

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line



Scroll to explore...

Mindfulness + Reflection - 2-3

Eat Well - 4-5

Home for the Holidays - 6

Find Movement - 7

Medical Resources - 8

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.



[Michael Buble, Kelly Rowland, &
Naturally 7: White Christmas
\(Home for the Holidays\)](#)

MINDFULNESS + REFLECTION

2020 has been a challenging year. Take a moment to slow down, be present, and reflect on the ways this year has helped you grow.

TOOLS FOR MINDFULNESS PRACTICE

- **Journal prompts and meditation practice for self-reflection**
 - Download the free printable worksheet from Mindful-Living Blog!
- **How to Practice Mindful Living Through Non-Excess**
 - Recognize what it means to find satisfaction in the present moment
- **5 Ways to Practice Mindfulness During COVID-19 from Soul Analyse**
 - Examine Your Relationship with Control
 - Embrace the Pause
 - Reconnect with Your Body and Your Breath
 - Be Gentle with Yourself
 - Be Transparent with Others

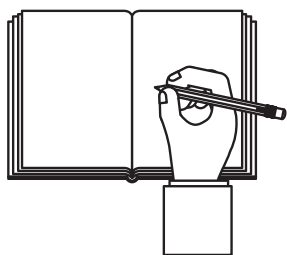


PODCAST:

THE MINDFUL MINUTE

Meryl Arnett guides you through concise, simple meditations and conversations about how to live more mindfully

- **Episode: Contentment for the Holidays**
- **Mini Meditation: The Beauty in the Unknown**



50 Powerful Questions to Help You Reflect

MINDFULNESS + REFLECTION

2020 has been a challenging year. Take a moment to slow down, be present, and reflect on the ways this year has helped you grow.

HAPPINESS CALENDAR

December 2020
Happiness Calendar

This month, practice generosity and connect with your loved ones. 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. Happy Giving Tuesday! Here's how to choose the most meaningful ways to give.	2. If there's tension in one of your relationships, take steps to repair it.	3. After an intense election , find a way to help your community heal.	4. Overcome your reluctance to ask for help at work.	5. Instead of texting , call a friend today.	6. Keep an eye out for kindness in your community—or create some yourself!	7. Remember how valuable your time is when making decisions.
8. Help young people make sense of a divisive election.	9. How strong are your social connections , online and off? Take our Social Capital quiz.	10. Commit to practicing empathy even when it's hard.	11. Try a breathing practice to calm your anxiety.	12. Say thank you to a grandparent today!	13. Help your kids learn to love giving.	14. Practice mindfulness during a difficult political conversation.
15. Consider a donation to the GGSC. All gifts will be matched through the end of the year!	16. Make your holidays special , even during the pandemic.	17. Try letting go of anger through compassion.	18. Struggling with these days? Understand how your brain reacts to uncertainty.	19. If you want to persuade someone , be wary of using polarizing language.	20. Be a moral rebel and stand up for what you believe in.	21. Hold on to connection and gratitude during the pandemic holidays.
22. Reflect on your family's communication style before having a hard conversation.	23. Spread goodwill and kindness this holiday season.	24. The end of the year can be stressful. Try these practices to help you cope.	25. Practice mindful eating over the holidays.	26. Create a time capsule of your life right now.	27. Join Kristin Neff and Chris Germer for a workshop on mindful self-compassion.	28. Imagine what your ideal relationships would look like in the future.
29. Make a list of New Year's resolutions.	30. Take our Science of Happiness course for a happier 2021.	31. Reflect on the story you're telling yourself about your life this year.	Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu			

Click the calendar to download from Greater Good Magazine!

TED: COLLECTIVE EMPATHY



SAM RICHARDS

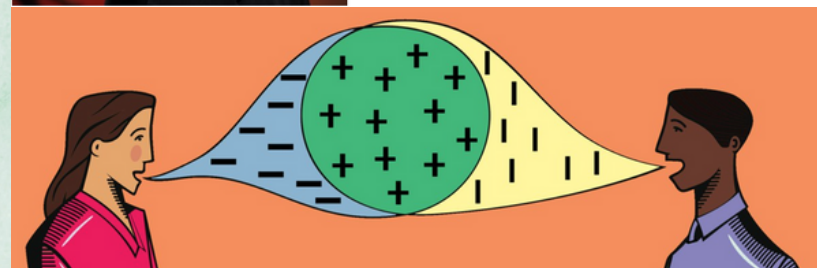
A radical experiment in empathy

Can two countries at war dare to empathize with one another? Step by methodical step, sociologist Sam Richards gives his audience an extraordinary challenge: to allow a group of (mainly) Americans to understand — not approve of, but understand — the motivations of an Iraqi insurgent. A powerful talk.

JOAN HALIFAX

Compassion and the true meaning of empathy

Buddhist roshi Joan Halifax works with people at the last stage of life (in hospice and on death row). She shares what she's learned about compassion in the face of death and dying, and a deep insight into the nature of empathy.



OPTIMIZE YOUR MIND

- **Why Multitasking is not the Best Option**
- **Stop Overthinking**



- **Six Ways to Destress for Free**
- **How to Feel Like You Have More Time**

WELL & GOOD BLOG: HOT TOPICS



MEDITATION
101



HEALTHY
MIND



MENTAL
CHALLENGES



SELF CARE
TIPS

EAT WELL

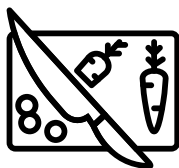
Your one stop shop for delicious holiday recipes - healthy, indulgent, and everything in between!

Quick Read: 11 Holiday Healthy-Eating Tips From A Registered Dietitian



HEALTHY HOLIDAY RECIPES

- Academy of Culinary Nutrition: 30 Best Healthy Holiday Recipes
- 20 Best Christmas Salad Recipes
- 35+ Best Christmas Recipes That Are as Healthy as They Are Delicious
- Ambitious Kitchen: Eat Well and Be Merry Cookies and Make Ahead Brunch
- 15 Healthy Christmas Treats That Still Feel Like A Cheat Sweet



DELISH: 60+ ICONIC CHRISTMAS DINNER RECIPES



EAT WELL

Your one stop shop for delicious holiday recipes - healthy, indulgent, and everything in between!

COOKIES FOR ALL!

Holiday plans may be cancelled or modified, which means there are plenty more nights for stayin in and baking cookies!



Half Baked Harvest 2020 Holiday Cookie box

Check out what's in Tieghan's holiday cookie box, and read tips and tricks for creating your own!

The Every Girl: 40 Holiday Cookie Recipes to Fill Your Tins This Winter

Bon Appetit: 99 Christmas Cookie Recipes to Fire up the Festive Spirit

99 problems but a cookie ain't one!

Food Network Best Cookie Recipes

A photo gallery of over 100 cookie options!

All Recipes: Our Top 20 Most Cherished Christmas Cookies

Good Housekeeping: 90 Irresistibly Good Christmas Cookies to Make This Season

Cookie recipes and decorating for all levels!



HOME FOR THE HOLIDAYS

Yep - in the most literal sense! Here are some ideas to make this holiday all the more memorable!

AT HOME CHRISTMAS ACTIVITIES

10 Totally Free Virtual Christmas Party Ideas for 2020 (Tools + Templates)

- Christmas quizzes, Christmas Karaoke, Virtual Santa, and more!

43 Fun Family Christmas Games That Will Bring Joy to Your World from Country Living

- All of the games to keep everyone busy and bring loved ones closer.



29 Best Christmas Crafts for Kids That You'll Love to Make With Them

- This gallery has the cutest ideas for crafts you can make together and cherish for years to come!



**A GUIDE TO CHRISTMAS
GIVING AND VOLUNTEER
OPPORTUNITIES IN
HOUSTON**



**YOUR GUIDE TO
SAFE VIRTUAL
SANTA VISITS**

HOME FOR THE HOLIDAYS

Yep - in the most literal sense! Here are some ideas to make this holiday all the more memorable!

MORE HOLIDAY FUN!

The Best Christmas and Holiday Light Displays in Houston Neighborhoods for 2020

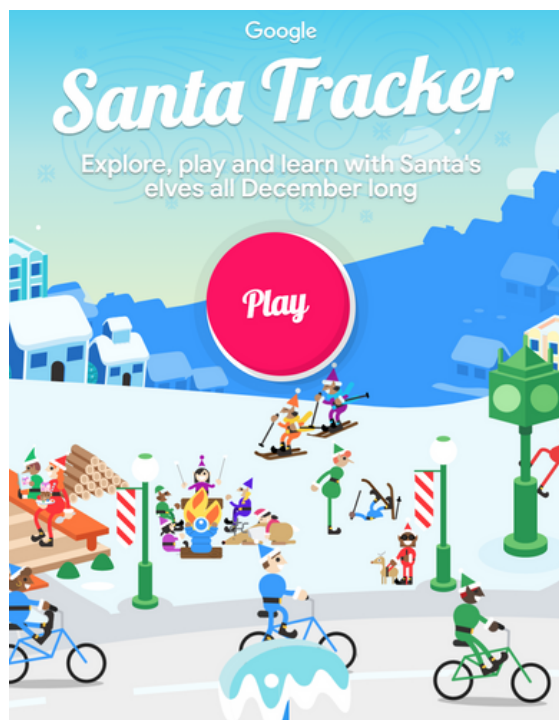
- Pack up some snacks, fill your travel mugs with hot chocolate, & check out these beautiful Houston lights!

The Nine Best Holiday Movies on Netflix!

- Coming from an expert who watched them all!

90 Stylish Christmas Decor Ideas to Fill Your Home with Holiday Cheer

Click below to explore Google's Santa Tracker!



11 Health Hacks to Get You Through the Holidays Enjoyably

1. Set intentions that feel good
2. Load up on veggies first!
3. Move in the morning
4. Try healthy versions of holiday faves.
5. Eat healthy fats
6. Drink more water
7. Stick to your regular sleep schedule
8. Find balance: alone time
9. Make new outdoor traditions
10. Listen to your body during meals
11. Know that health is more than diet and exercise!

FIND MOVEMENT

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

Tips for Keeping Your Fitness Plan On Track During The Holidays

Keep your routine on track and your progress in check!

1. Squeeze in mini workouts

- a 10 minute HIIT workout can go a long way! and you will thank yourself later for those 10 minutes of yoga!

2. Make exercise a priority

- this year, we have more time on our hands during the holidays. Actively choose to dedicate some of that time to YOU.

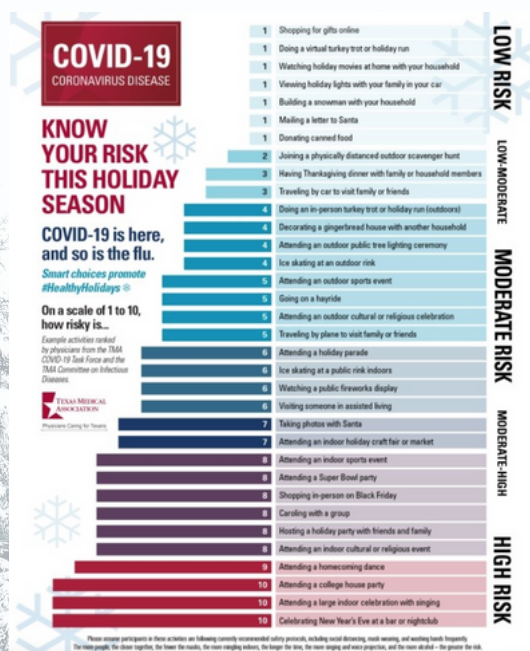
3. Get outside!

- try walking, running, or riding a bike - let the cooler air motivate you to get your body warm!

4. Get the most out of the free trials

- sign up for the trial period set calendar reminders to cancel or renew at the new year :)

KNOW YOUR RISK...



Click to review the Texas Medical Association's risk chart!

THE BEST FREE
FITNESS TRIALS TO
TRY IN 2020

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.

