

# Wellness Weekly

## UPCOMING EVENTS:

**SEPTEMBER 10TH**

12:15-12:30

MINDFULNESS  
M206**SEPTEMBER 12TH**

NOON

WALKING

WEDNESDAY!

**SEPTEMBER 25TH**HELPING FRIENDS  
IN DISTRESS

12:15-1:00

RIVERSIDE 1

HOKIE WELLNESS  
ROOM**OCTOBER 9TH**

SLEEP &amp;

RELAXATION

12:15-1:00

**OCTOBER 29TH**

MINDFULNESS

12:15-12:30

M206

**NOVEMBER 5TH**

ART THERAPY NIGHT

VTC CAFÉ

5:30-7:30 PM

## Sautéed Kale

### Ingredients:

- 1 1/2 lbs young kale, stems & leaves coarsely chopped
- 3 Tbsp cooking oil
- 2 cloves garlic, finely sliced
- 1/2 cup vegetable stock or water
- Salt & pepper
- 2 Tbsp red wine vinegar

### Directions:

1. Heat the cooking oil in a large saucepan over medium-high heat. Add the garlic and cook until soft but not browned.
2. Raise heat to high, add the stock & kale and toss to combine.
3. Cover and cook for 5 minutes.
4. Remove cover and continue to cook, stirring until all the liquid has evaporated.
5. Season with salt and pepper to taste and add vinegar.
6. Enjoy!



# Wellness Weekly Fall Hot Topic Series

## Routine

by Lindsay Maguire, Class of 2019

Welcome to the first installation of the Wellness Weekly's fall hot topic series!

Now that school is back in full swing and fall is rolling around, it's time to talk about that routine you might have settled into. Whether you are a morning person or a night owl, having some consistency in your routine has numerous health benefits.

It's obvious that doing something the same way every day makes you better at it. Even something as seemingly insignificant as sitting in the same seat during a test as you do while learning in class has an effect on memory! Our brains make associations between things we do routinely and the way in which we do them - this is called the context effect. To become a well-oiled test-taking machine, consider studying under the same circumstances in which you will take your exams; while you can't break into the computer lab at Community on the weekends, you can wake up early and set yourself up in a similar quiet environment just like you would on test day to improve your recall of the material.

There's a reason that you might have had a bed time growing up. In a study of over 91,000 individuals, circadian rhythm disruption (read: irregular sleep patterns) was linked to increased rates of major depressive disorder, bipolar disorder, worse subjective well-being, and poorer cognitive function. Other outcomes included greater mood instability, lower happiness, lower health satisfaction, and slower reaction time in people with greater circadian rhythm disruption, and these outcomes were independent of demographic, education, and activity level.

Even for those of us who work shifts, factoring in routine is possible. Take exercise, for example: we all know the various metabolic benefits of exercise, but did you know that just five minutes of aerobic exercise has been shown to have an immediate impact on mood? Long-term routine exercise has also proven comparable to antidepressant treatment and relapse prevention for major depressive disorder. The same studies have shown benefits for anxiety as well – when you exercise and make your body experience the same catecholamine rush as during a fight or flight response, it's just like exposure therapy for fear and anxiety!

If you find your life chaotic, stressful, or just a hot mess, try tweaking your routine! My parents taught me that failing to plan is planning to fail, so whenever I feel stressed, I make a plan and outline how and when I can accomplish everything I need to. Sticking to a schedule has helped me balance sleep, work, exercise, and personal time, even throughout third year! If all of this sounds overwhelming, consider starting with a small change and adding a morning routine into of your day – even if you don't wake up in the morning. Starting the day with a short meditation, yoga, or even mindfully sipping a cup of coffee can put you in the right headspace for a productive, stress-free day. Speaking of headspace, consider downloading the Headspace app to try out some guided meditations. Even if you're a total meditation newbie, these meditations are accessible, easy, and most importantly, the first set are free!

Happy habit-making!

1. Lyall et al., 2018. Association of disrupted circadian rhythmicity with mood disorders, subjective wellbeing, and cognitive function: a cross-sectional study of 91,105 participants from the UK Biobank. *The Lancet Psychiatry*, 5(6):507-14.
2. Helmich et al., 2010. Neurobiological alterations induced by exercise and their impact on depressive disorders. *Clin Pract Epidemiol Ment Health*, 6:115-25.

## Wellness Weekly Challenge

**Try  
Biking  
The  
Blue Ridge  
Parkway**



Along with prominent mountain biking trails, Roanoke offers ample road biking options including the Blue Ridge Parkway. One regular rider offers readers interested in cycling this week's Weekly Challenge. The Blue Ridge Parkway is one very beautiful place to ride. It is a great "out and back" option. While it is a road that automobiles also frequent, it offers road space for both types of transportation. Access points along the Parkway include Explore Park (high elevation point) or the N&W Railroad Overlook (mile marker 106.9 and lower elevation point). During fall foliage season, you will likely notice increased traffic. While caution and proper safety equipment are always advised, additional caution is important during this time of year. That said, traffic tends to be low on the Parkway in general. However, the Blue Ridge Parkway is a favorite among cyclists, so you are likely to see other riders.

**New VT  
Student  
Resource**

### New Weekend Activity Resource

**Weekends Well Spent** is a new resource for VT students. Check out this helpful new site that offers students a variety of options for the weekends they are "free or low cost, and alcohol free." The events advertised by the Weekends Well Spent program take place between Thursdays at 5:00 and Sundays at 11:00.

To find out more, visit  
[www.weekends.vt.edu](http://www.weekends.vt.edu)



### On-Going VTC Wellness Activities

**Walking  
Wednesdays**

Every Wednesday at noon—group meets at the base of the Riverside 2 steps.



**Mindfulness**

September 10th, October 29th, November 12th, and December 3rd  
12:15-12:30  
in M206



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

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

TBD - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

EMILY M. HOLT FOERST, COMMITTEE CHAIR

**QUOTE OF THE WEEK:**

“Be not afraid of greatness.  
Some are born great,  
some achieve greatness,  
and some have greatness thrust upon them.”  
- William Shakespeare

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,  
PLEASE EMAIL [EMILY HOLT FOERST](#), OFFICE OF STUDENT AFFAIRS VTCSOM.

TO SEND A “WEEKLY SHOUT OUT” MESSAGE,

EMAIL EMILY HOLT FOERST AT [EMILY\\_10@VT.EDU](mailto:EMILY_10@VT.EDU)