, Traveling, and More](#)



[Level Up Your Ice Cube Game](#)

- [Chamomile and Jasmine Herbal Ice Cubes](#)
- [Sparkling Orange Marigold Ice Cubes](#)
- [Matcha Ice Cubes](#)
- [Sparkling Pink Rose Ice Cubes](#)



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.

