

**UPCOMING
WELLNESS
EVENTS:**

**VTC
WELLNESS
ADVOCACY
COMMITTEE
STUDENT
SURVEY
COMING TO
YOUR EMAIL
SOON!**

Apple Chips

Ingredients:

- 2 apples, thinly sliced
- 2 tsp sugar
- 1/2 tsp cinnamon

Directions:

1. Preheat the oven to 200 degrees.
2. Place apple slices into a bowl and sprinkle with sugar and cinnamon. Toss to combine.
3. Place a cooling rack onto a baking sheet. Lay apple slices onto the baking sheet so tht no apples overlap. Cook for 2-3 hours, flipping apples halfway through.
4. Bake until dried out but still pliable.
5. Serve.



Wellness Weekly Challenge

Lean Into Your Fear

In a recent NBC news story, the idea of leaning into fear was discussed. The author, an avid skier, talks about the tendency for skiers to tense up and come out of a tuck when they go too fast and get scared. This response is the opposite of what one should do in these moments. When this happens, a skier should lean in so control can be maintained and speed can be mitigated. This is a wonderful metaphor to use in daily living. When a challenge or possible failure is ahead, there is a propensity to tense up and “come out of a tuck” when it would be better to engage. So..... Please consider challenging yourself to lean in.

The complete article can be found at the link below:

<https://www.nbcnews.com/known-your-value/feature/lean-your-fear-get-better-results-ncna869591>

Wellness Survey Coming Soon

During the summer months, the Wellness Advocacy Committee will be working to plan events for next year. And, we would really like your feedback and input! You are always welcome to email feedback to any member of WAC at any time. But, we will be sending an official survey out to collect broad strokes thoughts on wellness & burnout. Please let us

know what you liked and how we can improve!



Survey Says!

Sooo.. watch for ANOTHER survey request soon.

**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:

**“IT’S NEVER TOO LATE TO BE
WHAT YOU MIGHT HAVE BEEN”.**
- MARY ANN EVANS (PEN NAME: GEORGE ELIOT)

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT AT EMHOLT@CARILIONCLINIC.ORG**

**IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL [EMILY HOLT](mailto:EMILY.HOLT@VTC.SOM.VT.edu), OFFICE OF STUDENT AFFAIRS VTC SOM.**