

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 IQuEST 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.



Virtually Together: ROCO Anthem of Hope

WORK + LIFE BALANCE

Work and life are now under the same roof - constantly! Here are a few ideas for keeping the two separate, finding balance, and giving your best self to each.



A light-hearted and upbeat talk on why and how happiness can inspire productivity.

Learn how to let go of your work-worries with three simple techniques to help you relax and rejuvenate the mind after work.

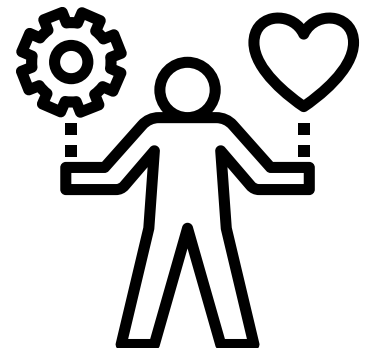


The Miracle Morning

Feeling a bit lost without your daily routine? Add in a bit of structure to start your day with 7 simple steps, created by Hal Elrod. Click link for a summary - or if you want more, read the **book!**

The Daily Boost

Start your day with a quick listen to a motivational podcast hosted by Scott Smith. 9-minute episodes make it easy to soak up these personal development strategies and useful tips for living.



MINDFULNESS + POSITIVITY

Resources to guide and ground you

MEDITATION: FIND STILLNESS IN CHAOS



21-day Meditation Experience

Oprah and Deepak Chopra are hosting a meditation program to help you work to find inner peace and join a global community working to spread hope and optimism. Free to join!

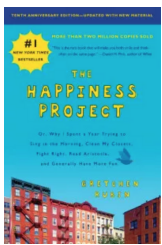
FEATURED PODCAST: THE HAPPINESS LAB

The Happiness Lab

Alter the way you think about happiness with the podcast hosted by Dr. Laura Santos, the professor who teaches “The Science of Well-Being” – the most successful class at Yale. The class is also being offered online for free- [Enroll now!](#)



MINDFUL STRATEGIES FOR COPING WITH COVID-19



Gretchen Rubin Blog

One of today's most influential thinkers on the topic of happiness and human nature, with 5 NYT bestselling [books](#). Check out Gretchen Rubin's [collection](#) of blog posts and podcasts on how to cope with COVID-19.

Psychologist Susan David shares how the way we deal with our emotions shapes everything in our lives. You won't want to miss this profound talk on the powerful value of emotional agility.



EAT WELL @ HOME

With more time spent at home, why not spend a little more in the kitchen? Check out these ideas to mix up the week night menu!

RECIPE COLLECTION : QUARANTINE COOKING

Food52 Quarantine Recipes

13 creative comfort food recipes that utilize pantry staples.



Bon Appetit Feel Good Food Plan

10 healthy(ish) recipes to mix up your week day meal routine.

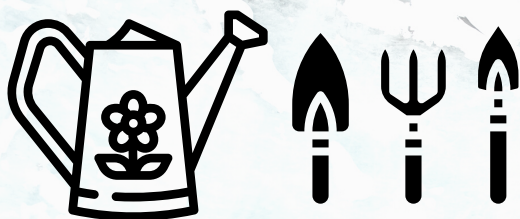


Serious Eats Coronavirus Cooking Guide

A guide for all levels and with recipes by ingredient category.

Love Food Hate Waste

Enter your ingredients into the search bar and see the possibilities! Recipes can be filtered by dietary needs, difficulty, and cooking time.



Victory Garden Challenge 2020

Free online classes on gardening, growing food, and self-reliance. Offering free classes for 30 days (or longer) in response to the coronavirus crisis so people can feel empowered to take control of health and food supply.

Kitchn Cooking School

Quick video tutorials for learning new cooking skills! Includes recipes, meal planning help, and weekly meals.



VIRTUAL EXPLORATION

A whole world at your fingertips - log on and dive in!

TRY SOMETHING NEW

The Metropolitan Opera

The Met hopes to brighten the lives of our audience members even while our stage is dark. Each day, a different encore presentation from the company's Live in HD series is available for free streaming on the Met [website](#).

The National Theater

Each week, a different full-length production is available for free streaming. Visit their [website](#) to see what's on this week.

Duolingo - Learn a New Language

Learn how to say "wash your hands" in 5 different languages!

Book of the Month Club

Why not log off and try a [book of the month](#) club? Even better, host your own!

KID- FRIENDLY ADVENTURES

The Houston Zoo

Visit the Houston Zoo through live camera feeds!

The San Diego Zoo

Visit the San Diego Zoo through live camera feeds!



Audible

Words can take you anywhere with free streaming of all children's books.

"Virtual School Day"

Varsity Tutors has launched this free program that includes live, online classes and educational resources. Each student receives 30 hrs a week of free online instruction led by an expert tutor.

Tinkergarten DIY Activities

You'll find a plethora of free DIY outdoor, play-based activities for all youngsters. Activities sorted by age range and skill (thinking , social/emotional , & body).



HOUSTON: STAY PLUGGED IN

Doors may be closed, but Houston still needs you!

SUPPORT LOCAL BUSINESSES

Eat, Drink, and Shop H-Town

See a list of local Houston restaurants, museums, stores, and other businesses that you can support while still maintaining social distancing.

Texas Art Supply

3 Houston locations currently available online to deliver arts and craft supplies to get the right side of the brain flowing. Books to learn a new skill, paint by numbers, coloring books, scrapbooking, etc.

Urban Havest Farmer's Market

The market is still open but with restrictions - you can support local farmers by donating or pre-order and pickup at the drive-thru service.



GIVE BACK TO THE COMMUNITY

We are all experiencing profound changes due to the COVID 19 outbreak, but we must also recognize an important moment of *gratitude* for the good fortunes we have received. Please take a moment to check out these articles about ways you can support your community during these troubling times.



How to help: 11 organizations and initiatives needing support in Houston as coronavirus affects the most vulnerable

Check out this article in **Houston's Community Impact Newspaper**, where you can learn about 11 different organizations that need your support in order to help Houston's most vulnerable populations.

Houstonia Magazine has put together an **online list** of ways to support your community through volunteering opportunities and donations.



IMAGE: COURTESY OF LIGHTFIELD STUDIOS/SHUTTERSTOCK.COM

LOOKING FOR WAYS TO GIVE BACK TO THE COMMUNITY DURING THESE STRANGE TIMES? We're rounding up a list of all of the ways Houstonians can help out during the COVID-19 crisis.

IQuEST LIVE!

Join your IQuEST colleagues in live Zoom Yoga sessions. Click on the date and time to launch the Zoom meeting link.

ZOOM SCHEDULE

Mondays, 11:15AM - 11:45AM

Core/Strength with Vickie Powers
Zoom Meeting ID: 133-589-614

Tuesdays, 7:15AM - 7:45AM

Yoga with Jessica Davila
Zoom Meeting ID: 285 892 6181

Wednesdays, 11:15AM - 11:45AM

Bootcamp with Vickie Powers
Zoom Meeting ID: 133-589-614

Fridays, 11:30AM - 12PM

Yoga with Jessica Davila
Zoom Meeting ID: 285 892 6181

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.

