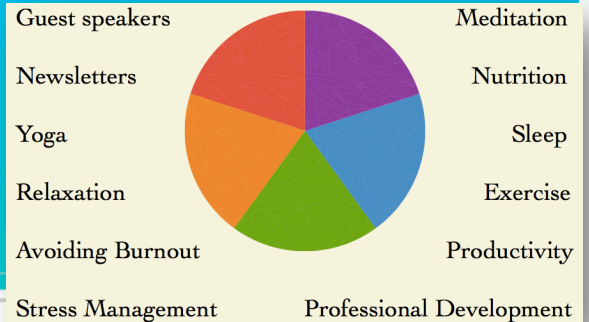


WITT Newsletter

Wellness Initiative for Therapists in Training

WITT's aim is to provide the PAU student community with information and resources for wellness and self-care such as: how to cope with the demands of graduate school, emotion regulation techniques, mindfulness practice, stress management, student mental health, emotional intelligence, and professional considerations in psychology.



Welcome to WITT!

We created WITT because as busy students ourselves, we know how hard it can be to find time (and money!) for self-care. Somewhere between writing papers, reading hundreds of pages a week, and caring for our patients/clients, we end up neglecting caring for ourselves. The purpose of this newsletter (and of WITT in general) is to offer resources that might make the daunting task of self-care a little easier.

In this first issue of our newsletter, our hope is to give you a bit more information on the (often times) intimidating aspects of yoga and meditation practice. For some cheap and healthy food options, check out our section on "Food & Nutrition," where we walk you through the process of preparing healthy, soul-nurturing recipes beginning with the best local grocery shopping options within the Mountain View and Los Altos area. In this issue we offer recipes for a variety of palates, from Asian-inspired stir-fry to a vegetarian Mexican Casserole. For the moments when the academic grind leaves little room for a homemade meal, check out one of our budget friendly restaurants in the area.

And because self-care is not just about exercising or eating healthy, check out our favorite happy hour spots where you can find drink deals and a variety of comfort foods to help nurture your body and mind.

Thank you for taking the time to explore our newsletter and for welcoming WITT into your wellness practice.



<https://www.facebook.com/wellnessPAU>

Leadership

President	Carolina Borges
Vice-President	Elizabeth Goodman
Secretary	Sarah Samuelson
Media Coordinator	Elise Gibbs
Treasurer	Joanna Sletten
Event Planners	Charlene Kobayashi Ty Canning Narayan Brach
Newsletter Editor	Kathleen Someah
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In this issue:

Yoga: Demystifying the practice, page 2
 Mindfulness: Walking Labyrinths, page 3
 Food & Nutrition, pages 4-6
 A look back: Fall Wellness Day, page 6
 Fun Activities: Local Hiking & Happy Hour Spots, page 7
 Upcoming Events, page 7

Spotlight: WITT Yoga

Mondays 7:15-8:15PM, C15-A (alternating weeks)

This MSN health living article helps demystify the practice of yoga and gives you tips to get started:

“Yoga: So healthy! But also, so intimidating. The word is out about its myriad benefits—improved strength and flexibility, reduced stress, greater peace of mind—but something about yoga strikes fear into the limbs of newcomers in a way that aerobics and spinning simply don't.

Could it be the size-zero cuties in hot pants sauntering across the studio? The former gymnasts happily twisting themselves into pretzels? Maybe it's the thousand-yard stare of the longtime practitioner who instinctively knows what to do with his socks, precisely how to place his sticky mat, and exactly the pose that's coming up next. There's no doubt about it: Your first yoga class can be downright daunting. But it's a fear worth conquering—not only because of the health benefits, but because, in truth, few activities place such importance on acceptance, tolerance and noncompetition.

Here, we answer some common questions to help you overcome any apprehension and get you out there on the mat.”

For the full article, go to:

<http://healthyliving.msn.com/health-wellness/life-in-balance/articlepage?cp-documentid=250002186>



WITT Yoga instructor:
Erik Metzger, PAU Ph.D. Student

Erik teaches Hatha yoga for beginner and intermediate students and combines some postures from Bikram Yoga as well. He became certified by Ashtanga teacher Paul Dalligan at YogaThailand in 2010. Erik combines basic and some slightly challenging sequences into his teaching, including a finishing savasana relaxation in each class; Erik has been meditating for ten years, utilizing various guided meditations and silent meditation. His blog containing some free guided meditations can be found here: www.egowarrioraudio.blogspot.com

Wellness Tips



The University of California Berkeley published a book called “Wellness Made Easy – 365 Tips on Wellness and Health” based on their monthly Wellness Letter.

Every quarter, we will be sharing some of those tips through the WITT Newsletter. Find them throughout the newsletter identified by the following icons:



Food & Nutrition



Self-Care & Wellness



Fitness

Follow these tips for a happier & healthier life!

Mindfulness & Meditation

Mindfulness, meditation and contemplative practice are just a few names used for the practice of finding inner stillness. This practice often stirs anxiety for those that would like to enjoy inner stillness, but do not think they could sit and quiet their mind long enough to find peace.

Walking labyrinths offer an alternative for those who think they cannot “sit still” but still want to experience an inner stillness, moments of clarity, and release of anxieties and tensions. Labyrinths can also offer those with established practices to experience stillness in a different way.

Labyrinths date back for thousands of years and have been found in many cultures.

One of the best-known labyrinth styles is the Chartres Labyrinth located in France in the Chartres Cathedral. The labyrinth was designed to provide a metaphorical pilgrimage for people during the Crusades when it was too dangerous to make the actual journey to Jerusalem. It provided a safe space for people to reflect upon their journey in life.



Self-Care Tip:

Improve your chances of getting a good night's sleep: relax for an hour or so before getting into bed. Read, listen to music, take a warm bath. Don't take work to bed with you. Avoid strenuous exercise within a couple of hours of bedtime. Keep your bedroom quiet, dark, and cool (60° to 65° F is usually best). Don't drink caffeinated beverages after dinner. Try to establish a regular sleep schedule.



To locate a labyrinth:

www.labyrinthsociety.org

Today, labyrinths can give passage to our own inner pilgrim. While walking the labyrinth, one is aware of the breath and keeps pace with rhythm of his/her own body. The labyrinth allows a person to suspend all else outside of his/herself and the moments while in the circle of the labyrinth. The journey is effortless, not exertive, and free from expectation and demands. It is a journey of putting one foot forth on a path where the end is unknown but not elusive.

The labyrinth helps one focus the mind on the present and not on any destination as the path continually winds within a circle until one eventually reaches the center. Without sense of time or destination and within the safety of the circle, the pilgrim can quiet the mind and allow his/her path to unfold.

Stay tuned! Charlene will send out a date soon for a guided labyrinth walk in the local area.

Food & Nutrition

Here are some resources to help you find cheap and nutritious food in the area:

Best Local Grocery Shopping Options

The Milk Pail – 2585 California Street, Mountain View
Extremely cheap produce and great cheese selection. Local and imported goods.

Trader Joe's – 590 Showers Drive, Mountain View
855 El Camino Real #140 (at Town & Country)
Best option for frozen food, snacks, and wide selection of inexpensive wine and beer.

Sprouts – 630 San Antonio Road, Mountain View
Wide variety of both brand name and specialty items. Occasionally has awesome sales.

Whole Foods – 4800 El Camino Real, Los Altos, CA, 94022
Expensive but conveniently located near the Gronowski Center. Recently



Healthy Recipes

Asian Style Stir-fry

Ingredients: (Substitute seasonal vegetables as desired)

2 tablespoons canola oil
1 red bell pepper, cored, seeded, sliced thinly
1 yellow bell pepper, cored, seeded, sliced thinly
1/2 cup thinly sliced red onion
1 cup small broccoli florets
2 cups sliced bok choy
1/2 cup snow peas
8 ounces firm tofu, cut into large chunks
3 clove garlic, minced
1/3 cup teriyaki sauce (Substitute soy sauce for lighter flavor)
1/4 teaspoon freshly ground black pepper
1/4 teaspoon kosher salt
2 tablespoons sesame oil

Directions:

- Start by preparing and cutting all the vegetables and measuring your ingredients so that they are ready to go. Once you begin stir-frying, it goes very quickly.
- In a wok or large skillet, heat canola oil over high heat until almost smoking. Add the peppers, onion, and garlic while stirring constantly for 2 minutes. While continuing to stir, add successively the tofu and broccoli.
- Cook, stirring, constantly for 2 minutes. Add the bok choy, sprouts, pepper, and salt and cook, stirring, until crisp-tender, about 2 more minutes.
- Stir in snow peas and sesame oil and remove from heat. Serve immediately over rice (see cooking instructions below).

Nutrition Tip:



Eat tomatoes and tomato products. One four-ounce tomato supplies about one-third of your daily need of vitamin C, plus a little beta-carotene, potassium, folate and other B vitamins, iron, and fiber. Tomatoes are also rich in a carotenoid called lycopene, a potent antioxidant. The lycopene in cooked and processed tomatoes (sauce, paste, salsa, canned tomatoes) is more easily absorbed than that in raw tomatoes. Watermelon and pink grapefruit also contain lycopene.

(recipes, continued)

Restaurants

*All of these options have meals available between \$6-10 and accommodate vegetarians and meat eaters alike

La Costena – 235 E Middlefield Rd, Mountain View, 94043

Great burritos with fresh and well prepared ingredients. Inconsistent pricing but worth the occasional payment frustrations.

Chef Chu's – 1067 N San Antonio Road, Los Altos, 94022

The best mid-priced Chinese food in the area! Located half a mile from the Gronowski Center. Great lunch specials!

Pluto's – 482 University Ave, Palo Alto, 94301

Reasonably priced build-your-own salads, sandwiches, and ready-made soups located near Stanford campus.

Chipotle – 180 El Camino Real, Palo Alto, 94304 or 1039 El Monte Ave, Mountain View, 94040

Cheap Mexican food with healthy and unhealthy options.

Mediterranean Wraps – 433 S California Ave, Palo Alto, 94306

Healthy Mediterranean food at a good price. Try their veggie deluxe wrap!

Pho Vi Hoa – 4546 El Camino Real A12, Los Altos, 94022

Nutritious noodle bowls and great appetizers. Slow-drip Vietnamese coffee is delicious and heavily caffeinated!

Good Morning – 4546 El Camino Real #13, Los Altos, 94022

All you're regular breakfast and lunch fare. Great breakfast burritos!

*****Have your own favorite cheap & nutritious restaurant? Share it with us and see it featured in our next newsletter. Submit your suggestions to: witt@paltoaltou.edu**

Brown Rice:

- Put 1-cup brown rice and 2-cups water in a saucepan with lid. Turn burner on high.

- When water starts to boil, turn heat down to a low simmer, stir, and cover. Simmer for 30 minutes (without stirring) or until all the water has been absorbed and there is no water standing at the bottom of the pan.

- Remove from heat, cover and let stand for 5-10 minutes. Fluff with fork. Serve.

Mexican Casserole

2 cups chopped onion, fresh
1 1/2 cups chopped red pepper, fresh
2 garlic cloves, minced
3/4 cup salsa
2 teaspoons ground cumin
1 6 ounce bag of spinach
2 15.8 ounce cans black beans, drained
12 6-inch corn tortillas
2 cups Monterey Jack and Cheddar blend cheese
2 Avocados (optional)
1 can of olives (optional)

Directions:

- Preheat oven to 350 degrees.
- Combine onion, pepper, garlic, salsa, cumin and black beans in large skillet and bring to simmer over medium heat. Cook, stirring frequently for 5 minutes.
- Arrange 6 tortillas in bottom of medium to large baking dish overlapping them as necessary. Spread half of bean mixture over tortillas, spread spinach evenly over beans, and sprinkle with half of cheese. Repeat layering process with remaining tortillas, bean mixture, spinach, and cheese.
- Cover dish with foil and bake 15 minutes.
- Carefully remove foil and serve warm.
- Garnish with diced avocado, olives, and cheese if desired.



Quick Eats from Trader Joe's!

Teriyaki Chicken Pot-Stickers with Kale

Ingredients:

One bag Trader Joe's Chicken Pot-Stickers
 One bag Trader Joe's Organic Tuscan Kale
 ¼ cup Trader Joe's Soyaki Sauce

Directions:

Follow directions on back of Trader Joe's Chicken Pot-Stickers. When Pot-Stickers are almost done uncover and turn up heat to medium-high. While flipping Pot-Stickers continuously with a spatula add Trader Joe's Soyaki Sauce in roughly three parts allowing excess moisture to boil off (takes approximately 30 seconds between each addition). Add Trader Joe's Organic Tuscan Kale and stir continuously for 1-2 minutes depending on desired texture of kale. Serve immediately.

Trader Joe's Mushroom Risotto with Edamame and Spinach

Ingredients:

One bag of Trader Joe's frozen Mushroom Risotto
 One bag of Trader Joe's edamame
 One 6 oz bag of spinach
 Pinch of salt
 Italian herbs/crushed red pepper (optional)

Directions:

Follow directions on the back of Trader Joe's Mushroom Risotto, adding 1 cup of edamame from the start. When the moisture has cooked off of the risotto/edamame blend and there is approximately 2 minutes of cook time remaining, add ½ of the bag of spinach to the mix. Stir, and take off of the heat when the spinach is slightly wilted. Add a bit of salt, and herbs and crushed pepper if desired. Serve immediately.

A look back: Fall Quarter Wellness Day



Above: a few of our cabinet members: Joanna, Sarah, Carol & Erik.

Last Fall's Wellness Day included tasty and healthy snacks and drinks, free massages, and mindfulness sittings! **SAVE THE DATE** for this quarter's wellness day: **Friday, March 14 – Gronowski Student Lounge!**



Fun Activities



Local Hiking:

*Look up directions on line before leaving for each of these spots due to multiple trailheads and unmarked addresses. All hikes within 20 minutes of Palo Alto.

Arastradero Open Space Preserve

Adjacent to Palo Alto University. Loops between 3 and 6 miles. Perfect for beginner hikers and in-between-class walks.

Windy Hill

Located 3 miles from PAU campus. Trails range in length and difficulty from 2-mile flat and easy, to 8-mile day long strenuous. Epic view from the top!

Monte Bello

Located 11 miles away from PAU. Numerous 3-4 mile medium-difficulty loops through various different types of terrain.

Happy Hour Spots:

Chevy's – 2116 W El Camino Real, Mountain View, CA, 94040
\$5 margaritas, happy hour appetizers, and great chips and salsa! Located across the street from the Gronowski Center.

Scratch – 401 Castro Street, Mountain View, CA, 94041
Discounted drinks and appetizers, fresh local ingredients, oyster bar. Slightly more upscale.

The Old Pro – 541 Ramona Street, Palo Alto, CA, 94041
\$5 pitchers between 12:00-6:00pm. Best calamari in Palo Alto!



Fitness Tip:

Be active.

As many as 12% of all deaths—250,000 per year—in the U.S. may be attributed indirectly to lack of regular physical activity. Only about one in four Americans exercises enough to be considered physically active.

Upcoming Events:

TARA BRACH A WITT Speaker Event

Feb 28 - 5-7PM - D1 1A & D1 1B

Tara Brach will speak about mindfulness and self-care; bringing presence and openness to both our daily life and clinical work. The talk will include experiential exercises and time for Q&A.



WELLNESS DAY

Friday, March 14



10am - 4pm @ Gronowski Student Lounge
free nourishment for your mind, body & soul

11AM - 4PM: Free massages! (20 minutes)	Student Lounge
10AM - 4PM: Free healthy snacks & drinks!	Student Lounge
12PM: Guided Meditation! (45 minutes)	C15A
4PM: Guided Meditation! (45 minutes)	C15A

To RSVP or join our mailing list, please e-mail us at: witt@paloaltou.edu