Welcome to the New Year, PharmCats! As we move into the start of the year, things are looking promising with the COVID vaccines rolling in and numbers at a steady decline as thousands of people line up to get their vaccines. This is a huge sigh of relief for so many of us as we get ready to move back to in-person classes and return to a life of normalcy. As healthcare workers, we continue to be on the front-line helping with the historic vaccine distribution to make a stance in helping our patients.

In this edition of the Wellness Newsletter, we have more wellness tips, delicious veggie-themed recipes, book and TV show recommendations, study tips, crafts, and more.
The **National Wellness Institute** (NWI) promotes 6 dimensions of wellness. These include emotional, physical, social, intellectual, and spiritual. Wellness encompasses many aspects, all of which include the overall goal of bringing together lifestyle, mental, and spiritual well-being in addition to the surrounding environment. Wellness is a self-directed, evolving process to achieve full potential.

NWI offers free tools, exercises, meditations, and resources for personal development. The tools are great opportunities for individual self-reflection and goal-setting.

Check out this link to learn more about the 6 dimensions and what each one entails.
COVID has inspired me to get creative in the kitchen. This edition is vegetarian-focused. These are the recipes I have come across and tried on my family. All of the pictures are of my creations. I hope you enjoy them!

I am always on the lookout for new and fun recipes to try! Do you have one that you would love to share? Email me the recipe at ckraynik@email.arizona.edu (Cora, P2)

**RECIPES**

**Pan-Fried Sesame Garlic Tofu**
Throw in some frozen broccoli and served over rice.

**Broccoli Quinoa Cakes**
You can top these guys with anything! I imagine melted cheese or hollandaise sauce would pair well. I topped mine with my own tahini sauce made with canned chickpeas/garbanzo beans, minced garlic, lemon juice, dill, garlic salt, cumin, and a splash of water. A food processor has been one of my favorite kitchen purchases! For tahini sauce recipes, try [here](#).

**Chili Garlic Fried Cauliflower**
Up for a challenge? This one was a little more involved but well worth the work. I have actually made this twice in the past three weeks, it is that good! The first time I served with fresh steamed green beans, the second time I served with rice and brown sugar and ginger glazed carrots. I didn't have chili garlic sauce so I substituted more garlic, ginger, a dash of cayenne pepper, and a splash of lemon juice.

**Falafel for First-Timers**
I served my falafel balls over some basmati rice, fresh greens, and cherry tomatoes. I drizzled my homemade tahini sauce mentioned above to tie it all together. Again, the food processor has been a game changer!
It is so easy to over-indulge when choosing to eat at a restaurant or get fast food. Especially as busy college students, it is an easy and convenient option that we oftentimes opt for. When we eat out, it is very easy to go over our daily calorie budget with just one meal! It is possible to choose the convenient and delicious option we crave when we grab fast food or dine at restaurants and still not overdo it on caloric intake. Below are some tips from a great website here that highlights how to eat out and still stay within your calorie budget. Check out more options here.

### Make Healthier Choices when Eating Out

<table>
<thead>
<tr>
<th>Healthier fast food burger options</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>INSTEAD OF</strong></td>
<td><strong>TRY</strong></td>
</tr>
<tr>
<td>Double-patty cheeseburger</td>
<td>Regular, single-patty hamburger without cheese</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato or a side salad</td>
</tr>
<tr>
<td>Chicken “nuggets” or tenders</td>
<td>Grilled chicken strips</td>
</tr>
<tr>
<td>Salad with toppings such as bacon, cheese, and ranch dressing</td>
<td>Garden salad with grilled chicken and low-fat dressing</td>
</tr>
<tr>
<td>Milkshake</td>
<td>Yogurt parfait or a vanilla sundae in a cup (no toppings or cone)</td>
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</table>

<table>
<thead>
<tr>
<th>Healthier breakfast fast food options</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>INSTEAD OF</strong></td>
<td><strong>TRY</strong></td>
</tr>
<tr>
<td>Bagel with cream cheese</td>
<td>English muffin with butter</td>
</tr>
<tr>
<td>Egg on a biscuit</td>
<td>Egg on wheat toast</td>
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<tr>
<td>Donut or pastry</td>
<td>Low-fat bran muffin</td>
</tr>
<tr>
<td>Smoothie</td>
<td>Yogurt with granola and fruit</td>
</tr>
<tr>
<td>French toast sticks or cinnamon roll</td>
<td>Oatmeal</td>
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</tbody>
</table>

### Major Calorie-Saving Tips

<table>
<thead>
<tr>
<th>Do This!</th>
<th>Instead of That!</th>
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</thead>
<tbody>
<tr>
<td>Grilled Chicken</td>
<td>Fried Chicken</td>
</tr>
<tr>
<td>Side Salad or Baked Potato</td>
<td>French Fries</td>
</tr>
<tr>
<td>Water or Iced Tea</td>
<td>Full Sugar Carbonated Beverages</td>
</tr>
<tr>
<td>Plain Vanilla Ice Cream Cone</td>
<td>Milkshake or Blended Ice Cream Mix</td>
</tr>
<tr>
<td>Dressings or Burger Condiments on the Side</td>
<td>Dressing on Salad or Burger Loaded with Condiments</td>
</tr>
<tr>
<td>Extra Veggies</td>
<td>Cheese</td>
</tr>
<tr>
<td>Kids Meal</td>
<td>Full Size Adult Meal</td>
</tr>
</tbody>
</table>
Books & TV Recommendations

**TV Shows:**
Cobra Kai -- Netflix
The Crown -- Netflix
The Great British Baking Show -- Netflix
The Queen’s Gambit -- Netflix
Your Honor -- Showtime

**Books:**
The Nightingale by Kristin Hannah
The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid
The Woman in the Window by A.J. Finn
The Invisible Life of Addie LaRue by V.E. Schwab
Want to beat procrastination, focus better, and be more productive? The Pomodoro Technique is a time management method where you alternate between focused work/study sessions and frequent short breaks to promote sustained concentration and fight off mental fatigue to make studying more rewarding.

Here is a great video that explains more about the Pomodoro Technique.

Study Tips

- Use a lot of colors when note-taking! This helps to make note-taking more fun and draws more attention to content when studying.
- Are you more of a visual learner? Try mind-mapping! This is a great way to visualize information into diagrams and connect concepts together.
- Test yourself. Use flashcards, study with friends and test each other, create your own test questions...anything that will help you test your knowledge on the material!
- Don’t have a study buddy? A good substitute are “study with me” videos on youtube! See ing other people studying even on screen helps with staying focused and increases motivation to study.
- Listen to peaceful music while studying. Lofi music on youtube or spotify is a great way to fill up the quietness without distracting from studying. Reduce stress by managing your time.
- Write to-do lists and plan out how you will tackle tasks. Writing down due dates in an agenda or google calendar is a good way to stay organized and know when due dates are coming up.

WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

**STEP 1**

*Pick a task*

**STEP 2**

*Set a 25-minute timer*

**STEP 3**

*Work on your task until the time is up*

**STEP 4**

*Take a 5 minute break*

**STEP 5**

*Every 4 pomodoros, take a longer 15-30 minute break*
Free fitness, nutrition, & mental health resources:

- **Workout for Women App** – 100+ free, 7-minute workouts using little to no equipment. Also includes free before desk stretches to boost energy levels & productivity.

- **Planet Fitness** – offering free 20 minute live-streamed workouts Monday-Friday on YouTube, Facebook, & IGTV at 7 pm EST/4 pm MST

- **Barry’s Bootcamp** – this popular workout studio uploaded dozens of free 50-60 minute HIIT workouts to its Instagram under the IGTV tab.

- **Orangetheory** – new free at-home workouts on website every day

- **AllTrails App** – this free app offers more than 100,000 hiking, mountain biking, and trail-running maps. (Available on iOS & Android)

- **Calm App** – bring meditation into your daily routine with free videos plus a 7-day free trial with access to calming music, breathing exercises, meditations, and sleep stories.

- **Market on the Move** – For a donation of $10 in either Tucson or Phoenix, you can get up to 60 lbs of fresh produce. For more information check out their website.

- **UA Campus Pantry** – Bring your catcard and get access to groceries at no cost open on tuesdays, wednesdays, and fridays.

- **UA Financial Aid** – Click on the link to get access to free workshop sessions to help guide your budgeting and financial needs

- **Student loan forgiveness program for pharmacists** – learn more about it here

- **Your Financial Pharmacist** – a podcast and all types of financial literacy information

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**Retirement Accounts and the CARES Act**
Learn the impact of the coronavirus relief bill on University of Arizona retirement plans and the pros and cons of withdrawing from your retirement account.

**Approx. Time:** 15 minutes

**Presenting Partner:** TIAA

**Buy, Sell, Hold Firm? Keeping On Course in a Turbulent Market**
Learn about the current market turbulence and how to stay on course with your personal finances.

**Approx. Time:** 15 minutes

**Presenting Partner:** TIAA

**Identify and Prioritize Your Savings Goals**
Learn how to identify and prioritize your savings goals.

**Approx. Time:** 30 minutes

**Presenting Partner:** Fidelity Investments
The Wellness Newsletter is a University of Arizona (UA) College of Pharmacy student and faculty newsletter intended for UA College of Pharmacy. UA COP Wellness Newsletter invites comments, but letters may be edited. All rights are reserved.

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