

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

Scroll to explore...

Healthy Conversations- 2-3

Power of Play - 4

Fall Activities- 5-6

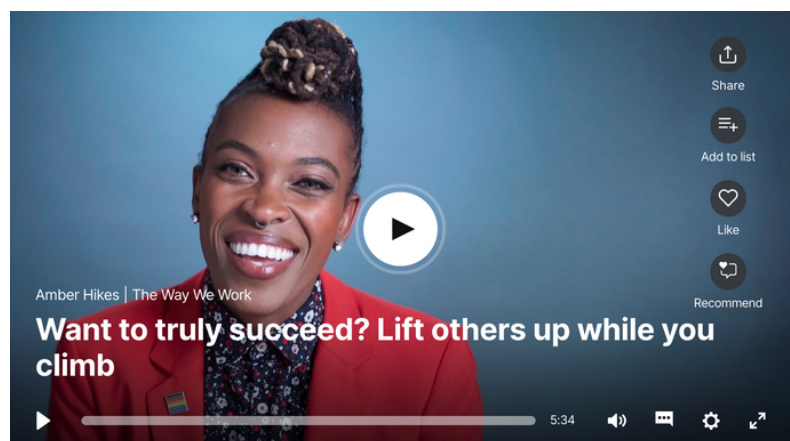
Eat Well - 7-8

COVID-19 Vaccine Resources - 9

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.



[Amber Hikes: Want to truly
succeed? Lift others up while you
climb](#)

HEALTHY CONVERSATIONS

Approach your daily conversations with empathy and a goal of understanding. "Be curious, not judgemental." - Walt Whitman

TED PLAYLIST: Talks to Support a Healthy Debate

"Let these talks help you come to an understanding – if not an agreement – in the face of diverging viewpoints."



- For Argument's Sake - Daniel H. Cohen
- In Defense of Dialogue - Jonas Gahr Store
- How to Have Better Political Conversations - Robb Willer
- Beware Conflicts of Interest - Dan Ariely



October 2021 Happiness Calendar

This month, embrace change and new experiences.

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
 Greater Good Science Center <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>					1 Break down one of your goals into smaller steps.	2 Be enthusiastic when people share good news with you.
3 Do something you've been putting off.	4 How happy are you at work? Take our quiz.	5 Ask questions to find out how school is really going for your child.	6 Watch a new, uplifting TV show.	7 Savor the small things, especially when life is overwhelming.	8 Join the Think4Nurses Gratitude Challenge or share it with a health care worker in your life.	9 Do one small thing for self-care today.
10 Be playful, whatever that means to you.	11 In an emotional conversation, pause to make sure you understand the other person.	12 Identify what coping strategies work for you (or your kids) when stress hits.	13 Limit your passive scrolling on social media and spend more time connecting.	14 Be open to recognizing and challenging your own biases.	15 Send a thank-you message to someone.	16 Look out for opportunities to show empathy—it could make you happier.
17 Give up trying to be the perfect parent.	18 Give yourself a pep talk when you have to do something hard or boring.	19 Make an effort to connect with coworkers if you work remotely.	20 Journal about three good things that happened today.	21 Try something new, like a food or an activity.	22 If your kids are bored, be curious and try to understand why.	23 Watch a video that inspires awe in you.
24 When you apologize, express how you will make amends in the future.	25 Reflect on what you've learned from hard times in your life.	26 Carve out time for solitude; it could make you more creative.	27 Talk about race with a friend.	28 Model compassion for your kids.	29 Help young people get involved in causes they care about.	30 Be on the lookout for positive feelings and moments.
31 Face your fears, one small step at a time.						

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The Science of Happiness Podcast Episode 98: How not to Take People for Granted

QUICK READ: How Small Moments of Empathy Affect Your Life



SUSAN DAVID'S EMOTIONAL AGILITY QUIZ

"Emotional agility is a process that enables us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind."

Take the quiz to get your full Emotional Agility Report!

Susan David also shares many helpful concepts and tips on her Instagram here.

What "Holding Space" for Someone Means and How To Do It

"Holding Space" is defined by Divya Robin as "the ability to create a safe, supportive, and non-judgmental space where another can be fully emotionally, physically, and mentally vulnerable."

1. Ask if they would like to talk
2. Listen without judgement
3. Validate their emotions and experience

Read the full article here!

THE POWER OF PLAY

Bring more play into your life through movement, exploration, outdoor activity, and more.

The Science of Happiness Podcast



- Episode 94: How to Craft Your Life
 - "When the world around you changes, so can your goals. This week's guest tries a practice to tap into a new sense of purpose."



- Episode 99: What Happens When We Play
 - When was the last time you went down a slide? Our guest tries a practice to bring more play into his life and explores what that means as a Black man in the U.S.

6 Cleansing Movements For Mental Health (That You Can Do From Your Desk)



15 Warm-Weather Hobbies You Can Start Today



How Spending Time Outside Can Support Sleep, According To New Research



Well + Good: Good Moves

Check out this free series of exercise and movement videos for every type of need!

- The 30-Minute Yoga Flow To Promote Balance and Longevity
- Have Chronically Tight Hips? Strengthen *This* Muscle To Get Rid of Pain
- This 15-Minute Workout Strengthens Every Single Muscle in Your Upper Body

FALL FOR ALL

Make the most out of this beautiful time of year with these Fall happenings!

Guide to Local Fall Activities:

- Celebrate Hispanic Heritage Month
 - [KidsMag: What is Hispanic Heritage Month?](#)
 - [How to Celebrate in Houston](#)
- [Fall Activities in Houston: 30 Things We Can't Wait to Do This Fall](#)
- [Master Guide to Fall Family Fun in Greater Houston & Surrounding Areas](#)

[62 Fun Fall Activities to Try This Year, Besides Apple Picking](#)



[We Tried All of The Starbucks Fall Drinks—Here They Are, Ranked From Worst to Best](#)

[31 Ways to Scare Up Fun as a Family in October](#)

This article has several unique ideas for October fun, including bedtime stories for **Indigenous Peoples Day**, spooky **science experiments**, **flashlight games**, **movie day**, and much more!

Check out more ideas [here!](#)

FALL FOR ALL

Make the most out of this beautiful time of year with these Fall happenings!



20 Rainy Day Activities
for Families During
COVID-19

45 DIY Fall
Decor Ideas to
Transform
Your Space

The Ultimate Fall Bucket List:

- Tailgate - either at the game or in the yard!
- Light a fall candle
- Head to a fall festival, pumpkin patch, or corn maze
- Make a hearty chili recipe
- Run or walk a Fall 5K - Why not the Great Houston Pie Run?
- Fall movie night (pairs well with Trader Joe's Maple popcorn!)
- Go for a bike ride
- Volunteer at the food bank or a local farmers market
- Carve, decorate, or paint pumpkins!
- Don't forget to roast your pumpkin seeds!
- Take a road trip to a small Texas town
- Cook a fall meal, complete with pumpkin bread of course!
- Get outside and throw the football
- DIY a festive fall wreath
- Roast marshmallows over a backyard bonfire
- DIY a fall floral arrangement
- Sip on Apple Cider.... or n a fall cocktail!

EAT WELL

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

Healthline Evidence Based Nutrition Tips

Of course, it can be difficult to completely change diet all at once, but try picking a few tips and committing to forming new dietary habits this fall.

[Read the full article here for details and sources.](#)

- Limit sugary drinks
- Avoid ultra-processed foods
- Stay hydrated
- Increase fruits and vegetables
- Eat adequate protein
- Limit refined carbs
- Minimize your sugar intake
- Use plenty of herbs and spices
- Avoid restrictive diets



MindBodyGreen: 20 Foods To Naturally Increase Your Brain Power

These nutrient-rich foods are healthy for the functionality of mind and body!

- | | |
|--------------------|-------------|
| • Olive oil | • Walnuts |
| • Coconut oil | • Asparagus |
| • Wild Salmon | • Kimchi |
| • Blueberries | • Jicama |
| • Turmeric | • Kale |
| • Eggs | • Broccoli |
| • Dandelion greens | • Avocado |
| | • Red Wine |



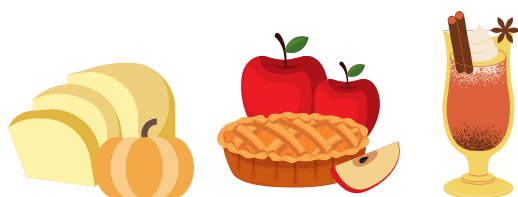
25 Fresh Recipes to Make Before Summer Ends

- Dark Chocolate
- Spinach
- Almonds
- Pumpkin Seeds
- Exercise**

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Fall Dessert Corner



Almond Butter
Apple Cinnamon
Baked Oatmeal
Cups

65 Fall Desserts That We're Loving This Season

75 Easy Fall Desserts That Aren't Just Pumpkin Pie

Healthy Fall Treats You'll Want To Make Again And Again

Healthy Fall Baking & Dessert Recipes

The Ultimate Fall Recipe Guide

Ambitious Kitchen Fall Recipes

- I am definitely going to try the **Vegetarian Spinach Pumpkin Lasagna** and **Butternut Squash Green Chile Chicken Soup!**

Half-Baked Harvest 40 Most Popular Fall Recipes.

- The **Indian Coconut Butter Cauliflower** and **30 Minute Thai Peanut Chicken Ramen** look so delish!

Delish 65 Unbelievably Easy Fall Dinner Recipes

- Must try the **Creamy Tuscan Chicken** and **Crock Pot Chicken Posole!**

Bon Appetit Fall Recipes Archive

- Very excited about this **Classic Chicken Pot Pie recipe!**

Bon Appetit Butternut Squash Recipes

- Fall's favorite veggie! Try squash for breakfast with the **Butternut Squash and Chorizo Hash**, the **Skillet Phyllo Pie with Butternut Squash, Kale, and Goat Cheese**, or keep it simple with a **Kale Salad with Butternut Squash and Almonds**

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.

