

VTCSOM  
WELLNESS  
ADVOCACY  
COMMITTEE

**UPCOMING  
WELLNESS  
EVENTS:**

**MINDFULNESS  
WITH LAURIE  
SEIDEL  
2 OPTIONS  
FEB 5  
12:10-12:25  
12:35-12:50**

**TEA & JAZZ  
FEBRUARY  
9TH  
4:30 PM**

**OPEN MIC  
NIGHT  
3RD STREET  
COFFEE  
HOUSE  
MARCH 24TH**

**VTC PAINT  
NIGHT  
VTC CAFÉ  
APRIL 6**

**FUR BABIES  
FRIDAY  
(PUPPY  
PLAYDATE)  
APRIL 27**

# Wellness Weekly

Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 31

FEBRUARY 2, 2018

## Zesty Tofu and Quinoa

### Ingredients:

- 1 cup cooked quinoa
- 2 oz extra-firm tofu, cubed
- 3 Tbsp diced red pepper
- 3 Tbsp diced green pepper
- 1 tsp diced cilantro
- 2 Tbsp diced avocado
- 2 tsp fresh lime juice

### Directions:

1. Combine the ingredients.
2. Serve.



# Living with a Wise Mind

Do you follow your head or do you follow your heart? Have you ever found yourself in analysis paralysis overthinking a decision or asking yourself, "I wonder why I did that?" Many of us tend to think either emotionally or logically-but usually not both.

Wise mind is a concept in dialectical behavioral therapy that proposes we all have three states of mind: one emotional, one logical, and one wise. Imagine that the emotional and the rational minds are overlapping circles, like a Venn diagram; wise mind is that section that overlaps, the marriage of emotion and logic.

Let's examine common thinking patterns with an example of a difficult situation that us students face: what field of medicine should I go into? Thinking with an emotional mind may play out like this: "Plastic surgeons are so cool, like the Ferraris of doctors. I want to be cool. Wouldn't it be cool to make a ton of money and live in Miami beach and have my own TV show?" Now let's take the same situation as seen strictly rationally: "My step score puts me squarely in the range of general surgery and OB/GYN. There are several gen surg programs near my family, so odds are I can match into one of them. Plus my research is relevant to surgery. Everything adds up."

Are either of these you? Or can you be both? Often we switch back and forth between the rational and the emotional state; we use the rational mind that to remember our grocery list one moment and switch to the emotional mind when we find ourselves annoyed that Kroger is out of our favorite granola for the third time this month. Or perhaps we're studying biochemistry and all of the sudden see a cute puppy-the switch is often easy to notice if you look for it.

Let's take another example: you get fired. There are a number of ways you could respond.

Emotional mind: *(Sobbing) why me? What did I do to deserve this?*

Rational mind: *Time to dust off my CV and get looking for a new job.*

Emotional mind: *I'll never find another job. I should just give up now.*

Rational mind: *No sense crying, it only wastes my time and energy.*

Here's what this might look like in wise mind:

*I feel overwhelmed. Life is changing so quickly and I feel like crying.*

*It's okay to feel these emotions. This is a difficult time for me.*

Experiencing a state of wise mind is difficult for those of us who get wrapped up in thoughts or emotions, but there are ways to practice.

The first step is simply to observe and describe your state of mind. When you find yourself in your head, take a moment within yourself to identify whether you are in your rational mind or your emotional mind. Observe the thought or emotion without judgement- and name it. *I am worried about my test and I feel my heart beating strongly in my chest or my mind is racing thinking about everything I would rather do than study.*

Once you have noted what you are experiencing, you may feel yourself “in the moment.” This sensation of being present, also known as flow, takes practice to be able to maintain. Being present is exercising your wise mind, so here are a couple of workouts to try:

1. Set a timer for five minutes. Sit with your eyes closed and imagine your mind is empty. Imagine that any thoughts that pop into your head are clouds drifting by, and simply let them pass. Name any emotions you experience-and move on.
2. 5-4-3-2-1: take a moment during your day and identify five things you see, four things you feel, three things you hear, two things you smell, and one thing you taste. Focus on each of these things singly-the color, the contour, the texture, or the timbre-before moving to the next.
3. Try a body scan. Close your eyes and notice how each part of your body feels, starting at the head and moving down slowly. Identify how each part is feeling, whether comfortable or uncomfortable, without focusing on it for too long and move on. Once you’ve completed the scan, address any areas of discomfort.

So how would you use your wise mind to solve the dilemma of what specialty to choose? Connect with your emotions. Connect with your rationality. Be present and honest with both minds. Accept that both have value and that the answer often lies somewhere in between.

**Article Contributed by: Lindsay Maguire, Class of 2019**

# Mindfulness Update!

## Mindfulness Mondays are at a new place & time!

Laurie Seidel will join us the 1st Monday of every month again this spring, but now **during the lunch hour** for two fast but effective sessions (choose either or both).

**Session 1 - 12:10-12:25 Session 2 - 12:35-12:50**

**Join us February 5th in M206**

Faculty, staff and students are all encouraged to attend!

Fresh fruit will be provided.

## Tea & Jazz Friday February 9th

Unwind after class & enjoy a variety of  
teas & treats  
while listening to Jazz  
and playing various games (optional)  
with other students!



• Friday, February 9th 4:00  
• in the Student Commons

the  
**Tea** and **Jazz**

<https://teaandjazz.files.wordpress.com/2012/11/teajazzlogo.jpg>

# Mark Your Calendars!



# VTC

# WELLFEST

*love life, live life, be well*

**SAVE THE DATE**

# FRIDAY, FEB 16

[HOKIEWELLNESS.VT.EDU/STUDENTS/PROGRAMS/VTC.HTML](http://HOKIEWELLNESS.VT.EDU/STUDENTS/PROGRAMS/VTC.HTML)  
FOR MORE INFORMATION!



# THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

## TEAM STANDINGS AS OF 10:30ISH AM 2/2/18

1. Hustlin Hokies (but #GoHeels)	320 points
2. Globo Gym	300.5 points
3. Get Yolked	252.5 points
4. GunningNoRunning	246 points
5. Swole Girls	231 points
6. Spongebob Sweatpants	229 points
7. Mission Slimpossible	201 points
8. The New Years Resolutioners	198.5 points
9. Bones & Babies	187 points
10. Pumped Up Chicks	165.5 Points
11. (Chick)en Tikkis	165 points
12. #SquatGoals	112 points
13. Mighty Morphine Power Rangers	111.5 points
14. Thick & Thin	96 points
15. Jak'd-STAT	91.5 points
16. Team Quan	82 points
17. Team of One	74.5 points
18. Got the Runs	73 points

Please make sure your exercise logs accurately reflect your time spent working out.

**Remember: 20 points per person per week.** The week is Sunday—Saturday, so be strategic on the weekends. It's not too late to enter your points from past weeks.

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY  
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

ALLY NAGY - CLASS OF 2018

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

DR. ALLY BOWERSOCK, PHD, CSCS, ACSM, EIM - LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

**QUOTE OF THE WEEK:**

**“CHOOSE PEOPLE WHO LIFT YOU UP.”**

**- MICHELLE OBAMA**

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,  
EMAIL EMILY HOLT AT [EMHOLT@CARILIONCLINIC.ORG](mailto:EMHOLT@CARILIONCLINIC.ORG)**