

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

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SELF
CARE
ISN'T
SELFISH

The Newsletter Needs You!

We would love to feature
RSL employees' tips and
tools for working from home
and staying positive!

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



Oliver Jeffers:
An Ode to Living on Earth

RESILIENCE

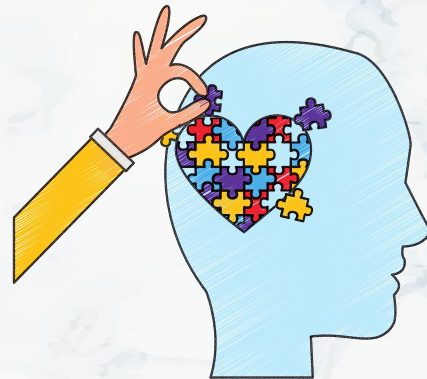
Resilience is defined as, "the ability to recover from difficulties." Cultivating resilience can help us uplift others and spread hope as we adjust to the "new normal".

Here are some ways to explore and practice resilience in times of crisis.

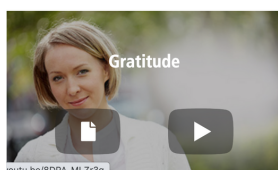
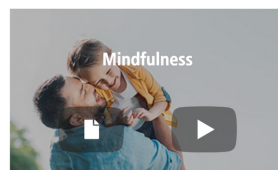
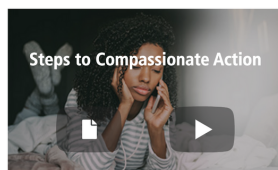
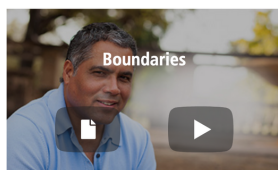
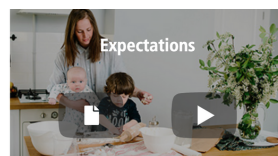
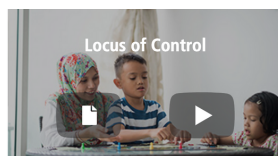
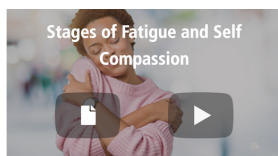
FIVE STRATEGIES TO BUILD RESILIENCE

Berkeley's Greater Good Magazine highlights five science-backed strategies for building resilience. Click **here** to read the full article and learn more on each strategy.

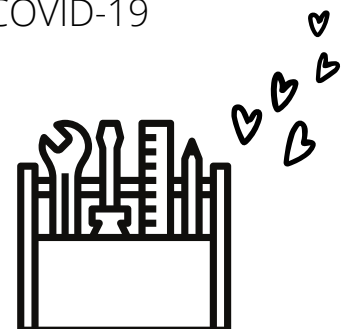
1. Change the Narrative
2. Face Your Fears
3. Practice Self-Compassion
4. Meditate
5. Cultivate Forgiveness



COMPASSION RESILIENCE TOOLKIT



Click **here** for your one-stop shop for quick videos and guides, a to build resiliency during COVID-19



COMMIT TO KINDNESS

We can all use a little more kindness and compassion these days! Committing to kindness can also be a pivotal point for improving your own well-being.



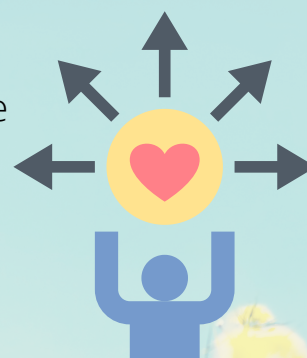
Do something kind for someone else each day!

(You will find that it's kind to yourself too.)

Click the **calendar** for the download link!

KINDNESS IN A PANDEMIC....

Check out the **Kindness.org initiatives** on how to be kind in our world right now. While kindness is always our greatest asset, find out what acts can have the biggest impact today. The **blog** serves as a journal of kindness documenting true stories and an analysis of kindness literature. Click **here** to read the cost benefit analysis of various acts of pandemic-related kindness.

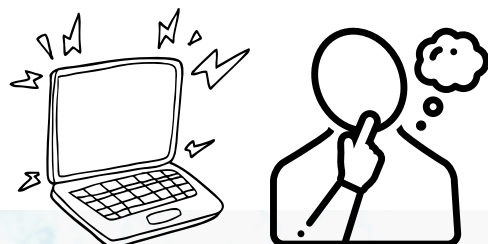


"Kindness has the power to transform a mundane, passionless life, but it also has the ability to re-route a single bad day. I'll be talking with people who share their uplifting stories, and together we'll explore how to use kindness as an offensive weapon in a dog-eat-dog world." - Nicole Phillips, Host

"BACK" TO SCHOOL (still here)

Back to school poses several challenges for parents and caregivers. Scroll to explore a multitude of distance learning resources to aid with this new age of education.

PLANNING + PREPARATION



Tips for Thriving in the Remote Learning EcoSystem:

A group of tech teachers has come together to put together **this list** of tips for creating a productive remote learning environment for your student.

Set a Schedule

Help your student find balance between flexibility and routine by creating a unique distance learning schedule that works for your home environment.

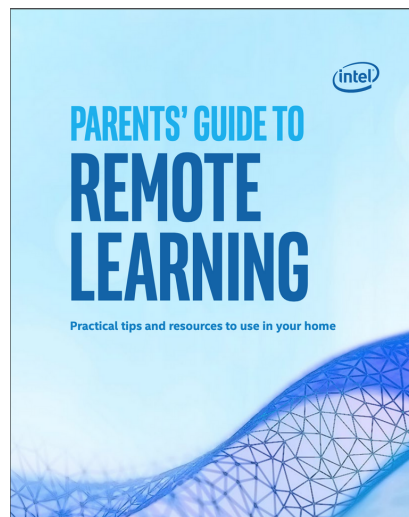
Khan Academy has some **samples** that can be easily modified to fit your needs.

Education Reimagined: Distance Learning Resources

Education leaders and organizations across the US have come together to create this Distance Learning Resource Center. Explore the different categories on their site here. The "For Parents & Families" section is a great place to start.

K12 Blueprint Remote Learning Resources

As a supplement to the **Intel Parent's Guide to Remote Learning**, K12 Blueprint offers a set of **free, curated site for resources** and ideas to help in your success with remote learning.



"BACK" TO SCHOOL (still here)

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MORE WAYS TO LEARN

NASA STEM Engagement

Explore NASA STEM with At Home programs for grades K-4th, 5th-8th, and 9th-12th grades. **NASA's website** offers multiple lessons and informal education to inspire your students.

Massive Open Online Courses

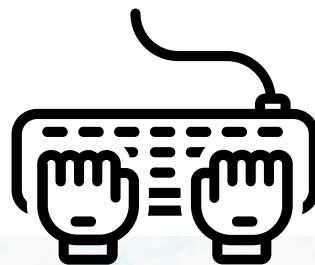
Students now have the opportunity to take advantage of free online courses (MOOCs) offered by the country's top universities. This is a great opportunity for college applicants to engage with schools, learn coursework expectations, and learn something new while social distancing.

Explore the Smithsonian

While the Smithsonian is closed, you can still explore a myriad of virtual experiences through online tours and exhibitions that are free to access from your living room.

Advanced Placement Resources

AP is offering a comprehensive set of Youtube video resources for supporting online and hybrid learning.





TED PLAYLIST: STAY CURIOUS

PLAYLIST

The pursuit of curiosity and understanding

Curious about the world? These fascinating talks will encourage you to seek and experience the endless delight and intrigue it offers. (Curated in partnership with the Qatar Foundation.)

 Watch Now  Add to list



Click above to watch to the full playlist.

EAT WELL + NUTRITION

How you eat has a huge impact on how you feel. Try something new and your gut microbiome might thank you for it!

END OF SUMMER RECIPES

Foodie Crush Summer Recipes

Click to explore 31 Summer Produce recipes to make in August! A couple must-trys are the Roasted Pepper, Nectarine, and Ricotta Grilled Pizza to Double Tomatoe Pesto Spaghetti with Zucchini Noodles!

Ambitious Kitchen Healthy August Recipes

Eat healthy every meal with breakfast, lunch, and dinner recipes, sweet treats, salads, and more. These are perfect for picnics and patios!

Flirting with Fall Recipes: Healthyish

Glimpse into fall flavors with this new list of unique recipes to try from Healthyish

Bon Appetit Summer Recipes

Just keep cooking! Browse 73 Summer Recipes to carry you through September.

FEATURED PODCAST: HEALTH, HAPPINESS, AND HUMANKIND



"Each week Steph Lowe speaks with experts from all over the world in the areas of nutrition, microbiome health, environmental sustainability, psychology, meditation and more. Together we'll teach you the answers to becoming healthy, happy and a more conscious human, and why your contribution to the planet truly matters"

EAT WELL + NUTRITION

How you eat has a huge impact on how you feel. Try something new and your gut microbiome might thank you for it!

LEARN SOMETHING: GUT MICROBIOME HEALTH

The human microbiome consists of millions of microbes that interact within their human environments to form an extremely complex ecosystem.

Specifically, the gut microbiome...

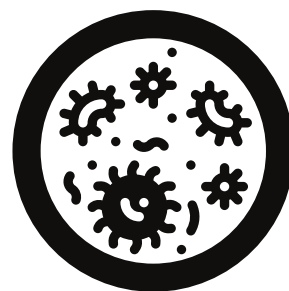
- assists with digestion and metabolism of the foods we intake
- nutrient and energy extraction
- production of nutrients and metabolites

That being said, **diet** has a huge impact on our human microbiome!

LEARN MORE

The Scientist: Microbiome and Human Health

Check out this **ongoing series** that explores the newest developments in scientists' exploration of the human microbiome.



LITERATURE: FEATURED STUDIES

- Untargeted plasma metabolomic profiles associated with overall diet in women from the SU.VI.MAX cohort
- Structured exercise alters the gut microbiota in humans with overweight and obesity—A randomized controlled trial
- Targeting the Microbiota-Gut-Brain Axis: Prebiotics Have Anxiolytic and Antidepressant like Effects and Reverse the Impact of Chronic Stress in Mice

FINANCIAL WELLNESS

How to stay financially well during times of crisis.

TIPS AND STRATEGIES

Rocket HQ Personal Finances Guide

This quick, 4 minute read focuses on some easy preparations and proactive actions you can take in order to maintain financial health during COVID-19.

Four Tips for Improving Financial Wellness during a Pandemic (or Anytime)

Here are some simple ways to save money and specific goals you can set to limit expenses.

Ten Suggestions for Managing Money in Times of Crisis

Global Financial Literacy Excellence Center has put together **this infographic** for 10 suggestions and multiple resources to help you with each.

TED PLAYLIST: HOW TO TAKE CHARGE OF YOUR PERSONAL FINANCES

Intriguing talks on personal finances - from how to set the right goals, financial literacy, and breaking free of "money shame."



Click above to watch to the full playlist.

REKINDLE + CONNECT

Social distance does not have to mean social isolation. Here are some fresh ideas to stay connected with coworkers, friends, and loved ones.

FEATURED PODCAST: THE SCIENCE OF HAPPINESS

"What does it take to live a happier life? Learn research-tested strategies that you can put into practice today. Hosted by award-winning psychologist Dacher Keltner."



Recommended Episodes

- #62 - Staying Close While Physical Distancing
- #66- How to Stay Connected When You Must Stay Apart

THE MUSE: CONNECT WITH COWORKERS

1. Reimagine Commute Time
2. Pomodoro With a Friend
3. Make Video Mandatory
4. Group Video Chat
5. Share a Meal
6. Have a Visibility Buddy
7. Bring Your Kid (or Pet) to Work
8. Improv Your Meetings
9. Encourage Casual Encounters

Click **here** to read the full article and find out more about each idea.

If you have additional ideas for how to improve social connections at IQuEST, or have suggestions from your own teams, please share your best practices with tierney.thomison@bcm.edu and tynisha.rivers@bcm.edu.



You Are Not Alone in Your Loneliness

"Being open and vulnerable with your loneliness, sadness and fear can help you find comfort and feel less alone, says writer and artist Jonny Sun."

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.

