STAYING ACTIVE WHILE WORKING FROM HOME

Beginners Guide to Exercise
CMU Group X On Demand
Running/Walking/Biking
Trails Near Campus
Fitness Assessments

Library of Live Group Xercise Classes
Frugal Fitness
Fitting Fitness In
The No Excuses Workout

VISIT CMU RECREATION FOR MORE RESOURCES
Save the Date

LET'S COOK TOGETHER

BYOF (BRING YOUR OWN FILLING)

TACO THURSDAY

THURSDAY, JANUARY 21 | 4 PM TO 5 PM

Join Staff Council Wellness Committee for a virtual cooking class as we prepare fresh flour tortillas from scratch and elote (corn) salad.

We encourage you to cook along with us and bring your own tacos fillings like your favorite protein, beans, hot sauce, or cheese!

Explore recipes and advanced preparation tips
The Staff Council Wellness Committee presents
Enhancing Wellness and Enjoyment with
Cultural Comfort Foods

Research shows that we associate certain foods with comfort, particularly those that bring us back to our childhoods. These foods are often related to one's cultural background.

According to the Harris Poll (referenced below) the most commonly cited comfort foods in the US are:

1. Pizza
2. Chocolate/Ice Cream (tied)
3. Macaroni and cheese

Pizza is twice as popular as a comfort food than the next items on the list. The study also showed that different groups reach out for comfort foods for different reasons (women more likely than men in response to stress, men more likely than women after a good day). Regardless of the reason for indulging, these comfort foods are recognized mood boosters.

The Tepper School’s Graduate Business Association held a cultural comfort foods program last year during wellness week. The program was a resounding success, with students from different backgrounds serving up some of their favorites.

Either alone or with those in your “pod”, you can whip up (or order up) some of comfort food from around the world:

- China: Cha siu bao (barbecue pork buns)
- Lebanon: Man’oushe (herbed flatbread - pictured below)
- Canada: Poutine (french fries in gravy with cheese curds)
- Japan: Ramen (you know what ramen is!
- Venezuela: Arepas (fried cornmeal cakes, often stuffed with meat or cheese - pictured below; you can order these from Cilantro & Ajo on Carson Street)
- Ghana: Groundnut soup (aka, peanut butter soup - pictured below)
- Sweet Plantain (caribbean and spanish speaking countries; suggested recipe below)

Sweet Plantains
- 4 large very ripe plantains (look for splotchy black marks)
- 1 1/2 cups vegetable oil
- Salt

Run plantains under hot water for about one minute. Cut off ends of plantains and peel off skin. Cut diagonally into 1 inch pieces.

Heat oil in a large skillet over medium high heat. Carefully place 1 plantain piece in oil. If it bubbles, the oil is ready. If not, wait a minute then add in plantain.

Working in batches, cook plantains turning once until they become brown, 1-2 minutes per side. Reduce heat to low and continue turning until soft and deep golden brown, about 5 minutes.

Transfer to a paper towel. Season with salt and other seasons to your liking. Serve hot and enjoy!

https://theharrispoll.com/there-really-no-debate-that-food-can-be-a-comfort-whether-stressed-or-depressed-almost-everyone-has-a-favorite-go-to-dish-that-seems-to-help-make-everything-just-better-but-over-half-53/
Holiday Recipes

APPETIZERS:

MAIN COURSE:

DESSERTS:

CLICK THE LINKS BELOW FOR THESE RECIPE IDEAS

HAPPY COOKING ... HOPE YOU ENJOY!!
MEDITATION AND MINDFULNESS for everyday life and stressful times

THE POWER OF REST-SIX WEEK SERIES
Participants in this series will learn how to offer self-compassion in this time of uncertainty and challenge. We will practice resting an overactive mind and learn to be, so that we can create healthy boundaries in our lives that allow us to fully show up.

HEADSPACE
Student Affairs Wellness Initiatives is proud to offer current CMU students, faculty and staff a free subscription to Headspace, a mindfulness and meditation app with over 1000+ hours of content. Headspace has a 10-day beginner’s course called the Basics that will teach you the essentials of meditation.

MINDFULNESS ROOM CHECK-IN
Student Affairs Wellness Initiatives is proud to offer current CMU students, faculty and staff a free subscription to Headspace, a mindfulness and meditation app with over 1000+ hours of content. Headspace has a 10-day beginner’s course called the Basics that will teach you the essentials of meditation.

KORU MINDFULNESS TRAINING
Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and resiliency to college students and other young adults. You will learn several skills, including meditation, breathing exercises, guided imagery, the body scan, and more. Interested students or staff please email Dr. Danny Sharara dsharara@andrew.cmu.edu

"YOU CAN'T STOP THE WAVES BUT YOU CAN LEARN HOW TO SURF" – JON KABAT-ZINN