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 that no apples overlap. Cook for 2-3 hours, flipping apples halfway through.

4. Bake until dried out but still pliable.

5. Serve.

https://www.delish.com/cooking/recipe-ideas/recipes/a55596/healthy-apple-chips-recipe/
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/know-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!

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, Office of Student Affairs VTCSOM.