

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

gratitude

Scroll to explore...

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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.



[Laura Trice: Remember to Say Thank You](#)






GIVE + BE GRATEFUL

Even in the middle of a pandemic, there is still so much to be grateful for. Here are some ways to practice gratitude + spread kindness this fall.

NOVEMBER HAPPINESS CALENDAR

November 2020 Happiness Calendar

This month, hold on to goodness and hope for the future.
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
1 Reflect on what matters to you today.	2 Ask yourself these eight questions when you're stressed out by the election .	3 Voting connects us as Americans. We hope you get out and vote today!	4 Look around for acts of goodness to help restore your faith in humanity .	5 Americans, take heart: The country has overcome intense polarization before.	6 Find a way to be social —whether it's chatting online or smiling at a stranger outdoors.	7 Practice mindful breathing when you're facing a painful situation.
8 Make plans to sustain your political engagement beyond the election.	9 If you need a boost, watch this video on the ripple effects of a librarian's kindness .	10 Connect with nature to ease the pain of loneliness.	11 If you want to be more productive, cut yourself some slack .	12 Practice humility in a difficult political conversation.	13 What are you grateful for during COVID-19? Read other people's thanks to get inspired.	14 Visit our collection of anti-racist resources for tips, tools, and more.
15 How mindful are you? Take our quiz to find out.	16 Remote learning is hard for special-needs students. Here are resources for teachers and parents .	17 Learn some tools for detecting fake news .	18 Journal about five good things that happened to you.	19 Compassion is a quality we can grow ; spend some time nurturing it today.	20 What's your expertise? Try to carve out your own area of ownership at work.	21 Watch our new favorite films while you're stuck at home. Here are our new favorites!
22 Follow these six tips for speaking up against bad behavior .	23 Read this inspiring story from a COVID-19 survivor .	24 To help teens feel loved , express warmth and affection (even when you disagree).	25 Keep fighting for social justice —it helps make everyone happier.	26 Even if you don't <i>feel</i> grateful, you can practice a grateful perspective during hard times.	27 If you're bored, afraid, or exhausted, you can practice a grateful perspective during hard times.	28 Steer clear of narcissists at work .
29 Is your child anxious? Help them work on noticing the good and expressing appreciation.	30 To unite people around common goals , think like a jazz musician—open, listening, and responsive.					 <p>Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu</p>

Click the calendar to download daily tips to support your happiness!

THE SCIENCE OF HAPPINESS PODCAST

- **24 Hours of Kindness**
Listen to find out how small acts of kindness lead to meaningful change.
- **How to Notice What You're Thankful For**
The power of writing things down.



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Even in the middle of a pandemic, there is still so much to be grateful for. Here are some ways to practice gratitude + spread kindness this fall.

THANKSGIVING IN THE TIME OF COVID

Thanksgiving may look different this year, but here are some ideas to help make it still feel exciting and special.

- [**Eight Ways to Celebrate a Virtual Thanksgiving during Covid-19**](#)
- [**29 Best Thanksgiving Games to Keep the Crew Entertained on Turkey Day**](#)
- [**17 Fun Quarantine Thanksgiving Ideas to Help You Have a Festive Feast**](#)



[**QUICK READ:
What Are We
Grateful for During
Covid-19?**](#)

[TED: GIVE THANKS](#)

Click the icon to listen to seven Ted Talks that will help you recognize all of the little things to cherish and be grateful for.

PLAYLIST

Give thanks

These TED Talks will help you conjure up massive amounts of gratitude.



Watch Now



Add to list

THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU

THANK YOU TO OUR VETERANS

Veterans Day is a good time to remember that our freedom isn't guaranteed. It's protected by the men and women in our Armed Services. To those who secure our way of life... Thank You! We would like to show our gratitude for the honor and courage of our RSL team members who have served in the Armed Forces.

Thank you, Veterans!

- Jason Aguilar
- Bich Dang
- Rebecca Durbin
- Rafael Garcia
- Paula Kinsel
- Mark Kuebeler
- Kendall Moore
- Ed Pomer
- Vickie Powers
- Tynisha Rivers
- Chasity Wohlford
- Ken Woods



EAT WELL

Your one stop shop for holiday recipes!

THANKSGIVING RECIPES

- 
- [31 Complete Thanksgiving Menus for Absolutely Any Situation](#)
 - [34 Traditional Dishes You Need To Make The Ultimate Thanksgiving Menu](#)
 - [Food and Wine Master Recipe Index](#)
 - [Eating Well Healthy Thanksgiving Recipes](#)

GET CREATIVE WITH LEFTOVERS

[60 Best Thanksgiving Leftover Recipes That You'll Want to Make Year-Round](#)

[Food Network Best Thanksgiving Leftover Recipes](#)

[24 Things to Do With Your Thanksgiving Leftovers \(Not Just Turkey!\)](#)

DESSERT CORNER



[87 Thanksgiving Desserts That Go Beyond Pumpkin Pie](#)

[89 Absolutely Incredible Thanksgiving Desserts You Need to Make](#)

[36 Mini Thanksgiving Treats For When You're Too Stuffed For Pie](#)

EAT WELL

How you eat has a huge impact on how you feel.

Try new foods, build new habits, and be kind to your body!

[Quick Read: When Healthy Eating Isn't Healthy: Letting Go of the 'Perfect' Diet](#)



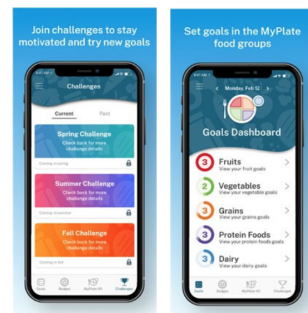
FALL RECIPES

For those days when you're a little burned out on turkey and stuffing...

- [Delish: 61 Unbelievably Easy Fall Dinner Recipes](#)
- [30 Healthy Seasonal Recipes to Cook in November from Ambitious Kitchen](#)
- [Skinny Taste Healthy Fall Recipes](#)
- [Half Baked Harvest 35 Most Popular Fall Recipes](#)
- [Cold Weather Is No Match for These Soup Recipes from Bon Appetit](#)

[CHOOSE MY PLATE](#)

Get tips, ideas and a personalized plan to meet your food group targets within your preferences and budget. Click the icon to download the new Start Simple with My Plate app!

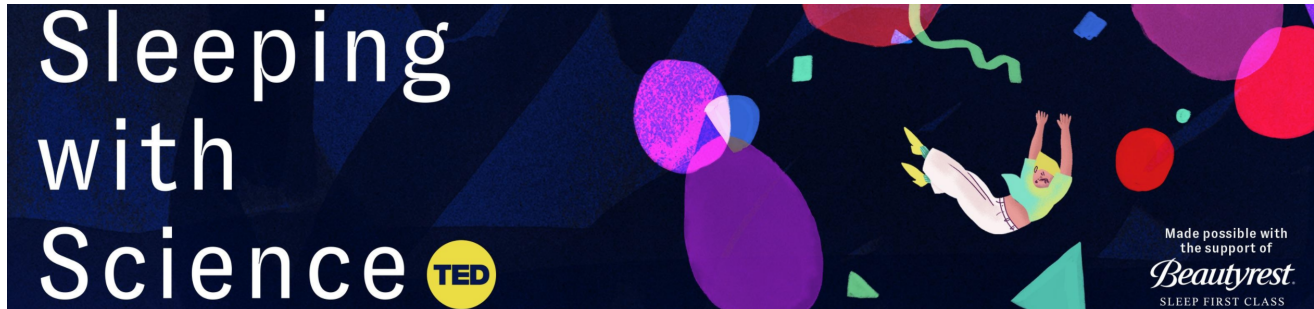


REST + RECOVER

Fall is finally here! Though it will look different than ever before, make the most out of this beautiful time of year!

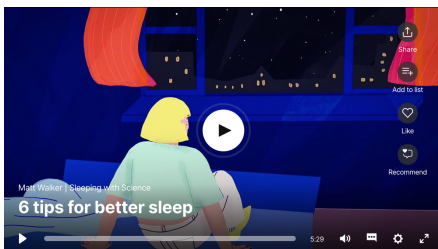
TED SERIES: SLEEPING WITH SCIENCE

Click below to explore the entire TED series that has all of the talks about the benefits of getting quality sleep, and how to catch better Zzzs!



SNEAK PEAK:

How Sleep Can Improve Your Immunity



6 Tips for Better Sleep



FEATURED APP: SLEEP CYCLE



"Sleep Cycle tracks and analyzes your sleep, waking you up at the most perfect time, feeling rested."

- track your sleep
- wake up during light sleep
- patented sleep analysis

How A Lifelong Insomniac Broke the Rules & Finally Got Some Sleep

FIND MOVEMENT

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

WHY EXERCISE?

Click the links below to learn more about the many benefits of exercise that go beyond just physical health.

- **Fight Depression**
 - [Exercise is an all-natural treatment to fight depression](#)
- **Better Sleep**
 - [Exercising for Better Sleep](#)
- **Immune Boost**
 - [Exercise and Immunity](#)



YOGA FOR ALL

Chair Yoga

- Simple flows to increase circulation and blood flow throughout the day.

Yoga for Back Pain

- We all need this!

Yoga with Adriene

- Adriene has a flow for everyone! Browse classes of every body focus that you can do anywhere!

PODCAST:

HURDLE WITH EMILY ABBATE

Hurdle features stories from people who have faced "hurdles" with integrating wellness into their routine, but focuses on how overcoming these struggles has led to healthier, more fulfilling lives.

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.

