

WELLBEING BULLETIN

HIGHLIGHTS & NEWS

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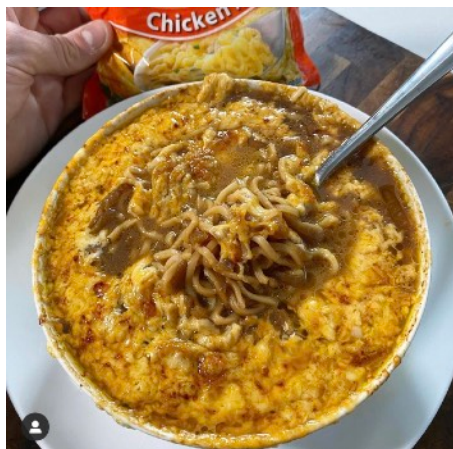


We are amidst a national crisis and pandemic, with things changing daily. We are thankful for everyone working together during this time and remaining flexible to adjust to the needs that arise. Weekdays, Dr L Fick and Jenkins are hosting a Wellbeing Check-in via phone or video call (Google Hangout) from 3:30-4:00. Check your email for the invite and email them if you're missing the invite. Our photography contest is underway as well, so upload your images to the shared drive and we will have voting coming soon for new art in the department!

RECIPE TO TRY

A QUARANTINE RAMEN HACK - FRENCH ONION SOUP RAMEN

*A not healthy but delicious recipe made of things you probably already have.
Courtesy of Josh from Mythical Kitchen ([youtube.com/mythicalkitchen](https://www.youtube.com/mythicalkitchen))*



INGREDIENTS

- * 2 Tbsp butter
- * 2 onions
- * 1 pack instant ramen
- * ¼ tsp salt
- * 1 quart water
- * A very optional shot of liquor
- * ½ cup any cheese you got
- * Black pepper to taste

DIRECTIONS

- 1) Melt butter over medium-high heat in a large sauce pot. Thinly slice onions then add to butter along with salt and the seasoning packet from ramen. Stir and allow to cook down for about 20 minutes, until caramelized and slightly burnt.
- 2) If you got a shot of liquor you feel like giving up—any liquor, who cares?!?—throw that in the pot and stir up all the flavor bits from the bottom of the pot. If you don't have liquor (it's about to be a long quarantine!) add the quart of water and stir.
- 3) Let boil for 10 minutes. Add ramen noodles to water, cover with a lid, and boil for an additional 2 minutes. Add soup and noodles to a bowl, grate any cheese you have on top and either broil or throw in the microwave until melted.

#STVIMWELLNESS

Interested in contributing? Email us at katherine.axon@ascension.org
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STAFF SPOTLIGHT

Dr Nick Jenkins, AIMS Faculty



What's the most enjoyable aspect of your job here?

I love to work with and teach the residents. I think there is a healthy and friendly culture in our department.

What do you like to do most when you're not working?

I'm a big fan of napping and reading

Favorite book:

Moby Dick, I've read it three times and find something amazing every time.

Favorite thing about Indiana?

The people, the culture, everything but the winters.

Best advice you've received:

Stay curious, that is the key to solving any mystery.

Favorite food:

I love seafood. Crawfish boils are my jam.

What's something many people don't know about you?

I'm a scuba diver, a black belt in taekwondo, and I won an award from my little league team for getting hit with the most pitches.

Early bird or night owl?

Night owl for life.

Favorite tv show?

X-files and Schitt's Creek

Goal for 2020?

Washboard abs, baby!

If you could live anywhere where would it be and why?

Right now, I would stay right where I am. I love my job, my home, and family. But eventually, I'd like to sell the house and bounce around Asia with my wife for a year or two.

HEADSPACE FOR MINDFULNESS. *from Dr. Fick*

It probably comes as no surprise to anyone reading that I'm "just a little" high-strung. 😊 One tool I've found to really help with anxiety, focus, intention, and management of emotions is to practice mindful meditation. The mind and health benefits of meditation are continuing to grow (you can read a systematic review from 2013 here: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3679190/>). While some choose to learn and practice these techniques with coaches, instructors, or via retreats I've found a great way to start is by using some app-based technologies. Practicing mindfulness meditation may be an easy and inexpensive way to incorporate mind and emotional health into your daily routine.

I learned about Headspace about 4 years ago after it was mentioned in a tweet by a local chef. Headspace offers several free beginner sessions that you can use again and again, but the full experience requires a subscription (~\$149 annually). The full experience has mini-courses for general meditation or for specific skills such as for improving sleep, building relationships, a package for young and middle-aged kids, stress, mindful eating, etc. While more expensive than the others I mention here, I personally think it's the easiest to get started with and maintain due to its ease, entertaining platform, and the narrator's masculine Australian accent. And now (update), Headspace is offering a full subscription through 2020 free to healthcare providers.

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