Fudge Protein Brownies

Ingredients:

- 2 cups mashed banana (about 6 medium bananas)
- 1 cup smooth peanut butter
- 1/2 cup protein powder
- 1/4 cup cocoa powder

Directions:

1. Preheat oven to 350 degrees. Line an 8x8 baking dish with parchment paper.
2. In a large bowl, combine the mashed bananas, peanut butter, whisk until fully combined. Stir in protein powder and cocoa powder with a wooden spoon. Pour batter into a greased pan.
3. Bake for 12-20 minutes or until cooked through.
4. Cool for at least 10 minutes.
5. Serve.

https://gimmedelicious.com/2016/04/05/healthy-brownies/
Open Mic Night—Coming Soon!

Save the Date!
3rd Street Coffee House
March 23rd, 7:00 PM
Show off your musical talents and then....
Awaiz Khan, Class of 2020
will take the stage!!
Email Awaiz if you would like to be
one of the opening acts (limited spots).

Try Plogging!

What is it?!
A new trend started by Sweden ....
Essentially, exercise combined with environmental stewardship.

Here’s how to give it a try:
Take a pair of heavy duty gloves and a trash bag with you the next time
you take a jog/walk out to one of the local parks.
Exercising caution, pick up (plocka upp—Swedish for pick up) items
that are not going to decompose anytime soon.
Toss the bag in recycling/trash as you head home.

Plogging is catching on globally....Every little bit helps!

To learn more about Plogging, check out this article.
PLOGGING!
Wellness Weekly Challenge

Students and Anxiety: A Growing Trend?

Medical school is a stressful time for many students. Students are often left feeling overwhelmed, confused, and stressed out as a result of new social pressures, managing finances, meeting academic demands, and being far from home and/or an established support system for the first time. In addition to these obstacles, students are faced with irregular eating habits, lack of physical activity, increased use of caffeine, alcohol and other substance abuse issues. If this describes you or if you are feeling some mild anxiety, you are not alone. It is normal and can even healthy in some ways. But, if anxiety is relentless and chronic, that may be a sign of an anxiety disorder (generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, social anxiety disorder, and other specific phobias).

Colleges and universities across the country are seeing an increase in students requiring counseling for their symptoms. Anxiety disorders are the most common mental health disorder in children, adolescents, and adults. “According to the National Institute of Mental Health (NIMH), almost 75 percent of those with an anxiety disorder will experience their first episode before they are 22 years old, making awareness of these disorders among college-aged students and their parents essential” (www.education.com). It is possible that some students experienced anxiety before college and it worsened upon leaving home while others developed symptoms for the first time upon entering college. Either way, there is help! If you are feeling any of the below symptoms and are concerned that your anxiety is worsening, please do not hesitate reach out for support. For questions or to make an appointment, email Dr. Jennifer Slusher at jjslusher@jchs.edu or call 540-985-8502. We are located on the 4th Floor of CRCH. We can help you figure out what is going on and assist in developing a plan to better manage your anxiety.

Symptoms of chronic anxiety can include but are not limited to:

- Excessive, ongoing worry and tension
- An unrealistic view of problems
- Restlessness or a feeling of being "edgy"
- Irritability
- Muscle tension
- Headaches
- Sweating
- Difficulty concentrating
- Trouble falling or staying asleep
THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE……

TEAM STANDINGS AS OF 2/23/18

1. Globo Gym 453.5 points
2. Hustlin Hokies (but #GoHeels) 420 points
3. GunningNoRunning 381 points
4. Bones & Babies 376.5 points
5. Swole Girls 368 points
6. Get Yolked 325 points
7. Spongebob Sweatpants 298 points
8. The New Years Resolutioners 262 points
9. Pumped Up Chicks 258.5 points
10. Mission Slimpossible 226 points
11. #SquatGoals 205 points
12. Mighty Morphine Power Rangers 203.5 points
13. (Chick)en Tikkis 191 points
14. Thick & Thin 174 points
15. Jak’d-STAT 135.5 points
16. Got the Runs 118 points
17. Team Quan 112 points
18. Team of One 74.5 points

3 Weeks to go!!! Don’t Give Up!!!!

Remember: 20 points per person per week.

The week is Sunday—Saturday, so be strategic on the weekends.

It’s not too late to enter your points from past weeks.
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:

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”
- Margaret Mead

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, Office of Student Affairs VTCSOM.