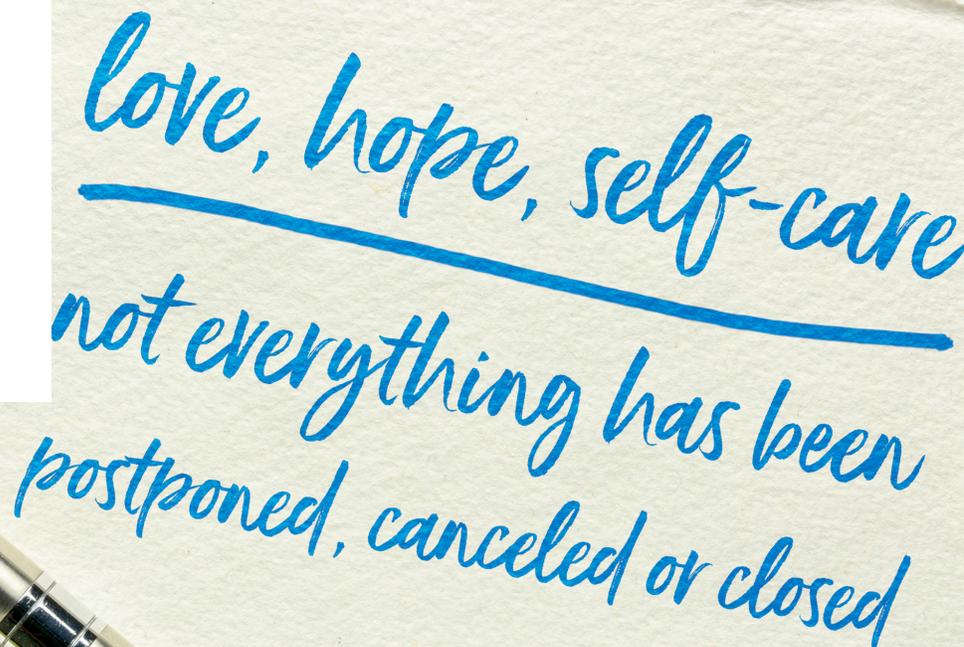


WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

Scroll to explore...

- Gratitude - 2
- Mindfulness - 3-4
- Find Movement - 5
- Eat +Sleep Well - 6
- Distance Activities - 7
- Sustainable Self Care - 8
- Medical Resources - 9



Love, hope, self-care
not everything has been
postponed, canceled or closed

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 tynisha.rivers@bcm.edu.

TIME 100 TALKS FINDING HOPE



'Why Do We Take Existence for Granted?'

Deepak Chopra on Finding Gratitude
During the Coronavirus Pandemic

GRATITUDE

The act of cultivating thankfulness has never been more important. These simple practices can help you savor the good times and build resilience to the difficult.

FIVE SIMPLE WAYS TO EXPRESS GRATITUDE

Healthy Life Magazine highlights five simple strategies to incorporate more gratefulness into your daily life. Click **here** to read more. Remember, it's okay to start small, and build!

1. Give yourself some grace.
2. Keep it simple.
3. Show kindness to front line heroes.
4. Tell your loved ones how you feel.
5. Take good care of you.

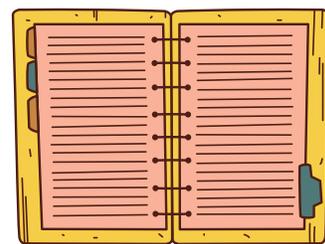


NEXT STEPS: GRATITUDE JOURNAL

You may have heard the term before, but what does it really mean to start a gratitude journal? These resources will get you started.

Sample Prompts:

1. What is an opportunity I have today that most people don't that I can appreciate?
2. What one thing (within my control) would make today great?
3. What is one thing I appreciate about my health?
4. What do I appreciate about the city I live in?
5. What food do I really appreciate and why?



JOURNALING GUIDES

The Ultimate Guide to Gratitude Journaling.

How to Start a Gratitude Journal for Kids

LIVE MINDFULLY

Resources to guide, ground, and connect you.

10 DAYS OF HAPPINESS

Designed for challenging times, 10 Days of Happiness is a free 10-day online coaching program which guides you through daily actions for happier living.



PRACTICE: MEDITATION

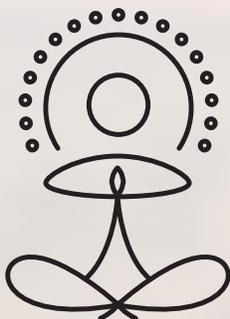


Meditative Story Podcast

"Meditative Story combines human stories with meditation prompts embedded into the storylines — all surrounded by breathtaking music. Think of it as an alternative way into a mindfulness practice through story."

Tricycle Magazine Virtual Meditations

Register [**here**](#) for free 30-min group meditations with expert teachers. Past meditations are available on their [**Youtube channel**](#).



Live Mindfulness and Compassion Sessions

The UCSD Center for Mindfulness, The Sanford Institute for Mindfulness and Compassion, and The Compassion Institute have come together to provide daily practice sessions with free streaming, recordings, and other resources to assist with coping with the COVID-19 pandemic.

[**Click here for the daily schedules!**](#)

LIVE MINDFULLY

Resources to guide, ground, and connect you.

FEATURED PODCAST: GOOD LIFE PROJECT



"Every week, we share inspirational, intimate and disarmingly-unfiltered conversations about living a fully-engaged, fiercely-connected and purpose-drenched life. From iconic world-shakers like Elizabeth Gilbert, Brene Brown, Sir Ken Robinson, Seth Godin and Gretchen Rubin to everyday guests, every story matters."

Click [here](#) to listen and subscribe!

TRANSFORMING OBSTACLE INTO OPPORTUNITY



In each session of this series, Andrew Holecek will share teachings, guided periods of meditation, and contemplative exercises for transforming this challenging period into an opportunity to work with our minds and see the situation we are in with greater clarity.

Click here to jump in!

30 DAY MENTAL HEALTH CHALLENGE



Each day, be intentional about supporting your own mental health.

Click the calendar to save the Good Housekeeping 30-day Mental Health Challenge. Save these as reminders on your phone, post-it notes on your mirror, or print the calendar and see how many self-care "tasks" you can complete this month.

FIND MOVEMENT

Your body is made to move! Find activation and soak up those endorphins!

FEATURED APPS

Couch to 5K

Why not?? Use this free trainer to set a measurable goal that will get you moving. Become a 5k runner in just 8 weeks!



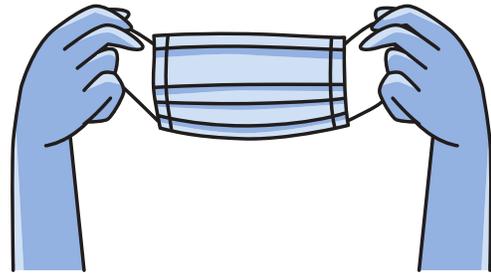
Aaptive Audio Fitness

Browse unlimited audio-guided workouts for all types of exercise including treadmill, strength, outdoor running, yoga, indoor cycling, and elliptical.



Strava

Record your running, walking, hiking, cycling activity! Save routes and workouts, add friends to your feed, & join challenges of all activity levels. Some challenges benefit causes that are definitely worth getting that heart rate up for!



[Click Here to Read about the Best Face Masks for Exercising.](#)

FREE FITNESS PROGRAMS

GLO 15-day Free Trial

Personalized yoga, meditation, and pilates classes tailored to your preferences and needs.

[Click here to create your profile!](#)



SELF - Free Workout Plans

Browse **unlimited workouts** based on body-focus, equipment needed, time, and workout type.

These workouts make it easy to find a quick, daily sweat sesh!

EAT + SLEEP WELL

How you eat has a huge impact on how you feel.
Try new foods, build new habits, and be kind to your body!

HEALTHY HABITS: WORKING FROM HOME

1. Eat when you are actually hungry.
2. You don't have to snack every 2-3 hours.
3. Drink water or herbal tea throughout the day.
4. Treat yourself, but make it special!
5. Limit the extremes - too salty, too sweet.
6. Eat away from your desk or workspace.
7. Eat the best quality foods you can afford.
8. Have a bit of a plan for your daily meals

Check out the full article on [**Joyous Health Blog**](#) for more information and tips for eating healthy while working from home!

BOOST YOUR IMMUNE SYSTEM

In the middle of a pandemic and flu season on the rise, there is no harm in going the extra mile to reinforce our immune health.

This article from PCRM mentions three main focus areas:

Diet, Vitamins, and Sleep!

8 Smoothies with Immunity-Boosting Foods

The Mango-Turmeric Vitamin C Smoothie is a must!

Improve your Sleep with Insight Timer

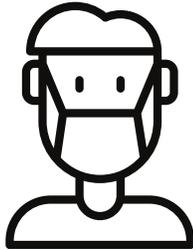
Sleep Meditations, talks, and music tracks to help you get the rest you need.

Sleep Foundation Guidelines for Sleeping Well

This guide explains all of the benefits sleep brings to the body, and why quality rest is essential to optimal health.

DISTANCE ACTIVITIES

Family-friendly activities that you can do while keeping your distance.



[Tips for Helping Children Wear their Masks](#)

OR STAY IN...

[Family Friendly Indoor \(& Outdoor\) Activities](#)

The Center for Discovery has put together [this list](#) of activities to keep you busy at home - inside and outdoors.

OR DO BOTH!

[Cool Things You Can \(Still\) Do in Houston Right Now](#)

Thrillist has put together a [fun list of activities you can do in Houston](#), updated for August. From at-home wine tasting to farmer's markets, there is sure to be something new you can try while still maintaining social distance.

GET OUTSIDE...

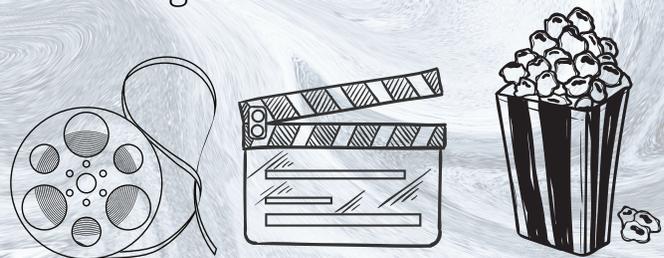
[Backyard Camping](#)

Pitch a tent, "hike" your neighborhood, grill out, and don't forget the s'mores! Click [here](#) for the complete backyard camping guide.



[Memorial Park Eastern Glades Project](#)

Free to the public, enjoy the new tree-lined trails and picnic spots - maybe even hang a hammock!



[The Drive-In at Sawyer Yards](#)

A contact-free old-school cinema experience! Click [here](#) for showtimes.

SUSTAINABLE SELF CARE

Feel good about your self-care routine!

EVERYDAY HEALTH: SKIN CARE

How to Smooth, Brighten, and Tighten Skin Without Seeing Your Dermatologist

"Even if you can see your dermatologist in-office during the COVID-19 pandemic, you may want to temporarily substitute one of these home solutions, all endorsed by dermatologists."

How to Tweak Your Skincare Routine for Fall.

"Regardless of whether you have dry, oily, or combination skin, revamping your moisturizer game is likely the biggest change you'll need to make, dermatologists say."

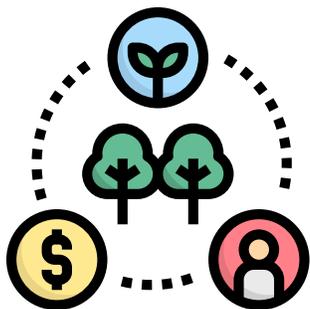
Fall Skincare Tips and Trends to Try

In the work-from-home age, why not try something new?



CLEAN + SUSTAINABLE BEAUTY

Clean Beauty refers to products that use safe, non-toxic ingredients. Healthier for your skin, healthier for the environment!



39 Clean Beauty Products

- "Whether you need to replenish your skin care routine or makeup bag, there's a clean product out there to help you look and feel good."

EcoRoots Sustainable Beauty Products

- Reduce your amount of waste with our Zero Waste Bath & Beauty products

CocoKind

- A clean, environmentally conscious skin care company that strives to keep products eco-friendly, low-waste, and safe.

MEDICAL RESOURCES

Even though we are dealing with the COVID 19 pandemic, unfortunately Flu Season is not cancelled.

National Center for Health Promotion and Disease Prevention: Immunization Information

"Get recommended preventive services, including immunizations. Recommendations for preventive services depend on your age, sex, health status, and family history. Find out which immunizations are recommended for you."

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.

