Welcome to your quarterly Words of Wellness, a column dedicated to giving you resources and inspiration to intentionally practice wellness and encourage your peers. These features are brought to you by the AAP’s Resident/Fellow Council Well-being Subcommittee. If you would like to contribute to this column, contact our new Subcommittee Chair, Theodora Swenson, MD, at theodora.tran@vumc.org.

**FEATURED WORKOUT**

Perform the exercises in each round 4 times before resting and moving on to the next round! See the full workout at www.instagram.com/p/ByELoq8FnhC.

**ROUND 1**
- **8 Split Squat Jumps** - Step one foot back, bending both knees and nearly touching your back knee to the ground. Make sure to keep your front heel on the ground. Explore up and jump out of the lunge, switch your front and back legs in the air, and land in a lunge position with the other foot forward. (Of note, the video includes box squats instead of split squat jumps, but this was changed to be able to be performed at home.)
- **8 Romanian Deadlifts** - With feet hip-width apart, stand holding a heavy weight in each hand. With slight bend in your legs and straight back, lower weights down the front of your legs to just above the floor and then stand back up while keeping your back straight.

**ROUND 2**
- **16 Band Pull-Throughs** - Attach a resistance band to a stable object at approximately hip height. Stand a couple feet from the attachment facing away with feet slightly wider than hip-width, grab the resistance band between legs and bend knees, bringing arms through the legs. Stand up straight and squeeze glutes, and repeat.
- **16 Sit Ups** - With soles of feet touching and knees open to the side, lie down on back and sit up to touch in front of feet, and repeat.
- **16 Russian Kettlebell Swings** - Stand with feet slightly wider than hip-width with a kettlebell approximately one foot in front of you. With straight back, bend down and grip the KB with both hands keeping arms slightly bent. Hike the KB through your legs and then quickly extend your hips and squeeze glutes, resulting in the KB swinging forward to eye level. Do not use your arms to pull the KB up - the natural motion of your hips will raise it.
- **16 Ice Skaters** - Leap off of left foot over to the right, landing softly on bent knees with left foot behind right and left arm reaching toward floor. Repeat on the opposite side.

**FEATURED RECIPE**

Fast & Delicious Guacamole (SINGLE SERVING)

**Source:** Allison Schroeder, MD

When you are stretched for time and don’t want to chop veggies or get out all of your spices, this recipe can satisfy your guac craving in just a few minutes!

**INGREDIENTS**
- 1 avocado
- 1/4 - 1/2 tsp “Everything but the Elote” Seasoning
- 1/4 - 1/2 tsp lime juice

**INSTRUCTIONS**
- Chop and mash the avocado in a small bowl
- Add seasoning and lime juice (season to desired taste)
- Enjoy with your favorite tortilla chips

**PODCAST REVIEW**

**TRAINED: How to Make Your Goals Stick, Part 1 by Nike**

In this podcast, Nike senior director of performance Ryan Flaherty sits down with athletes, researchers, physicians, trainers and other experts to reveal the most powerful, practical and surprising lessons in holistic fitness. This episode focuses on setting strong, long-lasting goals. Nike interviews nutritionist John Berardi, PhD (Founder of Precision Nutrition) and Megan Jones Bell, PsyD (psychologist and Chief Science Officer at Headspace) to get their advice for creating actionable change in nutrition and mindfulness.

**BOOK REVIEW**

**The Comeback Quotient by Matt Fitzgerald**

Written by celebrated sports writer Matt Fitzgerald, this book highlights a commonality among athletes who defy odds and achieve success. Fitzgerald identifies those who triumph amidst challenges as “ultrarealists,” people who accept, embrace, and address the reality of their situation in order to overcome difficulties. This book combines personal stories with scientific evidence behind how we perceive challenges we face and aims to arm readers with tools to “make a comeback” at any stage in life’s journey.

Shout-Out to Our Team

The RFC Well-being Subcommittee would like to thank those of you who attended our events, read our column, and shared feedback with us in 2020 and 2021! We look forward to welcoming our new Subcommittee members this Spring and stay tuned for many more exciting initiatives to support your holistic wellbeing.
FEATURED WORKOUT

Perform the first move for 30 seconds, rest 10 seconds, then repeat for a total of 4 times. After you have done the exercise 4 times, move on to the next and repeat! See the full workout at https://www.instagram.com/p/BiSeo5phZ4i/.

PYLO LUNGES
• In a lunge position with front knee over ankle, push off with both feet and switch legs so the opposite leg is now in front, and continue switching. Make sure to land with soft knees. Modify with reverse lunges.

SIDE PLANK WITH LEG RAISE
• Come into side plank with a straight left arm (left hand is directly under left shoulder) and lift hips up to the ceiling. Stack right foot on top of left foot. Lift right leg straight up, lower, and repeat. Modify by bringing right foot in front of the left and holding. Switch sides.

TUCK JUMPS
• Stand neutral with elbows at 90 degrees and hands straight out in front with palms facing down to the floor. Bend your knees, then jump up and simultaneously tuck both knees up trying to reach your hands. Land softly on your feet and repeat. Modify with regular squats.

SINGLE LEG GLUTE BRIDGE
• Lie on your back with arms by your side and knees bent. Feet should be planted so your fingers graze your heels. Lift the right foot up straight to the ceiling. Using your left glute, bridge up by lifting your hips, then slowly lower to the ground and repeat. Modify with a regular bridge (both feet on the floor).

SINGLE LEG DEADLIFT HOP
• Stand on your right leg with a slight bend in the knee. Keeping your back and left leg straight, bring your torso down and left leg up so you are parallel with the floor. Push through right leg to lift yourself back to vertical. Switch sides.

FEATURED RECIPE

Black Bean Veggie Burgers
Source: Rosa Pasculli, MD, MBA

INGREDIENTS
• Olive oil
• 2 cans black beans (rinsed)
• 1/2 onion, diced
• 2 cloves garlic, minced
• 1 jalapeño (with or without seeds depending on your spice level), diced
• 1 rib of celery, diced
• 2 green onions (whites), sliced
• 1 egg
• 1 tsp salt
• 1/2 tsp pepper
• 1/2 tsp garlic powder
• 1 tsp paprika
• 1/2 tsp cumin
• 1/2 cup breadcrumbs, panko or coconut flour
• 2 green onions (whites), diced

INSTRUCTIONS
• Using a small saucenpan over medium heat, heat a tablespoon of olive oil and then add in onion, garlic, jalapeño, celery and green onion. Stir frequently until cooked down and aromatic, then remove from heat and let cool.
• In a large bowl, mash the black beans (use a potato masher) until mixture holds together. Beat in the egg. Add in salt, pepper, garlic powder, paprika and cumin. Fold in breadcrumbs, then the cooled onion mixture.
• Use your hands to form patties (6-8 depending on size). Heat a skillet over medium heat (preferably cast iron), brush with olive oil, then cook the burgers for about 5 minutes on each side until charred.
• Serve with hamburger buns and optional toppings: lettuce, tomato, pickles, or any other favorites!

BOOK REVIEW

Less by Andrew Sean Greer

Last year’s winner of the Pulitzer Prize, this novel is the story of Arthur Less, an aging, somewhat successful writer who flees San Francisco and travels around the world to avoid attending the wedding of his ex-lover. The author writes beautifully about each place Less visits (Mexico, Morocco, India - to name a few), and through his prose, Less becomes increasingly appealing. He is often silly and bumbling, but as his journey continues, you can’t help cheering for him and wanting him to succeed. Somehow along the way, you start to see that there’s more to him than you initially believed. This book is light but heartwarming, and allows for a fun escape.
WELLNESS

Welcome to your quarterly Words of Wellness, a column dedicated to giving you resources and inspiration to intentionally practice wellness and encourage your peers. These features are brought to you by the AAP’s Resident/ Fellow Council Well-being Subcommittee. If you would like to contribute to this column, contact our Subcommittee Chair, Dayna Yorks, DO, at dyorks@sralab.org.

FEATURED WORKOUT

Perform three 6-minute AMRAPs (as many rounds as possible) with 90 seconds rest between each! See the full workout at https://www.instagram.com/p/BzX0uPiFGjk/.

• Round 2:
  - 10 Jump Squats: Stand with knees hip-width apart, squat down with weight in your heels, explode up into a jump, landing softly in a squat.
  - 10 One-Leg Glute Bridge: Lie on your back with your arms on the ground, plant your right foot close to your hips, lift the left leg and straighten it towards the ceiling. Drive through your right heel and lift your glutes up into a unilateral bridge. Switch sides after your 10 reps.
  - 15 Pushups: Come into a high plank with your hands directly underneath your shoulders and core braced. Blending the elbows at a 45 degree angle, lower yourself in a straight line toward the ground, and then push back up into a plank. To modify, drop knees to the ground.

• Round 3:
  - 10 Plyometric Lunges: Come into a lunge position with right leg in front (should be making two 90 degree angles with your knees). Explode into a jump and switch your legs so you land softly in a lunge with your left leg in front. To modify, remove the jump.
  - 10 Walking Planks: Come into a high plank position with your hands directly underneath your shoulders. Lower your right elbow to the ground, followed by your left elbow. Straighten your right elbow and replace your right hand under right shoulder, then straighten your left elbow and replace your left hand under left shoulder. Repeat.
  - 10 Butterfly Crunches: Lie face-up on the ground and bring the soles of your feet to touch with arms extended above your head. Using your core and arms, lift your torso into a crunch, touching your hands in front of your feet, then lying back to the starting position.

RESIDENCY WELLNESS INITIATIVE

The Baylor College of Medicine Department of PM&R held two Virtual Art Galleries related to themes of joy and stay at home life/quarantine during the COVID-19 pandemic in order to increase our resilience, morale and connection during these challenging times. Team members submitted photos of their favorite art galleries and bringing residents together.

BOOK REVIEW

Cutting for Stone by Abraham Verghese, MD

This book is an epic story of two conjoined twins born to a brilliant British Surgeon and an Indian nun. The twins’ mother dies in childbirth and their father orphans them shortly thereafter. The brothers, Marion and Shiva, are then raised by two Indian doctors at a missionary medical hospital in Addis Ababa, Ethiopia. Their adoptive parents instill a love of medicine in the boys, which blossoms into medical careers for the twins.

However, the book is far from just medical fiction. While Dr. Verghese, a respected physician and writer, describes medical operations in vivid detail with medical jargon, the procedures and patients are plot devices that give more dimension to the characters in the novel.

FEATURED RECIPE

Banana Yogurt Pancakes

Source: Olga Komargodski, MD

INGREDIENTS

• 1 egg
• 1 ripe banana
• 1/2 cup flour
• 1 tsp. baking powder
Optional
• 1/4 tsp. salt
• 1 tbsp. sugar
• 1 tsp. vanilla
• Toppings
  • Fresh berries
  • Maple syrup

INSTRUCTIONS

• Mash banana with a fork. Add in egg and whisk it together, then add yogurt.
• Pour in flour and baking soda. Stir with a spatula just enough for the ingredients to mix.
• Heat skillet over medium heat. Once warmed, add a little oil to brush over.
• Pour pancake batter into skillet in round circles.
• Cook until golden or bubbles on the surface on one side. Flip over and cook for another 1-2 minutes.
• Drizzle with syrup and favorite toppings.

PODCAST REVIEW

10% Happier with Dan Harris: Vulnerability, the Key to Courage

Brendé Brown is a research professor at the University of Houston and has spent the past two decades studying courage, vulnerability, shame and empathy. Her TED Talk, “The Power of Vulnerability,” has been viewed nearly 40 million times and Netflix just released her special, “Call to Courage.” In these speeches and in this conversation, Brown explains why you can’t have courage without vulnerability.

TEN PERCENT HAPPIER WITH DAN HARRIS
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**FEATURED WORKOUT**

This workout consists of 4 circuits, each with 2 exercises. Perform the first exercise for 20 seconds, followed by the second exercise for 20 seconds, followed by 20 seconds of rest. Repeat each circuit 3 times, then rest for one minute before moving on to the next! See the full workout at www.instagram.com/p/B1m0ZP4ljyU/.

**CIRCUIT 1:**
- **Jump Squats:** Stand with knees hip-width apart, squat down with weight in your heels, explode up into a jump, landing softly in a squat.
- **Burpees:** Starting standing, place hands on the ground, jump both feet out (to land in plank position), jump both feet back in, jump up reaching arms up, and repeat. To make it more difficult, add a pushup in the plank.

**CIRCUIT 2:**
- **Plank Jacks:** In a plank position with hands under shoulders, open and close your feet in a jumping jack pattern.
- **Plank to Crossed Ankle Tap:** In a plank position, move into a downward dog while bringing your right hand to touch your left shin or ankle, come back to a plank, repeat on the opposite side.

**CIRCUIT 3:**
- **Lateral Double Leg Hops:** With feet together, bend knees and jump laterally, landing softly with bent knees. Jump in the opposite direction and repeat.

- **Skiers:** With your weight on your left foot, jump over to the right, landing softly on your right leg with left leg bent behind (to make it more difficult, do not plant the left leg). Repeat to the opposite side.

**CIRCUIT 4:**
- **Mountain Climbers:** In a plank position, bring your right knee into your chest. As you replace your right foot to the ground, bring your left knee into your chest. It should feel like you are running in place with hands on the ground.
- **Crossed Shoulder Taps:** In a plank position, bring right hand up to touch left shoulder, replace right hand on the ground, then repeat on the opposite side. Maintain hips facing the ground without turning side to side.

**FEATURED RECIPE**

**Picadillo con Frijoles Negros y Arroz Blanco**

**Source:** Armando Alvarez, MD

**INGREDIENTS**

- **For the rice:**
  - 2 cups white rice
  - or brown rice
  - 3 cups water
  - 1 tsp. salt
  - 1 bay leaf

- **For the picadillo:**
  - 1 yellow onion
  - 1 green bell pepper
  - 3 large garlic cloves
  - Pinch of salt
  - 1 tsp. dried oregano
  - Pinch of cumin
  - Pinch of black pepper
  - 2 tbsp. tomato paste
  - 1 lb. ground beef
  - 1 cup diced tomatoes
  - ¼ cup dry white wine
  - ¼ cup green olives
  - 1 tsp. sherry vinegar
  - 2 tbsp. “Sazon Completa” Complete Seasoning

- **For the black beans:**
  - 2 cups black beans
  - 4 cups water
  - 3 tbsp. “Sazon Completa” Complete Seasoning
  - 1 green bell pepper
  - 2 tbsp. garlic powder
  - 1 tsp. cumin
  - 1 yellow onion
  - 3 garlic cloves
  - 1 tbsp. salt
  - 2 bay leaves

**INSTRUCTIONS**

- **For the rice:** Bring the three cups of water to a boil and then pour in the rice, salt and bay leaf. Simmer at the lowest possible setting for 20-30 minutes while the pot is covered until all the water is absorbed. Add more water as necessary as the cooking progresses. Remove from heat, let it set for a few minutes and stir the rice.

- **For the picadillo:** Heat pan with olive oil and add diced onion, green pepper and garlic. Add the cumin, salt and complete seasoning. Cook for 8-10 minutes. Add the tomato paste and mix. Raise the heat to high and add ground beef. Break up the beef with a spatula and cook until browned. Then add wine, olives and sherry vinegar. Simmer for another 20 minutes.

- **For the black beans:** Soak the black beans overnight or for a few hours. Finely cut the bell pepper, onion and garlic. Add olive oil to a pan and brown the bell pepper, onion, and garlic. Bring the black beans to a boil with the water that you used to soak overnight and add the bell pepper, onion, and garlic. Add the garlic powder, cumin, complete seasoning. Simmer for 2-3 hours or until the black beans are soft.

Combine rice, picadillo and black beans and enjoy!

**PODCAST REVIEW**

**Stress, Meditation, and Manifestation with Meathead Hippie**

Emily Schromm is a health and wellness coach, the creator of the EmFit 21-Day Challenge, and founder of Platform Strength in Denver, CO. In this episode, she interviews Emily Fletcher, who is the founder of Ziva, the creator of the Ziva Technique, and regarded as a leading expert in meditation for high performance. The basis of Ziva is built on an ancient “mantra” technique of subvocally reciting a multi-syllable nonsense word over and over, while letting distracting thoughts bubble up in the mind. Start at 6:12 for the interview!

**RESIDENCY WELLNESS INITIATIVE**

The AAP’s RFC Well-Being Subcommittee ran their first live wellness Zoom event in May featuring a workout, meditation and opportunity to connect with PM&R colleagues around the nation. The event was so well-received that the Subcommittee will now be holding monthly live Zoom events on the first Wednesday of the month at 8:00pm ET / 5:00pm PT. The events will be 30-45 minutes long and feature a workout of varying styles, meditations, and other wellness activities led by and for PM&R colleagues. The link to the events can be found at www.physiatry.org/webinars. Check out the AAP’s Instagram and Twitter accounts for details each month. Looking forward to seeing you there!
Welcome to your quarterly Words of Wellness, a column dedicated to giving you resources and inspiration to intentionally practice wellness and encourage your peers. These features are brought to you by the AAP’s Resident/Fellow Council Well-being Subcommittee (Mona Ahmed, MD; Jasmine Harris, MD; Tracey Isidro, MD; Olga Komargodski, MD; Rosa Pasculli, MD and Allison Schroeder, MD). If you would like to contribute to this column, contact our new Subcommittee Chair, Dayna Yorks, DO, at dyorks@sralab.org.

Tune in to Our New Podcast Series!

We are proud to have launched the new AAP Words of Wellness podcast series! In the first episode, members of the subcommittee share recent wellness activities that they have participated in within their PM&R departments — from comedy outings to exercises classes to meditation and much more. Learn more at www.physiatry.org/podcasts.

Grit by Angela Duckworth

In this New York Times bestseller, psychologist Angela Duckworth describes how the secret to outstanding achievement and success is not talent, but a special blend of passion and persistence she calls “grit.” She introduces readers to cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also shares what she’s learned from interviewing dozens of high achievers from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. Grit is a book about what goes through your head when you fall down, and how that — not talent or luck — makes all the difference.

The University of Alabama at Birmingham’s PM&R residents have two wellness retreats a year, which consist of an educational or service project followed by a fun activity. They recently visited the Lakeshore Foundation, a training site for Paralympic athletes. They learned about what they offer the community, toured the facility, and played wheelchair sports with the trainers. Afterwards, they went hiking together.

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In the episode “Bouncing and biases to improve your relationships with others in the workplace,” Adam Grant challenges you to evaluate your own mindsets inside the minds of some of the world’s most unusual experts. Adam explains how a specific skill, known as “grit,” can be cultivated in both individuals and organizations, and how it can help you get ahead in your career.

Gyms across the country have been closing for the COVID-19 pandemic, but we want to help you stay active even at home. See this workout at https://www.instagram.com/p/B9p4t-0qqWg/.

Perform each exercise for 30 seconds, then rest one minute. Repeat for a total of 4 rounds:

- **Star Jumps** – Start with feet under hips and arms by your side. Bend knees and jump vertically while reaching arms out 45 degrees overhead and splitting legs apart (like a star). Return to the start position with feet under hips, knees soft, and arms by side, then repeat. You can modify this exercise by performing jumping jacks, or by performing alternating toe taps.

- **Plank with Alternating Knee Taps** – From a plank position, squeeze your shoulder blades together and pull abdominal muscles in toward the spine. You can modify the plank by resting your knees on the floor. Bring your right knee and your left elbow towards one another under your body. Return to plank and switch sides so your left knee meets your right elbow. Bracing your core so that you do not rock or twist while moving your arms and legs.

- **Standing Front Kicks** – Place your hands on your hips or elbows bent by your sides. Pull your abdominal muscles in toward your spine, contract your glutes, lift your chest and pull your shoulder blades down your back. Transfer your weight to one leg and kick the other leg straight out in front of you, stopping when the thigh is parallel to the floor. Jump and switch legs in the air repeatedly. You can modify this exercise by performing alternating front kicks without the jump so that one leg is always on the floor.

- **Donkey Jumps** – Plant your hands on your hips or elbows bent by your sides. Pull your abdominal muscles in toward your spine, contract your glutes, lift your chest and pull your shoulder blades down your back. Transfer your weight to one leg and kick the other leg straight out in front of you, stopping when the thigh is parallel to the floor. Jump and switch legs in the air repeatedly. You can modify this exercise by performing alternating front kicks without the jump so that one leg is always on the floor.

- **Push-Ups** – Come into a plank position, placing your hands slightly wider than your shoulders. Keeping your core engaged and back flat, lower your body until your chest nearly touches the floor. Pause, then push yourself back up, squeezing your glutes as you rise. To engage your triceps, keep elbows close to your body.

**Baked Egg Cups**

**INGREDIENTS**

- 4 large eggs
- 1 tsp. salt
- ½ tsp. ground black pepper

**Option 1: Sunny side up**

- 1 medium sweet potato
- 1 tsp. olive oil
- ½ tsp. salt
- ½ tsp. ground black pepper

**Option 2: Veggie omelet**

- 10 eggs
- 5 pieces bacon, cooked and crumbled
- Salt and pepper
- ½ tsp. black pepper
- ½ tsp. garlic powder

**INSTRUCTIONS**

1. Preheat oven to 350°F and grease muffin tins very well.

2. Grate sweet potato using cheese grater or food processor.

3. In a bowl, mix together grated sweet potato, oil, salt, pepper and garlic powder, and divide among muffin tins.

4. For sunny side up: Crack egg into the muffin tins, sprinkle with bacon and a pinch of salt and pepper.

5. For veggie omelet: Scramble eggs in a bowl together with veggies, salt, pepper and garlic powder, and divide into muffin tins.

6. Bake for 20-22 minutes or until eggs are set.

7. Remove and serve hot or let cool completely before storing. Stays fresh in refrigerator for 3-4 days or the freezer for up to 1 month.
Welcome back to Words of Wellness, a column devoted to physician well-being that launched in the fall 2019 issue of Physiatry Forward. These features, brought to you by the AAP’s Resident/Fellow Well-being Subcommittee (Allison Schroeder, MD, Mona Ahmed, MD, Jasmine Harris, MD, Tracey Isidro, MD, Olga Komargodski, MD and Rosa Pasculli, MD) are designed to help you and your department find balance, health and happiness. If you would like to contribute to this column, contact Subcommittee Chair, Allison Schroeder, MD, at aschroe1@alumni.nd.edu.

BOOK REVIEW

There There by Tommy Orange
This book — recommended by the NYU Physician Wellness Committee and featured in their monthly book review — is an engrossing read. Tommy Orange’s debut novel explores the Native American/ American Indian community in Oakland, as characters of all ages and vastly differing identities prepare for the Big Oakland Powwow. Some of the characters are likable — others less so — but all of them are fascinating and vividly rendered. And Orange manages to gradually, delicately draw the characters together at the end, in ways both surprising and hopeful.

There There is highly recommended as a way to stay updated on some of last year’s best books (not easy for us to do in moving. Highly recommended as a way to stay updated on some of last year’s best books).

PODCAST REVIEW

Thriving in Scrubs with Abigail Ford Winkel, MD, MHPE, Annie Robinson, MS, CHWC & Aubrie-Ann Jones, MS, MFA

Thriving in Scrubs is a podcast series that comes from research into how physicians develop resilience. The creators learned that resilience grows as doctors in training grapple with challenges and make connections between their professional aspirations and their personal values, deepening their engagement with the work as they find their identity in the work and connections to colleagues and patients. When participants in their research heard each other’s stories, they found comfort in learning that about the vulnerability they shared with their colleagues. Thriving in Scrubs aims to explore, recognize, and appreciate the stories of healthcare practitioners.

FEATURED RECIPE

Slow Cooker Sweet Potato Chicken Curry

Source: www.theralfoodrds.com

INGREDIENTS

- 2 tsp. ghee
- ½ medium yellow onion, diced
- 3 garlic cloves, minced
- 1½ lbs. chicken breast, cubed
- 1 sweet potato, cubed
- 1 red pepper, sliced or diced
- 2 cups green beans, trimmed
- 1 cup low-sodium chicken broth
- 3 Tbsp. curry powder
- 1 tsp. ground cumin
- ½ tsp. salt
- 1 (14 oz.) can full-fat coconut milk
- 1 cup low-sodium chicken broth
- 3 Tbsp. curry powder
- 1 tsp. ground cumin
- ½ tsp. salt
- 1 (14 oz.) can full-fat coconut milk
- Cashews, cilantro & cauliflower rice for serving

INSTRUCTIONS

1. In a small pan over medium heat, add the ghee, diced onion and garlic. Saute until onions are translucent.
2. In the slow cooker, add the sautéed onions and garlic, chicken, sweet potatoes, red pepper, green beans, chicken broth, spices, salt, and pepper.
3. Cook on low for 4-6 hours.
4. Stir in coconut milk and cook on low for an additional 30-60 minutes or until hot.

RESIDENCY WELLNESS INITIATIVE

University of Pittsburgh Medical Center (UPMC) PM&R residents embarked on a full-day retreat this fall! The retreat, which gave each resident a full weekday off covered by awesome attendings, was spent at a boy scout camp doing team building exercises and a high ropes course with ziplining. UPMC hosts two retreats each year for residents — a fall and spring retreat. The retreats include a discussion of the strengths and challenges of doctors in training grapple with as doctors in training grapple with the vulnerability that comes from research into how physicians develop resilience. The creators learned that resilience grows as doctors in training grapple with challenges and make connections between their professional aspirations and their personal values, deepening their engagement with the work as they find their identity in the work and connections to colleagues and patients. When participants in their research heard each other’s stories, they found comfort in learning that about the vulnerability they shared with their colleagues. Thriving in Scrubs aims to explore, recognize, and appreciate the stories of healthcare practitioners.

FEATURED WORKOUT

Perform each exercise for one minute, then rest one minute for a total of 3 rounds! See this workout at www.instagram.com/p/B+5toZHZ2Ar. Find even more on Rosa Pasculli, MD’s Instagram page @fitfoodiemd.

- Narrow Stance Squat — Cradle the head of a dumbbell close to your chest with both hands, stand in a narrow stance (elevate your heels on a weight to increase your depth) and squat.
- Dumbbell Snatch — Place the dumbbell between your feet (slightly wider than shoulder-width distance), squat down and pick up dumbbell. As you stand up, pull the dumbbell up the center line of your body (keep elbow high), then rotate your elbow under the dumbbell and end with elbow straight and dumbbell above your head.
- Dumbbell Side Lunge (30 seconds each side) — Hold a heavy dumbbell with both hands near your collarbones and stand with feet together. Step your left foot out to the side (toss pointing front) and sit down into a lunge where right leg is extended. Step your left foot back to meet your right, then reverse.
- Push-Up with Side Reach — In a high plank with hands directly under shoulders, complete one push-up then rotate to the right, lifting your right hand up off the ground to a side plank. Rotate back to the left, replace your right hand, complete another push-up, then reverse.
- Bicycles — Lying on your back, bend in right knee while extending the left leg. Use your abs to lift your torso off the ground and twist to touch your left hand to your right knee. Continue to alternate at a fast pace.
- Handstand Kick-Ups — Stand approx. 4 feet away from a wall with your back to the wall. Place hands on the ground directly under your shoulders, and jump your feet up to touch the wall then back down on the ground.
We are excited to introduce a new addition to Physiatry Forward, a column devoted to physician well-being. Each issue, we’ll bring you recipes, workouts, podcasts, institution initiatives and more to help you and your department find balance, health and happiness. This column is put together by the AAP’s Resident/Fellow Council Well-being Subcommittee (Allison Schroeder, MD, Mona Ahmed, MD, Jasmine Harris, MD, Tracey Isidro, MD, Olga Komagodzi, MD and Rosa Pasculli, MD). If you have a department wellness initiative that you would like to have featured or additional suggestions, contact our Subcommittee Chair, Allison Schroeder, MD, at aschroe1@alumni.nd.edu.

FEATURED WORKOUT

**Square One: A Simple Guide to a Balanced Life by Joseph Maroon, MD**

After becoming a world-class neurosurgeon, Dr. Joseph Maroon felt he’d achieved success. However, at the age of 41, his wife and kids left him and his father passed away. He found himself working at the truck stop that his father previously ran. This rapid series of losses and setbacks led him into a baffling new reality and into the darkness of depression. Dr. Maroon’s unexpected savior was a slim, leather-bound book titled I Dare You, which taught him what it takes to avoid emotional, spiritual, and physical burnout and to seek more joy and creativity in life. Dr. Maroon’s unexpected savior was a slim, leather-bound book titled I Dare You, which taught him what it takes to avoid emotional, spiritual, and physical burnout and to seek more joy and creativity in life.

**PODCAST REVIEW**

**High Performance Mindset with Cindra Kamphoff, PhD**

Dr. Cindra Kamphoff is a High-Performance Coach and PhD in sport and performance psychology. On this podcast, she interviews top athletes, coaches, business leaders and entrepreneurs to delve into all things related to the mindset of the successful. She discusses the mental traits of those most successful in their realm and provides strategies and tips on how to reach your true potential — what she describes as a daily pursuit. Her episodes include discussions of “how to fail forward,” “how to have a silent impact,” and “how to build a relationship culture.” She also has short (<10 minute) episodes that provide strategies and motivation to perform at your best.

**BOOK REVIEW**

**Square One: A Simple Guide to a Balanced Life**

By Joseph Maroon, MD

In this book, Dr. Maroon shares his journey from a successful neurosurgeon to a man searching for balance and joy in his life. He describes the challenges he faced, including the loss of his family and the death of his father, and how he found his way back to a healthier and happier life. Maroon’s book is a guide to finding balance in all aspects of life, including health, spirituality, work, and relationships. It offers practical advice on how to achieve a sense of fulfillment and purpose.

**FEATURED RECIPE**

**Chocolate Coconut Energy Balls**

**Source:** [www.goodlifeeats.com](http://www.goodlifeeats.com)

**INGREDIENTS**

- 1/2 cup Finely Shredded Unsweetened Coconut
- 1/4 cup Mini Dark Chocolate Chips
- 1/4 cup Pumpkin Seeds
- 4 tablespoons Cocoa Powder
- 1/4 cup Pumpkin Seeds
- 1/4 cup Mini Dark Chocolate Chips
- 1/2 cup Finely Shredded Unsweetened Coconut

**INSTRUCTIONS**

1. Add the macadamia nuts, chia seeds and unsweetened coconut flakes to a food processor.
2. Pulse the mixture 10 times to mix and roughly chop ingredients.
3. Add dates, coconut oil, honey and cocoa powder to the mixture.
4. Process for 1 minute or until the mixture becomes the consistency of thick dough.
5. Place mixture in a mixing bowl and stir in pumpkin seeds and mini dark chocolate chips.
6. Divide the dough evenly into 30 rolled balls.
7. Coat each ball in 1/3 cup of unsweetened shredded coconut.
8. Place on a baking sheet and chill in refrigerator for 1 hour before serving.

**FEATURED WORKOUT**

**Perform each exercise for 45 seconds, then rest one minute for a total of 3 rounds! See the full workout on Rosa Pasculli, MD’s Instagram page at www.instagram.com/p/BvGnn_qgh_/.

• **Cross Jacks** - Jumping jacks modified with arms held parallel to the ground and arms/legs crossing
• **Plank Jacks** - Hold plank and jump feet open/closed
• **Plyo Lunges** - In a lunge position with front knee over ankle, push off with both feet and switch legs so opposite leg is now in front, and continue switching. Make sure to land with soft knees.
• **Blast Off Push-Ups** - Perform regular pushup (or modified on knees), then push forward to straighten knees and perform another pushup, and repeat
• **Skiers** - Jump laterally to the right, landing on right foot with soft knees and left leg shoots diagonally behind to the right, then switch
• **4-Point Plank** - Hold a plank, walk right arm back to original position, then walk left arm back to original position