

Banana Yogurt

QUOTE OF THE WEEK:

“I have never had to face anything that could overwhelm the native optimism and stubborn perseverance I was blessed with.”

- Sonia Sotomayor

Ingredients:

- 1 cup almond milk
- 2 Tbsp chia seeds
- 2 bananas, mashed

Directions:

1. Mix all the ingredients.
2. Refrigerate overnight.
3. Enjoy in the morning with your favorite toppings.



The River Rock



The River Rock is a busy place! There is always something there to enjoy. If you want to socialize, work on your fitness, or just try something new... consider taking a quick trip over to 806 Wasena Ave here in Roanoke. The River Rock is open every day of the week.

[The River Rock!](#)

Mindfulness Mondays!

Mark your calendars!

The Wellness Advocacy Committee
will be hosting a

Mindfulness Monday

on

August 7th at 7:20 AM

in the

Student Commons.

Come join us for FREE coffee and breakfast foods.

If you'd like to explore the benefits of mindfulness, Laurie Seidel from Carilion Clinic will lead a short meditation for those who arrive at 7:20 AM.

To skip mindfulness and just enjoy breakfast, come at 7:35 AM.

Wellness Weekly Challenge

Look at the “Upside of Stress”

In the book, *The Upside of Stress* by Kelly McGonigal, PhD she outlines three steps one can take to reframe and reshape their relationship with stress. Consider reading the book and/or practicing these 3 steps: 1) Acknowledge a stressor when you experience it. Notice it and how it affects your body. 2) Welcome it by recognizing it's a response to something you care about. Can you connect to the positive motivation behind the stress? What is at stake and why does it matter to you? 3) Make use of the energy that stressor gives you instead of using that energy to manage or mitigate your physical and/or emotional response to the stressor. What can you do right now that reflects your goals and values? Dr. McGonigal encourages readers to keep these steps in mind and practice them at least once a day.

Slow Cooker Spaghetti Squash & Meatballs

Ingredients:

- 1 medium spaghetti squash
- 1 1/2 cups crushed tomatoes
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp pepper
- 1/4 tsp dried oregano
- 16 frozen meatballs (of your choice)
- 2 Tbsp butter or olive oil
- Additional salt & pepper to taste

Directions:

1. Cut spaghetti squash in half, crosswise. Place in the bottom of the crockpot cut-side down.
2. Blend, tomatoes, salt garlic powder, pepper and oregano. Pour into crockpot.
3. Place meatballs over the sauce. Cook on low for 6-7 hours or high for 3-4 hours.
4. Remove spaghetti squash from the crockpot with tongs. Scoop out the seeds and discard. Scoop out the flesh into a sieve or colander and let drain a few minutes to reduce moisture. Transfer to a bowl and toss with butter or olive oil.
5. Serve with meatballs & sauce on top.



If you want to write an article for the Wellness Weekly, just email Emily Holt!

<http://alldayidreamaboutfood.com/2015/05/low-carb-slow-cooker-spaghetti->