

# WELLNESS IN RESEARCH

The Wellness Newsletter of the  
MEDVAMC Research Service Line

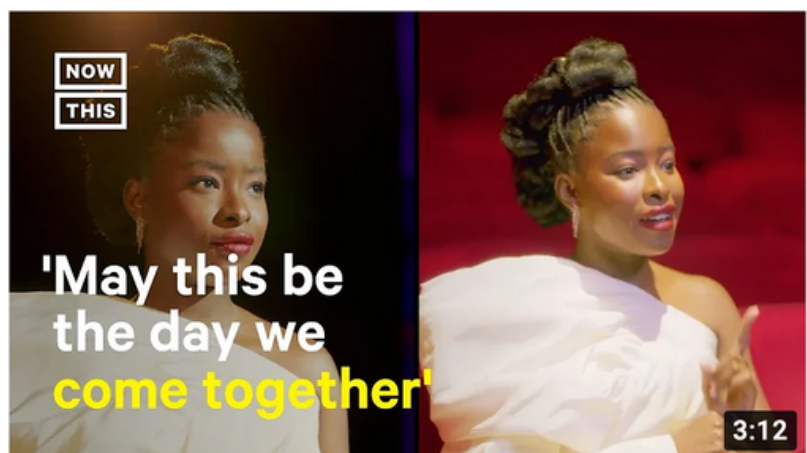
The Return to Office Issue!  
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## The Newsletter Needs You!

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](mailto:tierney.thomison@bcm.edu)  
or [tynisha.rivers@bcm.edu](mailto:tynisha.rivers@bcm.edu).



"New Day's Lyric"  
by Amanda Gorman

# WELL AT THE WORKPLACE

As we transition back into working at the office, make sure to continue to keep your wellness and self-care in mind.



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

## Melinda Briana Epler 3 ways to be a better ally in the workplace



## Could Your Posture Be Causing You A Ton Of Pain?



## "Is Your Brain Foggy? Here Are Five Ways to Clear It

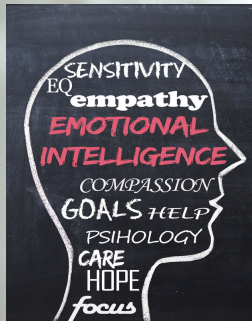
"Researchers have noted that living through the pandemic is negatively influencing people's cognition—their focus, attention, ability to plan, and more." Click [here](#) for the full article!

- **Become more intentional about consuming news**
- **Exercise regularly—outside, if you can**
- **Stay connected to others**
- **Try new challenges**
- **Be kind to yourself**



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## FREE Online Class:

### Empathy and Emotional Intelligence at Work

"Learn research-based skills to strengthen empathy and trust, improve collaboration, and create more innovative, productive, and satisfying experiences at work" in this **free online class** hosted by BerkeleyX's The Science of Happiness at Work.

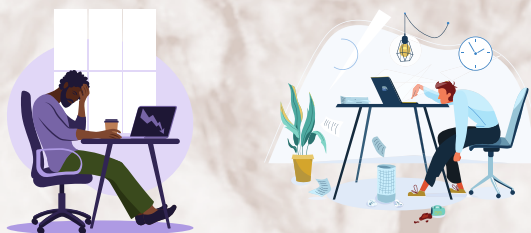
### QUICK READ: Can Purpose Help Us in Hard Times?



### Cindy Solomon: 5 tips for dealing with meeting overload



### TED Playlist: How to protect your passions from burnout



### Nine Tips for Giving Better Feedback at Work

**This article** from Greater Good Berkeley dives into how feedback impacts engagement, connectivity, and satisfaction at work:

- Use the Situation-Behavior-Impact model to guide you.
- Don't give the "feedback sandwich."
- Instead, use radical candor.
- Explain why you're giving this feedback.
- Level the playing field.
- Ask if they want feedback.
- If you see a problem, offer feedback immediately or shortly thereafter
- If at all possible, deliver any negative feedback in private rather than in public.
- Pay attention to your non-verbals and facial expressions when you deliver feedback.



# WOMEN'S HISTORY MONTH

March is Women's History Month! Take a moment to appreciate the influential steps that women have taken in pursuit of social change.

## Free Courses: Women's Rights:

These free courses offer the history of women's rights over time.

- Women Making History: Ten Objects, Many Stories
- Seeking Women's Rights: Colonial Period to the Civil War
- Negotiating a Changing World: 1920-1950
- Fighting for Equality: 1950-2018



Emily Pilloton-Lam: What if women built the world they want to see?



Rha Goddess and Deepa Purushothaman:  
4 ways to redefine power at work to include women of color



# BUILDING BRIDGES

Especially in times that feel challenging, building bridges can enhance our perspectives and create opportunities to learn from each other.

## 6 of the Top Happiness-Boosting Secrets from Around the World

"Understanding how different nations view happiness can impact how we interact with one another going forward."

—Helen Russell, author

## 8 Concepts Practiced in the Happiest Countries You'll Want To Adopt ASAP

## Positive thinking may improve your emotional health, study finds

### TED Taken For Granted: Brené Brown on What Vulnerability Isn't

"We usually wear our thickest armor at work, and Brené Brown has blazed the trail of teaching us why—and how to shed it."



### FREE COURSE: Bridging Differences

"Learn research-based strategies for better relationships, dialogue, and understanding across divides."

### QUICK READ: How to Resist Manipulation by Embracing All Your Identities



# ENERGIZE + REST

Our bodies are made to move! Energize your body and mind through movement followed by intentional rest and recovery.

## MEDVAMC Whole Health Program

### All Employee Power Moves Challenge

The VA Employee Whole Health Committee has organized this challenge to take place during the month of April (4/3-4/30). Sign up as an individual or as a team of 4.

**Team Target: 200,000 steps per work week (5 days)**

**Individual Target: 10,000 steps per day**

**[Click here for more information and to register by March 30, 2022.](#)**

(You must be signed in with your VA email.)

### Whole Health Classes for Employees

**Yoga for Wellness is now available to MEDVAMC employees four times a week in virtual, live-streaming classes. Classes will be available on the following schedule (note days/times have been updated based on popular demand):**

Tuesdays: 4:30-5:30 p.m.

Wednesdays: 6:30-7:30 p.m.

Thursdays: 12:30-1:00 p.m.

Fridays: 12:30-1:00 p.m.

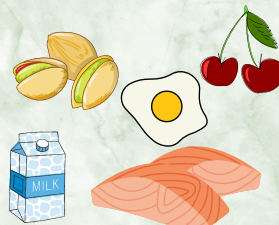
**Visit the VA Employee Whole Health Website for more information and Zoom links!**



**Quick Read: What To Do  
(and Avoid Doing) if  
Anxiety About Falling  
Asleep Is Keeping You  
Awake**

### 5 Foods that are Naturally High in Melatonin

1. Tart Cherry Concentrate
2. Pistachios
3. Eggs
4. Milk
5. Salmon





# EAT WELL

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

## Spring Clean-Eating

Spring has sprung and you know what that means! All of the spring fruits and veggies are in bloom! Here are some recipes that make spring produce the star of the show while cooking in-season.

**April: Cooking With Seasonal Fruit with Ask the Food Geek**

**Bon Appetit: 24 Artichoke Recipes That Are Not All Creamy Dips**

**30 Vibrant Healthy Spring Recipes from Feasting at Home**

**Food Network: 60 Amazing Asparagus Recipes**

**Citrus Recipes That Really Pop With Flavor from Midwest Living**

## What's in Season Right Now??

This guide from Ask the Food Geek has seasonal guides for every month. Here's what Mother Nature has queued up for April!

### Fruits

- Blood Orange
- Mandarins
- Rhubarb
- Meyer Lemons
- Kiwis
- Honeydew Melons
- Cherries
- Pineapple
- Apricots
- Strawberries

### Veggies

- Asparagus
- Artichokes
- Fava Beans
- Carrots
- Greens
- Green Garlic
- Celery Root
- New Potatoes
- Morel Mushrooms
- Herbs
- Peas
- Radishes
- Sweet Onions



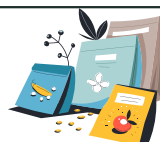
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## Coming Soon: IQuEST Community Garden

To accompany our newly renovated space, IQuEST will be implementing a community garden! Please contact Tierney Thomison if you are interested in helping with this new wellness endeavor.

More details to come!



## Spring Recipe Guide

### Bon Appetit: 53 Spring Recipes to Get You Really Excited for the Season

- **Lemony Tortellini Soup with Spinach and Dill**
- **Fava Bean and Asparagus Salad**
- **Pesto-ish Risotto**

### The Everygirl: Here Are 15 Recipes I'm Making This Spring from a Registered Dietician

- **Bacon Broccoli Cheddar Biscuits**
- **High-Protein Black Bean Avocado Tuna Salad Sandwiches**
- **Molly's Vegan Cauliflower Shawarma Tacos**
- **Healthy 20 Minute Sheet Pan Sausage and Veggies**

### Skinnytaste Spring Recipes

- **Ground Turkey Taco Skillet**
- **Tofu Stir Fry with Vegetables in Soy Sesame Sauce**
- **Grilled Vegetable Orzo Pasta Salad**
- **Ginger Scallion Fish and Cauliflower "Fried Rice"**



# 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

## **NEW @ IQUEST: Wellness Lounge**

**Room 234** at the Center will soon be a dedicated wellness room open to all employees. There will be several resources available here including Meditation sessions and short yoga video classes. If you have additional ideas for this space, please contact Tierney Thomison and Tynisha Rivers.

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](mailto:tierney.thomison@bcm.edu)** and  
**[tynisha.rivers@bcm.edu](mailto:tynisha.rivers@bcm.edu)**.

