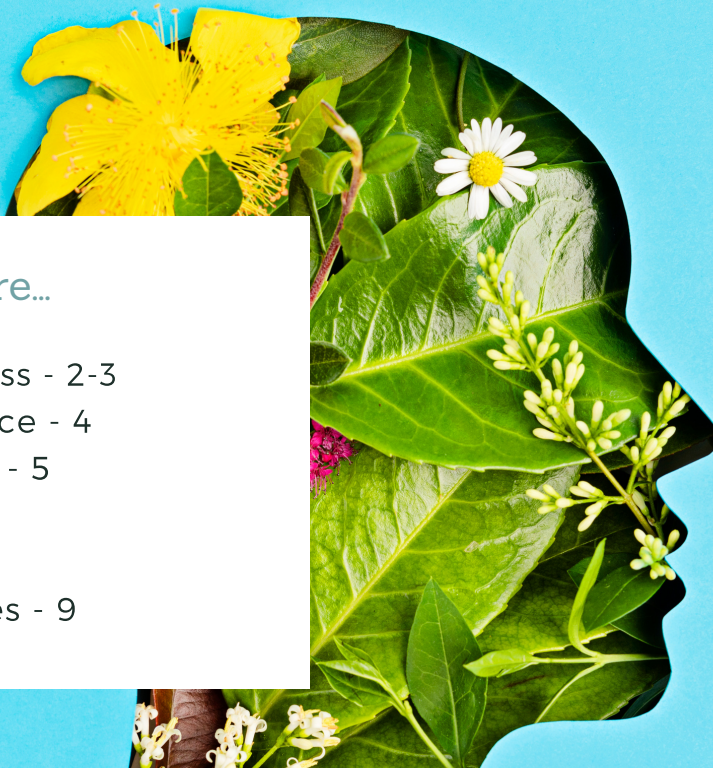


WELLNESS IN RESEARCH

The Wellness Newsletter of the
MEDVAMC Research Service Line

Scroll to explore...

Emotional Wellness - 2-3
Work + Life Balance - 4
Nature Nurturing - 5
Eat Well - 6-7
Fall for All - 8
Medical Resources - 9

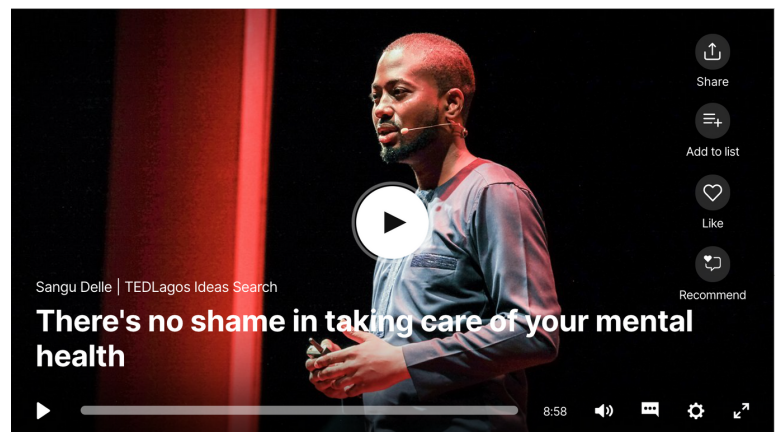


The Newsletter Needs You!

We would love to feature
RSL employees' tips and
tools for working from home
and staying positive!

Please email your photos,
stories, and resources to
tierney.thomison@bcm.edu
or tyinisha.rivers@bcm.edu.

October is Emotional Wellness Month!!



[Sangu Delle: There is No Shame in
Taking Care of Your Mental Health](#)

EMOTIONAL WELLNESS

How you feel affects your ability to successfully handle life's stresses, adapt to change, and become resilient difficult times.

NIH EMOTIONAL WELLNESS TOOLKIT

NIH has put together an **Emotional Wellness Toolkit** to help us all find ways to improve our emotional health in various areas of our lives. Each area has its own checklist that can be found **here**.

1. Brighten Your Outlook
2. Reduce Stress
3. Get Quality Sleep
4. Cope with Loss
5. Strengthen Social Connections
6. Be Mindful



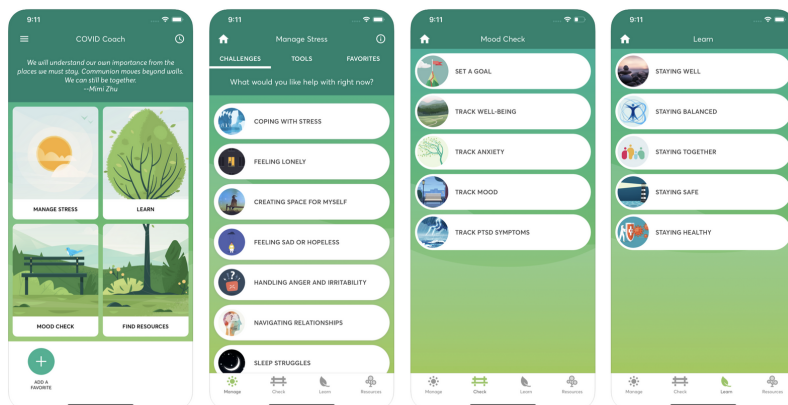
FEATURED APP: VA COVID COACH



The VA has launched their **new wellness app**, designed to support self-care and overall well-being as we navigate the coronavirus pandemic.

Save your favorite tools, track your mental health progress, and more!

Click this link for the VA's tutorial video.



EMOTIONAL WELLNESS

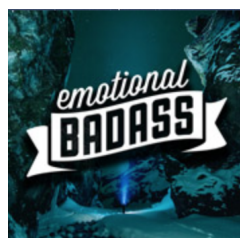
How you feel affects your ability to successfully handle life's stresses, adapt to change, and become resilient difficult times.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Greater Good Science Center <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>				1 Get lost in a good book today.	2 Schedule time this week to spend with your loved ones, in person or virtually.	3 Practice active listening in your conversations to understand people better.
4 If you've been on the fence about meditation, give it a try.	5 Struggling with stress or motivation? Take our Science of Happiness at Work course.	6 Follow Christine Carter's tips to help your kids succeed at distance learning.	7 Your challenge today: Perform five acts of kindness and see how you feel.	8 Practice anti-racism in your daily life.	9 Get out into nature for a dose of wonder and awe.	10 It's normal to dislike your partner at times. Follow these steps to boost feelings of love.
11 America is divided. Let's cooperate for a better future.	12 Here's how to avoid doing harm when you discuss race at work.	13 Find wonder and beauty in the small things.	14 Students are back at school, and they need our support. Here's what schools can do.	15 Practice being grateful during hard times, but don't put pressure on yourself.	16 How happy are you when you're on the clock? Take our Happiness at Work quiz.	17 Work on good communication with your co-parent.
18 Channel the wisdom of Mister Rogers to get along better with your fellow citizens.	19 Do this in the afternoon for a better workday.	20 Our brains have funny ways of deceiving us. Don't always trust your perceptions.	21 Try seeing the goodness in other people.	22 Get tips to combat loneliness from former surgeon general Dr. Vivek Murthy.	23 Explore why America is so polarized and what we can do about it.	24 Get inspired by these five teens finding meaning in the pandemic.
25 Order the Greater Good Toolkit with 30 science-based happiness practices.	26 If you want to get ahead, nurture your relationships.	27 Give your dog some extra love—or watch a cute dog video to make you smile.	28 Want to get out the vote? Here are some lessons we can learn from psychology.	29 Follow these best practices for implementing a diversity initiative at work.	30 Gain insight into an argument by taking a third-party perspective.	31 Happy Halloween! Listen to a podcast about facing your fears.

Click the calendar to download and save!

You can also sync these reminders with your Google Calendar.

FEATURED PODCASTS



Emotional Badass

covers a variety of topics that we encounter in everyday life.

From Coping Strategy Meditation, to Snapping, Irritability, and Coping with Everyday Mistakes, to Bob Ross Energy for Fatigue and Stress Management, there is sure to be an episode to inspire a healthier mind.



Mental Illness Happy Hour is a space space for conversations about mental health. Learn from conversations with Paul Gilmartin and his guests, as they unpack personal experiences with mental struggle. Scroll their collection of episodes here.

WORK + LIFE BALANCE

Here are a few ideas to help keep work and life separate, find balance, and give your best self to each.



TED PLAYLIST: BETTER WORK, BETTER YOU

This Playlist of TED Talks will give you the jolt of motivation you need to help start the week off right.

PLAYLIST

Talks to help you get through the work week

We spend so much of our time at work, how can we make it better? These TED Talks will give you jolt of motivation to help you start the week off right.

 Watch Now  Add to list

At a Glance...

- **The Puzzle of Motivation - Dan Pink**
- **Want to be More Creative? Go for a Walk. - Marily Oppezzo**
- **How to Speak up for Yourself - Adam Galinsky**

SMALL CHANGES FOR A BETTER DAY

Sometimes little things can make a big difference, especially in our "new normal" lives. Commit to small changes, you deserve it!

- **Small Changes You Can Make If You Gained Weight During Quarantine**
- **Do This in the Afternoon for a Better Work Day**

**CLICK HERE TO LEARN
HOW TO THWART THE
SUNDAY SCARIES**



HEALING POWER OF NATURE

In Texas, October is our long-awaited break from the heat! Get outside and appreciate this beautiful Earth!

JANE GOODALL:

EVERY DAY YOU LIVE, YOU IMPACT THE PLANET



"Legendary primatologist Jane Goodall says that humanity's survival depends on conservation of the natural world."

Featured Podcast:

Outside

Outside Podcast tells of great encounters between humans and the great outdoors. Episodes include stories told by Olympians, adventurers, camp counselors, and more!

OUTSIDE: HOUSTON

Click these links to explore ways to get outside in Houston this Fall!

- **Picnic at Herman Park**
- **Volunteer at the Buffalo Bayou Partnership**
- **Take a mini-road trip to Sam Houston National Forest**
- **Visit the Urban Harvest Farmers Market**



Click Here to Find Out How Being in Nature Can Spur Personal Growth

EAT WELL

How you eat has a huge impact on how you feel.
Try new foods, build new habits, and be kind to your body!

QUIZ: WELLNESS TUNEUP



Take the **Clean Plates Wellness Quiz** to see where you stand with your healthy habits. The quiz takes less than 5 minutes, and you can sign up for the 10-day Wellness Tuneup delivered to your inbox daily!

PODCAST SPOTLIGHT

Food Psych with Christy Harrison

Christy Harrison is a Registered Dietician Nutritionist and Certified Intuitive Eating Counselor helping people make their peace with food. Episodes include conversations about our relationships with food, body image, acceptance, self-care and more! These episodes are a great place to start!

- **COVID-19, Disordered Eating, & the Social Determinants of Health with Patrilie Hernandez**
- **Appetite and COVID-19, Plus How Diet Culture Influences the Nutrition and Dietetics Field with Taylor Chan**

GUIDE TO GLUTEN FREE BAKING

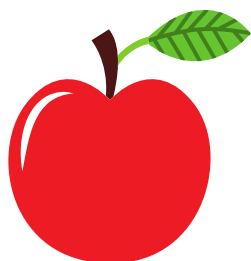
Gluten free baking and baking with alternative flours can be intimidating! **This guide** breaks down all you need to know about these alternative ingredients, and ensures nobody has to miss out on fall favorites like pumpkin bread, cinnamon rolls, and apple cider donuts!



EAT WELL - RECIPES

How you eat has a huge impact on how you feel.

Try new foods, build new habits, and be kind to your body!



[CLICK HERE FOR ALL THINGS APPLE](#)

ONE STOP SHOP: PUMPKIN

- [**Inspired by Charm Favorite Pumpkin Recipes**](#)

Pumpkin Treats to Bake all season long!

- [**Kitchn Pumpkin Recipes**](#)

50+ recipes that showcase pumpkin as the main attraction!



- [**Ambitious Kitchen Healthy Pumpkin Bread with Maple Glaze**](#) -A healthy take on a classic! Check out her [**October recipe collection**](#) too!

FALL DINNER GUIDE

[**Country Living**](#)

Check out [**this gallery**](#) of over 81 Fall dinner ideas. From [**Stovetop Chicken Pot Pie**](#) to [**Butternut Squash Ravioli with Seared Chicken**](#), this collection is sure to have something for you!

[**Delish Healthy Fall Recipes**](#)

Delish has put together a collection of 32+ Fall Recipes that prove eating healthy doesn't have to be boring! I will definitely be trying the [**Stuffed Acorn Squash!**](#)

[**Delish Fall Salad Recipes**](#)

These fall salads are a fun, healthy, and delicious way to eat your veggies! I highly recommend the [**Gorgonzola Pear Chicken Salad!**](#)

[**Fall Comfort Foods**](#)

Sometimes you just have to take it back to the comfort foods! [**These hearty recipes**](#) look too good to not share with you all!

FALL FOR ALL

Fall is finally here! Though it will look different than ever before, make the most out of this beautiful time of year!

FALL BUCKET LIST

This Fall Bucket List will make sure you have all of your bases covered when it comes to fall activities.

[Click here for the full article from Paisley and Sparrow!](#)

1. Visit a pumpkin patch.
2. Drive around and check out fall foliage.
3. Tailgate in your driveway while you watch football.
4. Volunteer.
5. Carve a pumpkin.
6. Host a bonfire (with s'mores! of course!).
7. Halloween Movie Marathon - this family-friendly list has you covered! (But don't forget a Harry Potter!)
8. Send out gratitude cards.
9. Bake something!
10. Make apple cider.

PICK YOUR PATCH!

- **Top Pumpkin Patches Near Houston**
 - 11 pumpkin patches all around Houston - find the closest to you!
- **The Ultimate Guide to Houston Pumpkin Patches, Corn Mazes, & More!**
 - This guide from Houston on the Cheap really has it all!



TRADER JOES
FALL ARRIVALS
ARE HERE!

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.

