

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

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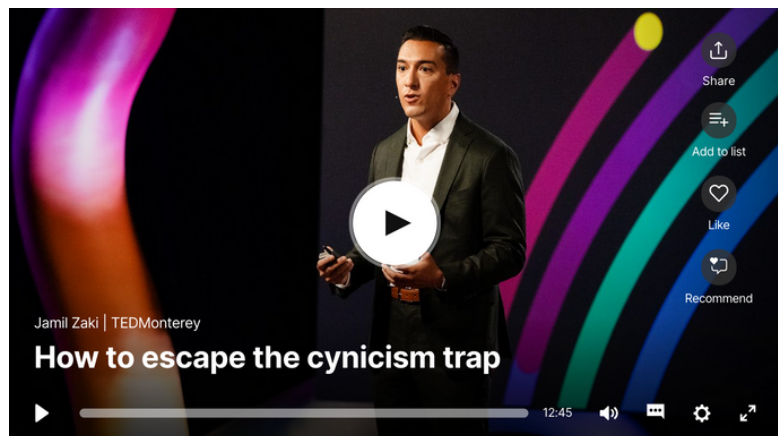
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The Newsletter Needs You!

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.



[Jamil Zaki: How to escape the
cynicism trap](#)

NEW YEAR, NEW GOALS

The new year is a perfect opportunity for a fresh start. Here are some ideas for setting, visualizing, & achieving your goals this year!

KEEP YOUR INTENTIONS IN MIND...

Rather than trying to "fix" what is wrong through negative reflection, intentions encourage you to accept the goodness that you already have and make it even better. As you set your goals for this year keep the following in mind to make sure you are being kind to yourself!

- Create abundance in your life
- Focus on what you have, who you are, and all the goodness you bring into life, rather than what you are not or do not have
- Have compassion for yourself
- Set goals and intentions that offer flexibility and are adaptable, allowing them to grow or change as you do
- Set intentions with a broader focus and permeates your day to day interactions, as well as specific and attainable goals



The Science of Happiness Podcast: Episode 103: Why You Should Make Small Goals

"Comedian Paula Poundstone tries to take on a messy and daunting task, one small step at a time."

Greater Good Berkeley in Action: Goal Visualization

This 10-minute guided practice can bring you closer to accomplishing the goals you set through intentional steps. **Try it here!**

Greater Good Berkeley in Action is a series of free guided practices that help you cultivate the proper mindset and skills to expand and improve social emotional well-being for yourself and others.

Click here to check out practices for Awe, Compassion, Empathy, Forgiveness, Resilience, and much more!

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60 New Year's Resolutions To Set This Year

Here are some resolutions that keep self-love in mind! Craft your goals that enable you to enjoy the process so you feel happy every step of the way.

[See the full article from The EveryGirl for more!](#)

If you want to revamp your diet...

- Ditch the restrictive diet approach
- Focus on **adding** more nutrients (instead of eating less calories/carbohydrates, etc.)
- Try new produce you've never cooked with before

If you need to stress less...

- Reexamine all of your relationships—let go of the ones that don't make you feel good, and invest more time into the ones that do
- Practice gratitude, even for the smallest things
- Schedule time to do something fun “just because” every day

If you want to feel more in control of your finances...

- Pay off one thing that requires monthly payments
- Budget to make room for items, experiences, or indulgences that truly bring you joy



**QUICK READ: The Top
10 Insights from the
“Science of a Meaningful
Life” in 2021**

Well + Good RENEW Year



Click here to explore three four-week plans designed by experts to help you move your body, eat more sustainably, or show yourself some loving care.

HEALTH + HAPPINESS

Health and happiness go hand in hand, with each offering reciprocity to the other! Here are some steps for creating more of both!

Free Course: The Science of Happiness from Greater Good Berkeley

This is self-paced, eight-week course is taught by Dacher Keltner, PhD, and Emiliania Simon-Thomas, PhD, who are both directors of the Greater Good Science Center.



"Students will engage with some of the most provocative and practical lessons from the latest research, discovering how cutting-edge research can be applied to their own lives."

[Click here to enroll for free!](#)

Jack Kornfield: Four Essential Qualities of the Heart



"Jack Kornfield reflects on the joy and suffering that is part of being human, and the practices that can help us along the way"



Quick Read: Laughter Really Is Medicine:
How To Laugh Off Holiday Drama

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January 2022 Happiness Calendar



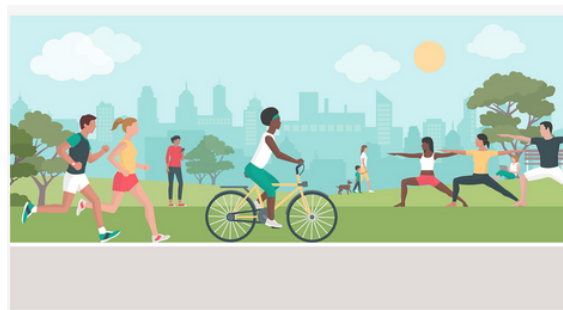
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 ggsc.berkeley.edu greatergood.berkeley.edu						1 Slow down to savor happy moments with loved ones.
2 Give yourself warmth and understanding when you're struggling.	3 Reflect on something you're grateful for today.	4 Take photos of things that are meaningful to you.	5 Start a good book, like one of our favorite science books of 2021!	6 Skip the small talk and connect more deeply with strangers.	7 Find ways to support the young people in your life as they grow.	8 How forgiving are you? Take our quiz to find out.
9 Consider what lessons you've learned during the pandemic.	10 To find your purpose, think about what your strengths and passions are.	11 Perform a random act of kindness.	12 Get the Greater Good Toolkit with 30 practices for well-being this year.	13 Cultivate a craft or hobby that gives you a sense of flow.	14 Identify a larger goal you want to pursue as part of a group or community this year.	15 Help your child get motivated by tapping into their inner superhero.
16 Share the positivity: Post online about something that went well for you today.	17 Think about ways you could diversify your social network.	18 Try our one-month Pathway to Happiness program.	19 Reflect on the values that are important to you.	20 Pay more attention to how you communicate with others.	21 Struggling as a parent? Get some expert advice.	22 Watch a play, musical, or inspiring movie.
23 Enjoy some nature with your family.	24 Make sure to get up and move your body today.	25 Try to limit multitasking to feel less exhausted.	26 Be open to learning from friends who are different from you.	27 Recommit to your New Year's resolutions.	28 Don't believe everything you read online.	29 Take a nap!
30 Cultivate a spiritual practice (whatever that means to you).	31 Take our Science of Happiness at Work courses to be happier on the job.					



Click the calendar to download and save!

TED Playlist: A healthy, just future starts with you

"The path to wellness -- and equality -- begins with you. Enjoy these illuminating talks at the intersection of justice and personal health to get motivated in creating a better society for everyone." **Click here** to play the entire collection!



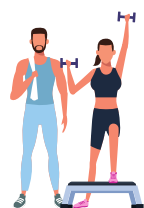
Elizabeth Dunn: Helping others makes us happier — but it matters how we do it

"Learn how we can make a greater impact -- and boost our own happiness along the way - if we make one key shift in how we help others."

ENERGY + MOVEMENT

Our bodies are made to move! Set an intention to energize your mind through movement this year.

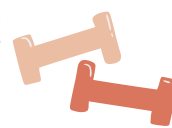
Why Walking Is One of the Best Cardio Workouts



14 Benefits of Strength Training

SELF 2022 New Year's Challenge

Follow **this 4-Week plan** with 20 new cardio and strength workouts to jumpstart your fitness routine!



MindBodyGreen Movement

From start to finish, MBG Movement has you covered! visit each of their programs for different ways to prepare, get active, and recover.

Try these out to get started!

- **MOTIVATION**

- A Complete Guide For Strength-Training At Home + 4-Part Plan To Get Started

- **ROUTINES**

- These Tabletop Crunches Are Simple, Effective & Only Take A Minute

- **OUTDOORS**

- These Micro-Moments In Nature Are Your Ticket To A More Joyful Winter

- **RECOVERY**

- Why Rest Days Are So Important For Physical & Mental Health

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: Healthy Eating in Real Life

What exactly is "healthy eating?" It doesn't have to be restrictive fad diets or drastic lifestyle changes. This guide is full of resources and articles to help develop an eating pattern that is nutrient dense, affordable, and realistically sustainable.

[Click here to get started!](#)

- [Healthy Eating Includes Cultural Foods](#)
- [Healthy Eating Is Human: Joys, Challenges, and 3 Things You Can Do](#)
- [11 Healthy Eating Accounts Worth Following on Social Media](#)



Simply Recipes: What's in Season - January Produce Guide

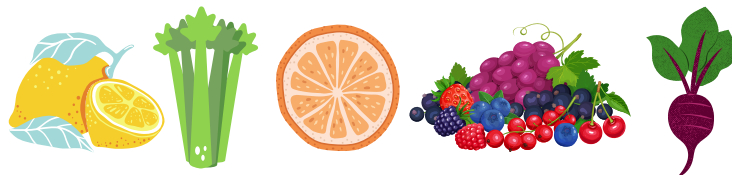
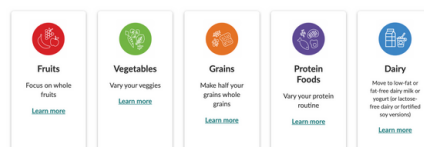
- lemons
- oranges
- grapefruit
- beets
- turnips
- parsnips
- celery root
- cabbage
- kale
- collards
- broccoli
- cauliflower
- butternut squash
- acorn squash

USDA MyPlate

Click below to explore the food groups and download the app for cost-savings tools, recipes, your personalized MyPlate Plan, and more!



Explore the MyPlate Food Groups



The 17 Best Foods for High Blood Pressure

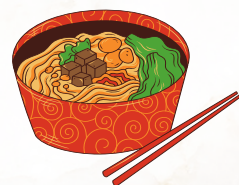
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New Year Healthy Recipe Guide

Half Baked Harvest Favorite Recipes for 2022

- One Bowl Chocolate Chunk Chai Banana Muffins.
- Greek Chicken Chopped Salad with Lemon Tahini Vinaigrette
- 30 Minute Thai Peanut Chicken Ramen
- Coconut Sweet Potato Lentil Soup with Rice
- Healthier Homemade Crunchwrap Supreme



43 Air Fryer Recipes That Will Make Eating Healthy Way More Delicious

What to Cook Next:
Our Best January Recipes from Epicurious



Ambitious Kitchen Veggie-Packed Dinners to Ring in the New Year

- 30-Minute Sesame Chicken Green Bean Stir Fry.
- Sheet Pan Kickin' Curry Honey Mustard Chicken & Veggies
- Chipotle Black Bean Roasted Veggie Enchilada Casserole
- 30 Minute Vegan Stir Fry Sesame Noodles with Chickpeas & Basil
- One Pot Moroccan Chicken Stew with Sweet Potato & Couscous

31 Recipes to Make in January from Food & Wine

The Most Popular Taste of Home Recipes for January

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.

