

Summer Farrotto

QUOTE OF THE WEEK:

“There’s
nothing
better for
building
confidence
than learning
you can do
something
you thought
you couldn’t.”

- Amy Chua

Ingredients:

- 1 boneless, skinless chicken breast (3 oz)
- 2 Tbsp cooking oil
- 1/4 cup sliced red onion
- 1 cup diced yellow squash
- 1/2 cup dry farro
- 1 Tbsp chopped parsley
- 1 Tbsp grated Parmesan cheese

Directions:

1. Pan-sear chicken in 1 Tbsp oil, seasoning with salt and pepper to taste, then dice and set aside.
2. Sauté onion and squash with remaining oil.
3. Stir in farro until coated with oil.
4. Add 2/3 cup water, bring to a boil, stir, reduce heat, and cover.
5. Cook 20 minutes or until soft.
6. Stir in chicken, parsley, and cheese.
7. Serve.



Faculty-Student Mentor Program



Facing a battle with a anxiety and/or depression?

Grappling with work/life balance?

Struggling to navigate the challenges of
medical school?

It might help to talk with someone who's been there
& is now an attending.

Consider contacting Emily Holt about the
Faculty-Student Mentor Program.

This optional and confidential program is available to all
medical students at any time during the four years.

Adam Heilmann Wellness Series



Class of 2019 member Adam Heilmann wrote
articles for the "Get the Facts" column of the
Wellness Weekly almost every week last year.

You can view those articles anytime by visiting
the wellness website.

If you have questions about health and fitness
and want to make sure your habits are not
rooted in myth...

[Get the Facts](#)

Wellness Weekly Challenge

Start (or restart) a Method to Record Positive Moments

Help yourself keep your internal dialogue focused on the positive moments that float by daily. Capture those moments in a positivity journal. Return to them when the day seems to be void of a new addition to that journal.

You also might consider buying a big vase or decorative container. Place that vessel in your home somewhere within sight. Each day of the year, add a small bit of paper with a story about something or someone you're thankful for having in your life. On a special day, or when you need to, read those bits of paper and remember.

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

Shrimp Ceviche

Ingredients:

- 1/2 cup chopped cucumber
- 1/3 cup chopped jicama
- 1/3 cup chopped mango
- 1 Tbsp chopped onion
- 1/4 cup sliced avocado
- 1 tomato, sliced
- 1 cup cooked shrimp
- 1/4 cup lemon juice
- 1 tsp red pepper

Directions:

1. Toss ingredients together and serve.

