

VTCSOM  
WELLNESS  
ADVOCACY  
COMMITTEE

# Wellness Weekly

## Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 17

OCTOBER 27, 2017

### UPCOMING WELLNESS EVENTS:

11/6 - 7:20 AM

MINDFULNESS  
WITH LAURIE  
SEIDEL

STUDENT  
COMMONS

11/9 - 12:15 PM

YOGA WITH  
DR. ALLY  
BOWERSOCK

STUDENT  
COMMONS

11/16 - 6:00 PM

YOGA WITH  
DR. BETH POLK

STUDENT  
COMMONS

## Goji Berry Trail Mix

### Ingredients:

- 1 cup raw almonds
- 1 cup goji berries
- 1/2 cup raw pumpkin seeds
- 1/2 cup raw sunflower seeds
- 1/2 cup raw walnut halves
- 12 dried apricots, quartered

### Directions:

1. Place all ingredients in bowl and mix together!



[Goji Berry Trail Mix](#)

# 5K Riverside Run & Wellness Walk



Jefferson College of Health Sciences

hosts the

6th Annual

5K Riverside Run & Wellness Walk

Saturday, November 11, 2017

Event begins at 9:05 AM

Registration Details available at:

[5K Riverside Run](#)

## Calming Your Mind

Dr. Susan Baili, MD is a wellness expert and she suggests, on the website Psychology Today, the following 7 ways to calm your mind.

- ◆ Learn to induce your body's Relaxation Response, and do it regularly.
- ◆ Breathe throughout the day, and more intentionally when stressed - Try the 4-6-8 method (breath in through your nose for 4 secs, hold for 6, out for 8)
- ◆ If you're really obsessing about a specific problem, designate a focused time for it - Maybe tell yourself you will journal about it that evening
- ◆ Write out your worries and fears - Journaling can help process your concerns; try writing daily for several minutes
- ◆ Reduce caffeine - It is often a key factor in sleep struggles
- ◆ Take better care of yourself - 6+ hours of sleep at night; 20-30 minutes of cardio a day; reduce alcohol & sugar intake; eat whole foods
- ◆ Get help - Talk with your primary care provider and/or a counselor if your life is being negatively impacted by worrisome thoughts.

[Full Article](#)

# Wellness Weekly Challenge

## SEND A “WEEKLY SHOUT OUT” TO SOMEONE!

The Wellness Advocacy Committee is starting a new section of the Wellness Weekly. Anytime you believe a fellow student, faculty member or staff member has done something (or regularly does something) that deserves a bit of public recognition, let us know. We'll give them your “Weekly Shout Out” message in a new section of the Wellness Weekly we are beginning with next week's edition.

Email “Shout Out” messages to [The Wellness Advocacy Committee](#) or let any Wellness Advocacy Committee member know directly and we'll get it in the next newsletter.

## Hummus & Grilled Vegetable Wraps

### Ingredients:

- 2 medium zucchini, cut lengthwise
- 2 tsp cooking oil
- 1/8 tsp salt
- Pinch of ground black pepper
- 1 cup store-bought hummus
- 4 pieces whole-wheat wraps
- 1/4 cup pine nuts, toasted
- 1 medium red bell pepper, thinly sliced
- 2 oz baby spinach leaves (2 cups)
- 1/2 cup red onion thinly sliced into half moons
- 1/4 cup fresh mint leaves

### Directions:

1. Preheat the grill or grill pan to medium heat. Brush both side of the zucchini slices with oil and sprinkle with salt & pepper. Grill until tender (about 4 minutes).
2. Spread 1/4 cup of hummus over each wrap. Sprinkle 1 Tbsp of pine nuts on top. Top with 3 slices of zucchini, 2 pieces of red pepper, 1/2 cup of spinach, and few slices of onion, 1 Tbsp of mint. Roll them up & cut diagonally.



<http://www.foodnetwork.com/recipes/ellie-krieger/hummus-and-grilled-vegetable-wrap-recipe-1010000>

**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:**

I WILL BREATHE.

I WILL THINK OF SOLUTIONS.

I WILL NOT LET MY WORRY CONTROL ME.

I WILL NOT LET MY STRESS LEVEL BREAK ME.

I WILL SIMPLY BREATHE AND IT WILL

BE OKAY BECAUSE I DON'T QUIT.

- SHAYNE MCCLENDON