

WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

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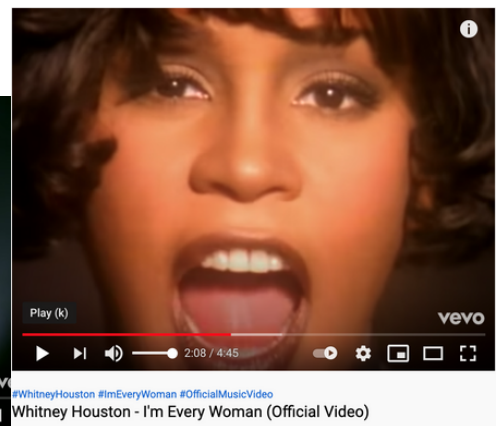
The Newsletter Needs You!

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.



Eurythmics, Annie Lennox, Dave Stewart - Sisters Are Doin' It for Themselves (Remastered)



Whitney Houston - I'm Every Woman (Official Video)

[Happy Women's History Month! Click
the icons for some festive tunes!](#)

SOCIAL WELLNESS

Recognize that we are all enduring many challenges during this time. Help to instill reciprocity in your relationships by giving space for others and yourself.

[Greater Good Magazine:](#)

[How to Build a Culture of Generosity at Work](#)

See this article to read more about these six practices that can help effectively meet the needs of your teams.

1. Be a role model of the behavior you want
2. Do the Troika exercise
3. Huddle Up
4. Have a Daily Stand Up
5. Share complex problems asynchronously
6. Hold a cross-collaboration workshop



TEACHING
KIDS
FORGIVENESS:
5 WAYS TO
DEMONSTRATE
COMPASSION

[WE Well-being Podcast](#)

This 5 part series offers intimate, open-minded discussions to challenge listeners to reflect upon how we conceptualize mental health. Click to below to listen!

- [Overcoming the Negative and Achieving Self-Love](#)
- [Resilience](#)
- [The Importance of Relationships](#)
- [Social-Emotional Learning](#)
- [The Power of Kindness](#)

MIND + COMPASSION + AWE

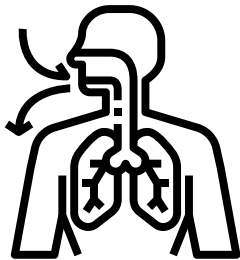
Learn how to cultivate compassion in your day to day life, find awe in simple bliss, and nourish your mind with intentional practice.

March 2021
Happiness Calendar

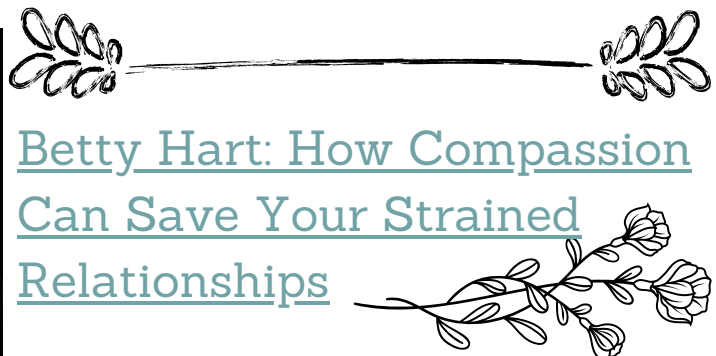
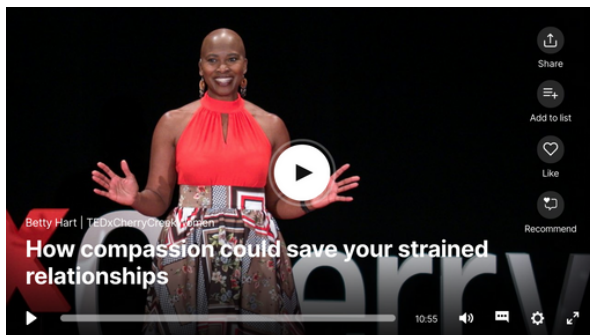
This month, be kind to yourself and others.
Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Give a compliment to someone for World Compliment Day.	2 Being hard on yourself? Think about how you would treat a friend in your situation.	3 Turn on some music for a mood boost.	4 After a tumultuous year in politics, take time to process what you've been through.	5 Sign up for our new online courses for educators.	6 Make a plan in case someone in your household gets COVID-19.	
7 If you're in a relationship, schedule some time for cuddling.	8 Stand up for women on International Women's Day.	9 How altruistic are you? Take our quiz to find out.	10 Spend time outdoors for greater peace of mind.	11 Reach out to an older person who might be lonely during lockdown.	12 When you want to complain, look for something to appreciate instead.	13 Make sure your goals are aligned with what's important to you.
14 Try a walking meditation.	15 Watch a TV show about people who are different from you.	16 Share your troubles with a friend.	17 Think about the ways you've been lucky in life.	18 Do a kind deed for someone.	19 Get some exercise to help you cope with dark moods.	20 Plan to do something pleasant today.
21 Be mindful of suffering; try not to resist or deny your pain.	22 Offer help to a coworker when they need it.	23 How strong is your sense of purpose? Take our new quiz.	24 Look for things you have in common with people who are different from you.	25 Notice experiences of awe, wonder, and beauty in everyday life.	26 Reflect on your hopes for the world post-COVID-19.	27 Give yourself care and compassion, because you deserve it.
28 Want to join the GGSC? Apply to be our director of marketing and partnerships.	29 Help a young person discover their kindness and goodness.	30 Remember that social change work takes time and perseverance.	31 Put up a visual reminder of your connections or community.		 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	

Click the calendar to download from Greater Good Magazine!



QUICK READ: 5 UNEXPECTED THINGS THAT HAPPEN TO YOUR BODY WHEN YOU PRACTICE BREATHWORK



MIND + COMPASSION + AWE

Learn how to cultivate compassion in your day to day life, find awe in simple bliss, and nourish your mind with intentional practice.

5 Mindful Ways to Handle Anxiety During WFH

[Click here to read more about each tip from Chalkboard Mag](#)

- [Practice meditation to give your mind a mental break.](#)
- [Communicate your anxiety to your coworkers.](#)
- [Use visuals and music as calming rituals.](#)
- [Take time to exercise daily.](#)
- [Tackle things one step at a time](#)



[Beau Lotto: How We Experience Awe - and Why It Matters](#)



[Six Ways to Incorporate Awe Into Your Daily Life from Greater Good Magazine](#)

FEATURED PODCAST EPISODES:



- **[The Science of Happiness Podcast:](#)**
 - [Episode 86: Scheduling Time to Feel Awe\(some\)](#)
- **[Optimal Living Daily Podcast:](#)**
 - [4 Tips To Create A Daily Gratitude Practice AND Embrace the Strange and You'll Live a Magical Life by Ilan & Guy Ferdman](#)
 - [What is Intention Setting & How to Live with Intention by Shirley of Daring Living on Mindfulness](#)
 - [The Art of Being Grateful on Really Hard Days by Marc Chernoff of Marc And Angel](#)

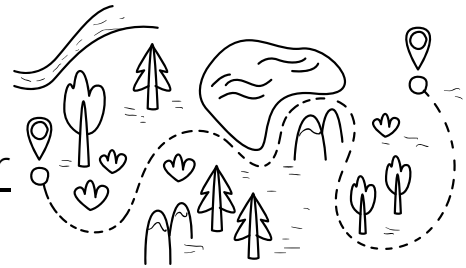
FIND MOVEMENT

Your body is made to move! Find activation and soak up those endorphins! Even if it's not a workout, find a way to MOVE!

MOVE YOUR DNA PODCAST

Hosted by Katie Bowman, this podcast explores the ways that movement not only shapes your body, but how it shapes and impacts our lives. Click below to listen!

- [Your Questions About Walking](#)
- [Gardening Movement](#)
- [Move Your Breathing Parts Better](#)
- [Breathing Shapes](#)



GARDEN + MOVE

Gardening is another great way to move AND get outside while nourishing nature.

[Click HERE to see Joe Gardener's free resource guides to starting a garden!](#)

Or start here with this podcast:
[The Joe Gardener Show](#)

MEDITATE + MOVE

Find movement through meditation, whether it be walking, yoga practice, or body awareness.

- [Connect to Your Fearless Heart - A Gentle Movement Practice](#)
- [A 10-Minute Meditation to Cultivate Embodied Awareness](#)
- [10 Guided Meditations from the Powerful Women of the Mindfulness Movement](#)



[COMPLETE GUIDE TO WALKING MEDITATION](#)



EAT WELL

Fuel yourself with foods that your body will thank you for! The new year is the perfect time to add some variety in your weekly menu!

YOUR MARCH RECIPE BOOK

[Food Network Recipe of the Day Photo Gallery](#)

[Super Easy Sheet Pan Recipes from Goop](#)

[Skinny Taste Healthy Spring Time Recipes](#)

[31 Seasonal, Healthy Recipes to Cook in March](#)

[21 Healthy Spring Vegetarian Recipes | Easy Spring Plant Based Meals](#)



[OUR RELATIONSHIP
WITH FOOD: TRY A
DESSERT MEDITATION](#)



[WHAT TO EAT FOR
OPTIMAL MENTAL
HEALTH](#)

EAT GREEN

Switch it up with these St. Patrick's Day-inspired recipes!

ALL RECIPES ST. PATRICK'S DAY RECIPES

Browse Irish recipes with a fun twist! Check out the **Braised Corn Beef Brisket**, or try something fun like **Irish Cocktail Cupcakes!**

FOOD NETWORK BEST ST. PATRICK'S DAY RECIPES

Starting with corned beef and cabbage, check out this gallery for all Irish-inspired foods!



20 Best St. Patrick's Day Drinks That Everyone Will Love

In addition to the Irish-inspired cocktails and green beer, excited to try the **Mint Chocolate Chip Green Smoothie** and **Paleo Shamrock Shake!**



33 Fresh, Colorful Spring Salads To Help Get Your Greens



Don't Forget Your Healthy March Madness Recipes!

HELLO SPRING!

A full year has passed since the pandemic changed our lives in many, many ways. As the world continues to heal, enjoy these ideas for staying close to home.

JOY IN LITTLE THINGS: MARCH BUCKET LIST

Click [here](#) for the full article! Here are a couple of ideas to get you thinking!:

- Support your local farmers markets and make a spring-inspired meal.
- Celebrate the first day of Spring.
- Jump into spring cleaning
- Find a new way to move your body.
- Try a new hobby - crafting anyone?

Visit Houston: Things To Do With Kids In Houston



This complete guide has ideas, coupons, money-saving tips, and more!

SPRING STAYCATION

Click here for 7 staycation ideas that can replace any plans that may have been cancelled because of the pandemic. **The article has several more suggestions for each idea!**

1. Take a road trip
2. Try a spa-cation
3. Plan Family Game Days + Nights
4. Head to the Beach
5. Plan an Artist's Retreat
6. Go camping
7. Set up a science camp.



CultureMap Houston's Master list of Houston restaurants maintaining COVID-19 safety protocols

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.

