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!
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-
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