

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.



TED Talk: [The 1-minute Secret
to Forming a New Habit](#)

NEW GOALS + NEW HABITS

What sorts of positive change can you manifest in your life this year? Take a moment to accept where you are and commit to change that is feasible and realistic.

The Top 10 Insights from the “Science of a Meaningful Life” in 2020

The Greater Good Magazine team has put together this list of the most influential findings published in 2020.

Here are a few, but see the **full article** for more!

- Rich and varied experiences may be an overlooked key to a good life
- If you want to connect with someone, call rather than text (or email!)
- Social justice and individual happiness go hand in hand
- Living in diverse communities may reduce stereotypes—and improve well-being

PODCAST: NPR LIFE KIT

"Everyone needs a little help being a human." NPR's Life Kit has all of the best advice to help you build better habits and become the best you.

Check out these episodes!

- **Trying To Form A Habit? Start Small**
- **Want To Read More Books? Here's How**
- **How To Make A Hard Decision**
- **Scientifically Proven Ways To Be Happier**



NEW GOALS + NEW HABITS

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HAPPINESS CALENDAR

January 2021 Happiness Calendar

This month, reflect on the past and look toward 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
 ggsc.berkeley.edu greatergood.berkeley.edu						
1 Give up a luxury this week (whether it's TV or chocolate) to appreciate it more later.	4 Looking for a good read? Here are our favorite books of 2020.	5 Ask these 11 questions when you're trying to interpret COVID-19 research.	6 Take our Science of Happiness at Work course to find more fulfillment on the job.	7 Allow yourself to let go of goals and resolutions that aren't working anymore.	8 Get a dose of safe physical touch today—whether it's a hug or an elbow bump.	9 Follow these six tips to find your purpose in life.
10 Practice mindful breathing to connect to your values and make better decisions.	11 Read about the top 10 insights from the "science of a meaningful life" in 2020.	12 Remember that your sacrifices matter during the pandemic.	13 In your journey of self-improvement, ask for support from others.	14 Crack a joke. Humor can actually prime your brain for optimism.	15 Sleep makes you more reactive to stress—so go easy on yourself after a rough night.	16 In case you missed them, here are our best articles of 2020.
17 Try these 36 questions for finding connection when you're apart.	18 Happy Martin Luther King Jr. Day! Learn more about his life in this video.	19 Take photos of things that make your life meaningful.	20 Check in with an older relative today.	21 Work on forgiving yourself for a past regret.	22 For more good reads, check out our favorite books of 2020 for educators and parents.	23 Young people are struggling during the pandemic. Learn how to support them.
24 Do you self-sabotage? Look for unhelpful patterns of thought or behavior in your life.	25 Children need play. Here are some creative ideas for your kids or students.	26 Take our reader survey to let us know what you want from Greater Good.	27 Do you have a culture of gratitude at your workplace? Take our quiz to find out.	28 Dream about your future—it could make you happier, kinder, and more successful.	29 To let go of anger toward someone, try to see their humanity.	30 2020 wasn't all bad. Get uplifted by reading these inspiring stories from last year.
31 Don't feel guilty about prioritizing your happiness—it could make you kinder to others.	 Wishing you health, happiness, and connection in 2021 and beyond.					

Click the calendar to download from
Greater Good Magazine!

CREATE A DIGITAL VISION BOARD

What are your intentions? What do you want to manifest? This guide to creating a digital vision board will help set you up for success in 2021.



Canva has plenty of templates for your vision board **[here](#)**!

SET YOUR INTENTIONS FOR 2021

55+ Achievable New Year's Resolutions for Healthier and Happier Living

7 alternatives to setting resolutions for 2021

13 Ways to Cleanse Your Life IN 2021

What A Health Coach Does To Make Lasting Changes In The New Year



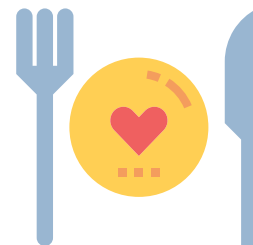
EAT WELL

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 EATING APPS

Under Armor My Fitness Pal App

"Fitness starts with what you eat. Use this app to track calories, break down ingredients, and log activities.



Fooducate App

This app lets you track what you eat and your activities in pursuit of the fitness and nutrition goals you set.

FatSecret App

For a comprehensive approach to your eating habits, try this free app that includes:

- food diary
- exercise diary
- healthy recipes
- weight chart and journal
- nutritional info



Get Started Here with the
Skinnytaste 7 day Healthy Meal Plan



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!

GET YOUR VEGGIES THIS YEAR

You can never eat too many vegetables! Check out these fun way to up your veggie intake this year!



[23 Dinner Ideas For Anyone Trying To Eat More Veggies In 2021 from Buzzfeed](#)

[8 Warming Winter Lunch Ideas That Are Cozy, Delicious, And Full of Veggies](#)

[Cookie and Kate Top 10 Favorite Vegetarian Recipes of 2020](#)



SEASONAL HEALTHY RECIPES

[Half Baked Harvest favorite healthy recipes for 2021 + healthy january](#)

[Ambitious Kitchen's 31 Seasonal, Healthy Recipes to Cook in January](#)

[Eating Well 21 Recipes to Celebrate the Start of 2021](#)

[Brit + Co 31 January Recipes for a Healthy Start to the New Year](#)



COMMUNICATE CLEARLY

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

PODCAST:

THE SCIENCE OF HAPPINESS

Episode 82: How to Talk With Strangers

"The way we interact with people who come in and out of our lives has changed since COVID-19. Our guest tries a practice to connect with strangers while keeping a social distance."



Scheduling Just 5 Minutes of
Small Talk Into Meetings Can Be
a Game-Changer for Productivity

SIX TECHNIQUES TO HELP YOU BRIDGE DIFFERENCES

Check out **this series of videos** put together by Greater Good Science Center partnered with NationSwell and Einhorn Collaborative that explore science-based solutions to help bridge our divides.



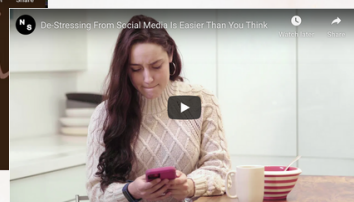
"What Bad Party Guests Can Teach us about Divisions"



"How to Shift From
Hostility to Empathy in
Political Conversations"



"If Democracy Had a
Sound, It Would Be Jazz"



"How to Protect Your Body
from Social Media Stress"

REFRESH + REVITALIZE YOUR WFH

As we continue to work from home, find new ways to refresh your routine, revitalize your motivation, and increase productivity.

7 Ways to Update Your Work-From-Home Routine for 2021

The EverGirl put together **this list** of new work from home tips. Try these quick fixes to get started:

"Fake" a commute

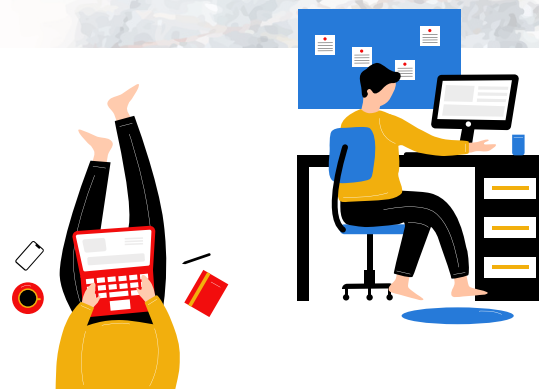
- swap your 30+ min commute through Houston traffic for a 30 min walk around your neighborhood before sitting down at your home office.

Block your schedule for projects

- Own your day - schedule time into your Outlook calendar to focus on projects and give time back to yourself.

6 WFH Tips From WELL + GOOD

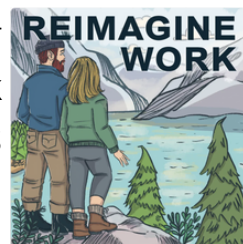
The 10 Best Working From Home Tips in 2021



PODCAST: REIMAGINE WORK

"Reimagine Work explores our modern relationship with work and features conversations with philosophers, freelancers, self-employed entrepreneurs,

thinkers and generous humans who share their perspective on the anxiety of the modern work experience..."



WHAT IS
TIME BATCHING?

SELF CARE + BEAUTY

Feel good and glowing about your self-care routine!

ORGANIC + NATURAL SKIN CARE

The biggest beauty trends are skin-forward and all about that natural glow! Treat your skin to organic, natural, and sustainable solutions this year.



- **22 Black-Owned Skincare Brands To Support Now And Forever**
- **40 Best Organic Skin Care Brands Of 2021: The Ultimate List**
- **9 Best Natural & Organic Skincare Brands For That Perfect Pure Glow**
- **23 Cult-Favorite Beauty Products I Was Surprised to Find on Amazon**

COCOKIND GOOD SKIN BLOG POSTS

How To: Keep Your Skin Happy in Cold Weather

How Moisture Loss Affects Your Skin

All About Your Skin's Natural Oils



This Trick To Save Your Chapped Lips Involves A One-Two Skin Care Punch

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.

