

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.



Wendy Suzuki: The Brain- Changing Benefits of Exercise

MENTAL CLARITY

Spring into a new mindset! Try these ideas for finding mental clarity and the confidence to get you feeling sunny!



Click the calendar to download from Greater Good Magazine!

5 Tips For Feeling Empowered & Confident This Summer

Click [here](#) for the full article from MindBodyGreen!

- **Enhance your daily routines** with positivity, like mantras for self-acceptance.
- Choose types of **exercise** that you actually enjoy.
- Place more priority on **quality rest and relaxation**.
- Focus on **clean eating** and detoxifying your system.
- Don't forget about **healthy indulgence** and **having fun**.

PODCAST: The Happiness Lab

Check out the **2021 Mini season** from Dr. Laurie Santos at Yale University to help you get your mind right!

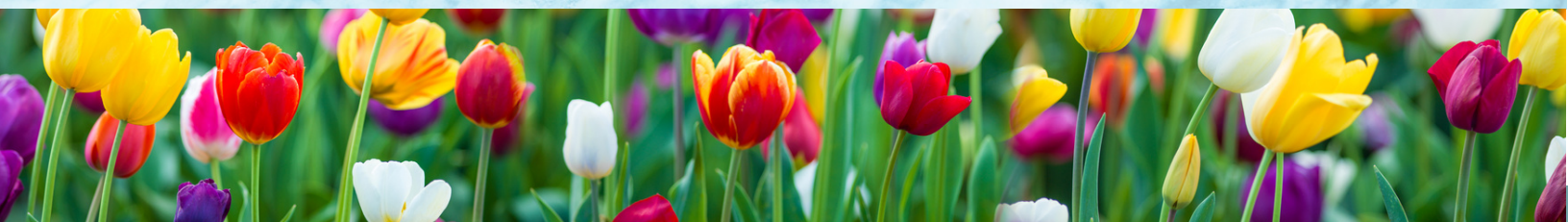
Episode 1: Dump Your Inner Drill Sergeant

Episode 2: Reconnect With the Moment

Episode 3: Feed Yourself Like You'd Feed a Loved One

Episode 4: Move More... But for the Right Reasons

Try new strategies that are self-kind rather than self-defeating, live in the moment, reframe your relationship with food, & love your body!



REFRESH, REVITALIZE, + RELAX

When we hear "Spring" we think cleaning, so why not take it to a new level? Refresh, Revitalize, and Relax your mind with that positive Spring energy!

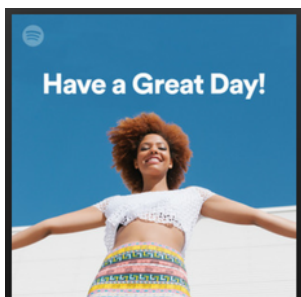
12 EASY AT-HOME HEALTH GOALS

Here are some super simple and healthy changes that will bring about easy health benefits. See [**this article from the Every Girl**](#) for the complete list!

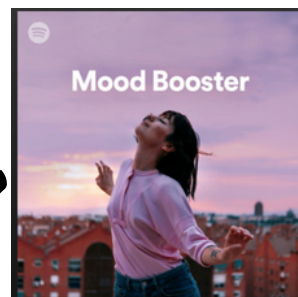
1. Eat leafy greens with at least 2 meals a day
2. Turn off technology for one hour every day
3. Meal prep veggies for the week
4. Go on at least one walk every day
5. Drink more water
6. Perfect a work-free morning routine
7. Change your reasons behind your health goals

10 Health Hacks for When
You Think You're Too Busy

How to Add Self-Care Into
Your Daily Routine



Start your day
with some feel-
good tunes from
Spotify!



Quick Read: 7 Tips for Having
Meaningful Conversations That Go
Beyond "How Are You?"

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TED Talk: Daniel Levitin



A Very Well Mind"
Relaxing at Home
Just Got Easier

Featured Podcasts: Empower Yourself

Checking In with Susan David

"How do we cope with our heightened emotions during this global pandemic? Susan David is here to offer us strategies. " Try these most recent episodes to help reframe your perspectives and move forward beyond the pandemic.

- What do you value?
- Your past, present, future self
- Wisdom for the future



How to Be a Better Human

From your work to your home and your head to your heart, How to Be a Better Human looks in unexpected places for new ways to improve and show up for one another.



- How to redefine your self-worth (with Meaghan O'Reilly)
- How to be the set designer of your own world (with David Korins)

CLEAN HOME, HAPPY HOME

Your complete guide to Spring Cleaning and a happy home!

Happier with Gretchen Rubin Podcast Episode

Podcast 319: Ask Yourself, “Do I Use It, Need It, Love It?” Using the Return to Work as a “Clean Slate” for Habits, and Rebels Give Advice about the Rebel Who Won’t Read Emails

TIDY UP WITH MARIE KONDO



4 Tips for Tidying with Kids:

1. Narrate as you tidy
2. Make tidying playful
3. Give everything a home
4. Respect spatial limitations

Marie Kondo has an 8-week Tidy Challenge. Start **here** with Week 1!

10 WAYS TO MAKE A HAPPY HOME

Click **here** for the full article from Camille Styles!

- Place a soft, plush rug under the bed.
- Organize the pantry– it makes meal prep way more fun.
- Create a meditation/reading / chill-out space.
- Create an outdoor living room.
- Play a mood-boosting soundtrack.
- Design a joy-sparking play area.
- Burn splurge-y candles every single day.
- Hang bright, bold artwork.
- Surround yourself in sentimentality.



CLEAN HOME, HAPPY HOME

Your complete guide to Spring Cleaning and a happy home!

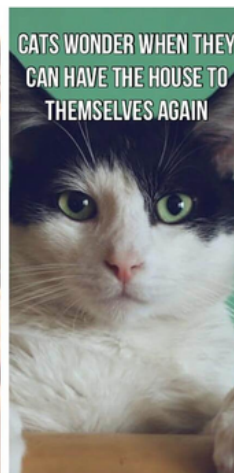
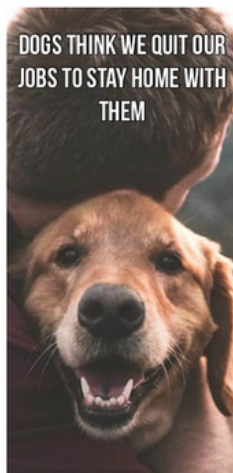
SPRING CLEANING GUIDES

The Spruce: 30-Day Spring Cleaning Checklist

Good Housekeeping: Ultimate Guide to Spring Cleaning

Oprah Daily: 33 Tips to Make Spring Cleaning Easier

How to Prepare Your Pets for Return to Work



MBG: ROOM BY ROOM SPRING RENEWAL

The final step! Once you've completed your spring cleaning, **try these tips** to refresh and reenergize each space in your home!

Kitchen



Add some fresh flowers!

Bedroom



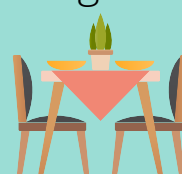
What do you see when you wake up?

Living Room



Open your windows + let the room breathe

Dining Room



Make meals an experience!



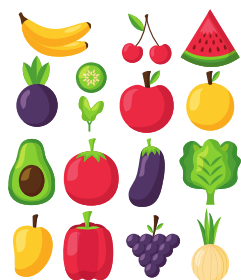
This Is How You Should Be Organizing Your Bathroom Drawers and Cabinets

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!

Healthy, Make-Ahead Breakfasts to Save You Time

Keep it simple with overnight oats, or try the make-ahead breakfast burritos that are easy to heat & eat throughout the week!



The 2021 Dirty Dozen and Clean 15

Every Year The Environmental Working Group determines **this list** of the types of fruits and vegetables that tend to be grown with the most and least pesticides

Your Guide to Intuitive Eating

Here are **10 Basic Principles** from the Chalkboard Magazine to embrace the concept of intuitive eating and keep a healthy relationship with food.

1. REJECT THE DIET MENTALITY
2. HONOR YOUR HUNGER
3. MAKE PEACE WITH FOOD
4. CHALLENGE THE FOOD POLICE
5. DISCOVER THE SATISFACTION FACTOR
6. FEEL YOUR FULLNESS
7. COPE WITH YOUR EMOTIONS WITH KINDNESS
8. RESPECT YOUR BODY
9. MOVEMENT—FEEL THE DIFFERENCE
10. HONOR YOUR HEALTH WITH GENTLE NUTRITION



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SPRINGY RECIPES TO KEEP YOU FEELING FRESH

Ambitious Kitchen 30 Seasonal Recipes for April

These healthy recipes are inspired by seasonal April veggies - arugula, asparagus, broccoli, brussels sprouts, cabbage, carrots, etc!

Eating Well Best New Recipes for Spring

This slideshow is so colorful and bright! So many must-tries!

Taste of Home Healthy April Meal Plan

Healthy dinner plans for every day this month!

12 Easy Spring Recipes to Eat Outside from Epicurious

I am convinced - food tastes better outdoors!

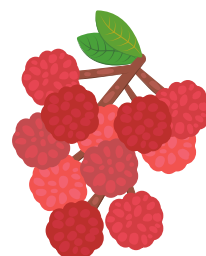
30 Vibrant Healthy Spring Recipes from Feasting at Home

Lots and lots of greens!

30 (Really Good) Spring Recipes To Make Now That It's April

Spring will be blooming in your kitchen!

**8 HEALTHY SPRING
DESSERTS MADE WITH ALL
THE BERRIES**



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.

