

Spring 2023

The Check-Up

Wellness Newsletter: BLOSSOMING EDITION

Spring has sprung

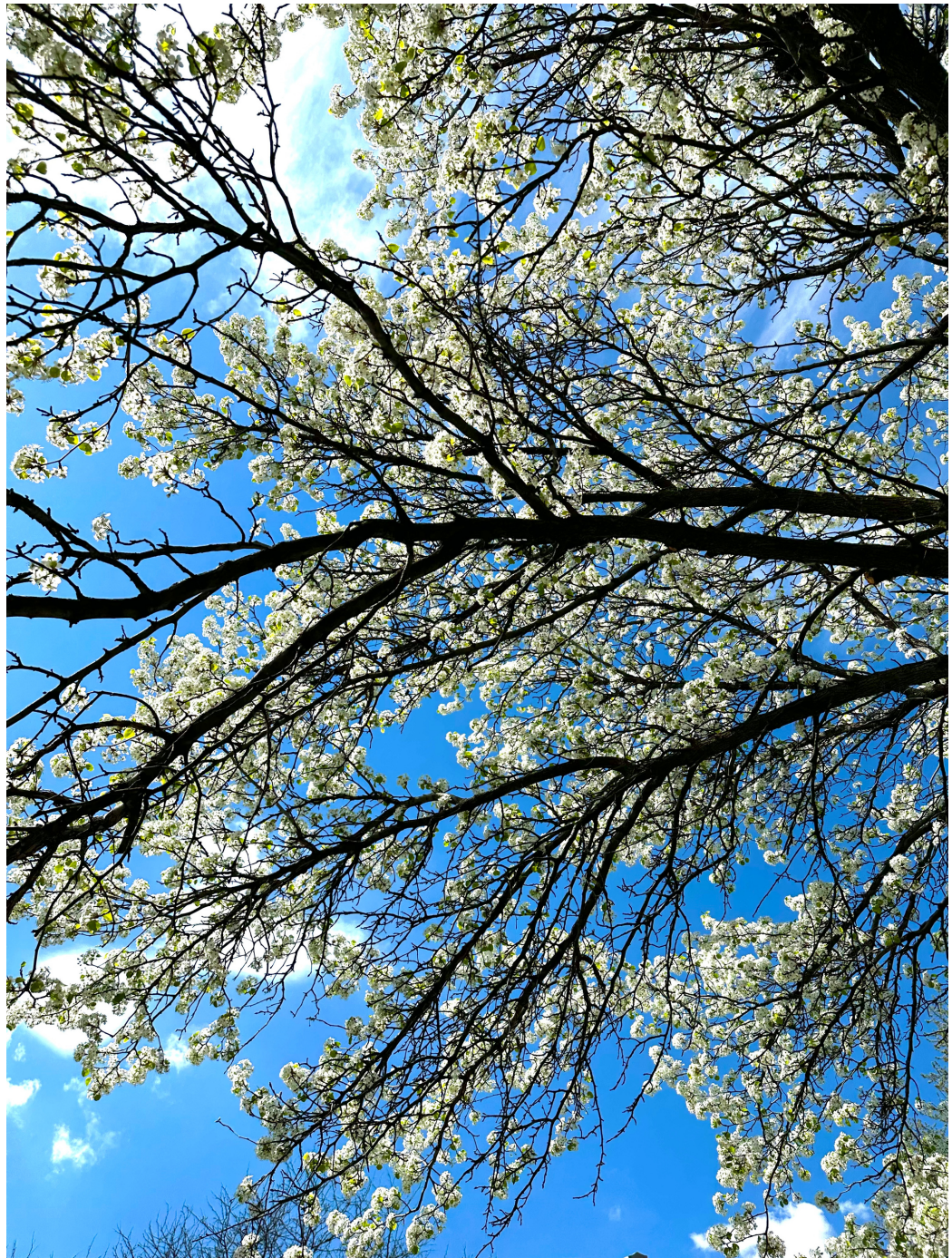
The weather is getting warmer, the leaves are returning, and flowers are sprouting. Wellness is about thriving and BLOSSOMING. In this issue of the Wellness Newsletter, we are excited to share how the Pritzker community rejuvenates, grows, and blossoms.

Happy Reading!

Love,
Ceylon and Nitin

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"In Bloom"
Photograph
Kyle Tingling, MI



WELLNESS

Tips

1

Let the sunshine in! Stuck inside studying or doing research? Open those blinds or find sunny workspaces.

2

Stop and smell the flowers - literally. Practice mindfulness when you're outside - what are you hearing? Smelling? Sensing?

3

Enjoy seasonal fruits and veggies! Spring produce favorites: strawberries, collard greens, pineapples and more!

4

Put on tunes or a podcast and jump into spring cleaning! Donate and recycle items you no longer use.

5

Did dark winter days confuse your sleep cycle? Reset your sleep schedule by setting bedtimes.



Hey Dr. Davenport, what does wellness mean to you?

Wellness for me is ensuring that my physical and emotional well-being are in alignment and prioritized. That means getting at least 7 hours of sleep, exercising even though I hate doing it, going to therapy at least once a month, and surrounding myself with support. I also love trying new restaurants, playing tennis, and hanging out with my 2 most favorite people in the world, my children.



Fun fact: I learned how to downhill ski at 9 years old and still love racing down black diamond mountains.

Fun photo: Halloween 2022 – me as Serena from US Open 2022 and my daughter Mia as Beyoncé from Coachella.

Hey Pritzker, how do you rejuvenate in the Spring?



Vitamin D!



Picnics



Long walks outside



Quality time with friends



"Taking a bunch of Claritin to get rid of my HORRID allergies."

PLANT-PARENTS OF PRITZKER



Contributed by Tosin Oniyide, MI

Planting Tips from Tosin:

Underwatering is better than overwatering.



Do not be afraid to re-pot plants.

Placement, placement, placement - make sure the right plants are getting the right lighting.





Chef's Kiss



a delightful section that's peppered with the tastiest and most cherished recipes from Pritzker Students!

Vegetarian/Vegan Chili

By: Alia Richardson, M1

When I became a vegetarian over 10 years ago, chili was one of the first things I learned how to make! It's easy, delicious, and customizable enough to be a crowd favorite. This chili recipe is vegan, gluten free, and so good that even meat eaters enjoy it. Now chili is one of my go-to recipes for potlucks, having friends over, meal prepping before a long week. I hope you enjoy it!

Ingredients

- Olive Oil
- 1 large Onion
- 1 large carrot or an equivalent amount of baby carrots (I usually buy baby carrots so I don't have to peel them, and I eat them as snacks)
- 1 can of crushed tomatoes (I like the roasted tomatoes with organic green chilis from Trader Joe's)
- 3 cans of black beans
- 1 can of kidney beans
- Cumin ~1 tablespoon
- Chili powder ~2 heaping tablespoons
- Smoked paprika ~1 teaspoon
- Cayenne (optional) ~just a pinch, unless you like it hot
- Salt and pepper to taste



Instructions

1. Dice the onion and carrot.
2. Heat a large pot on medium-high heat and add oil. Add the chopped vegetables and a pinch of salt until lightly browned and very reduced in volume. This usually takes about 15-20 minutes.
3. Add the remainder of the chili ingredients (beans, tomatoes, and spices), and reduce the heat to medium. Simmer for another 20-30 minutes, stirring every 5 minutes and adjusting the spices to taste. If the chili starts to stick to the bottom of the pot or dry out, stir in a little bit of water or vegetable broth. The chili is ready when most of the beans have burst and your kitchen smells real yummy.
4. Serve with the toppings of your choice and enjoy with friends!

Optional Toppings (as many or as few as you would like!)

- Sliced jalapeños
- Sliced Green Onion
- Pickled red onions
- Cilantro
- Tortilla chips
- Sliced Avocado (my spirit vegetable, or fruit???)
- Greek yogurt or sour cream
- Grated cheddar cheese



Pro Tips 😊

- If you have any leftover chili, make nachos the next day with tortilla chips, cheese, and any additional toppings that you have lying around.
- This is a great hosting meal because it's cheap and easy! All you have to do is make the chili and ask your friends to bring their favorite toppings. You also only have one pot to clean.
- You can portion out the chili as part of your meal prep routine or freeze it to eat at another time.



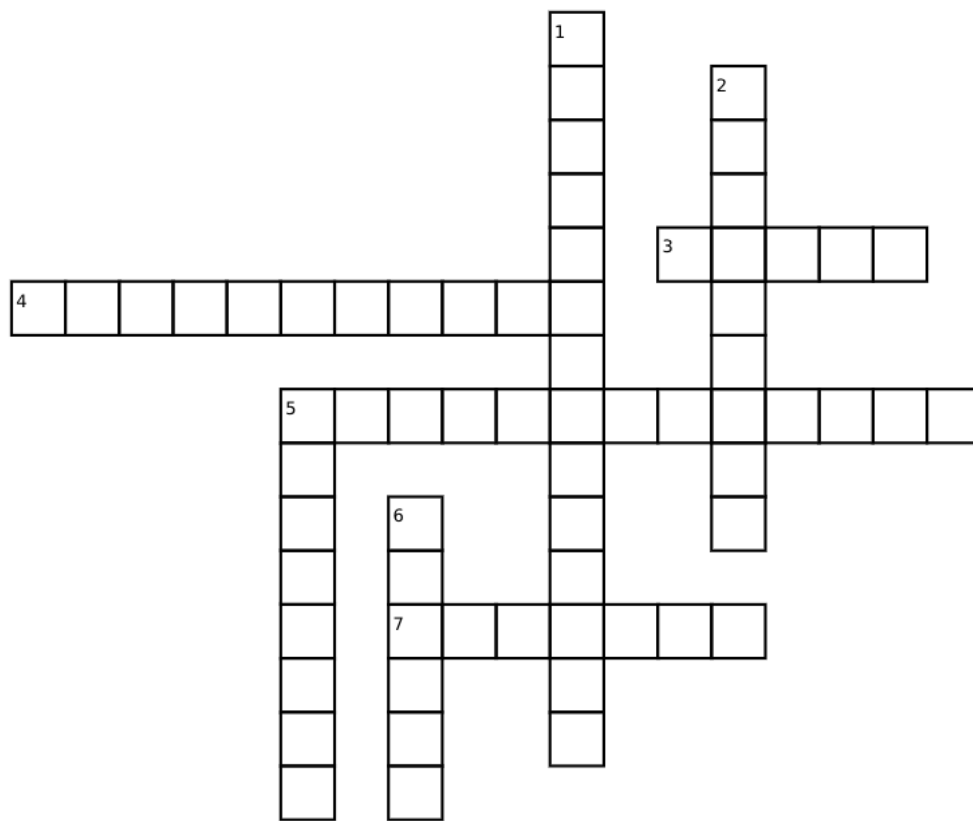
Delights



HAVE SOME MERRIMENT WITH THESE GAMES!

Work hard, play hard

Test your Hyde Park and Pritzker knowledge with this crossword!



Down:

- 1. "Divine" cash-only café
- 2. Our newest dean's specialty
- 5. Where to take a dip with Dr. Dulin
- 6. Great place to take a dive

Across:

- 3. M1's favorite farmer
- 4. Apartment building with so-so weather
- 5. Hyde Park spot for Salsa Night
- 7. Our new HEDI director!

Solved puzzle on page 14.



FREE N' FOR FUN

Travel times are based on the BSLC as the departure point.

INSIDE ACTIVITIES

Lincoln Park Conservatory

Do plants catch your fancy? Check out your green friends here.

Address: 2391 N. Stockton Dr. Chicago, IL 60614

Travel time: 1 hr on CTA, 45 min driving

Chicago House Music Festival and Conference

Vibe to some DJs and learn about House Music, a genre born in Chicago.

Friday, June 23, 2023, 5-9 PM

Address: Chicago Cultural Center, 78 E Washington St, Chicago, IL 60602

Travel Time: 48 min CTA, 23 min driving

National Museum of Mexican Art

Appreciate and celebrate Mexican heritage and art

Address: 1852 W 19th St, Chicago, IL 60608

Travel time: 1 hr on CTA, 23 min driving

Stony Island Arts Bank

Enjoy live music, film screenings, and dance performances in this beautiful refurbished bank building.

Address: 6760 S. Stony Island Ave, Chicago, IL 60649



OUTSIDE ACTIVITIES

Maxwell Street Market

Peruse, window shop, and if you're daring, make a purchase here!

Address: 800 S. Desplaines St., Chicago, IL 60607 | 312.745.4676

Travel time: 1 hr on CTA, 20 min driving

Oz Park

Shocked this even exists but hey, this has to be on someone's "Oz-some" bucket list? Features installments from Wizard of Oz.

Address: Oz Park, 2021 N Burling St, Chicago, IL 60614

Travel time: 1 hr on CTA, 30 min driving

The 606

Stroll on an elevated park trail traversing multiple neighborhoods that has murals, lookout points, and awesome photo ops.

Address: Bloomingdale Avenue From Ashland To Ridgeway

Travel Time: 1 hour on CTA, 40 min driving

Windy City Hot Dog Fest

The hot dogs are quaking in their casing as the masses arrive!

Address: 4000 N. Milwaukee Ave., Chicago, IL

Days: June 3-4 2023 | 12 pm - 10 pm

Travel Time: 1 hour

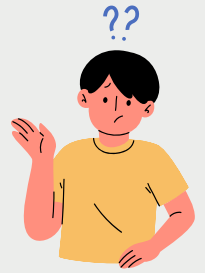
Movies in the Park

Catch some flicks across Chicago parks!

<https://www.chicagoparkdistrict.com/movies-parks>



Dear Wellness,



I struggle a lot with setting boundaries and often get tired from overcommitting myself. Any advice?

- Anonymous Antelope

Oh boy, this is a doozy and very dear to my heart. Boundaries are tough and often people, institutions, and “work” (willingly and unwillingly) intrude on our boundaries. This can impact our self-preservation and overall wellness as we end up more tired even though we wanted to help. In an ideal world, you would be able to say “yes” to everything but then you might find yourself being taken advantage of! As much as I hate objectivity, sometimes objectivity can help us make logical decisions. Here are some tips:

- **EVALUATE** how you are feeling prior to committing.
- **FORECAST** how you will feel when things get busier and you have to manage this commitment/request.
- **SORT** and dissect the request in terms of how it benefits you, your community, the asker, and your passions. If the pros of this commitment do not outweigh the cons and you feel “obligated to do it”, evaluate where this urge to commit is coming from.

Ultimately, you have to consider and advocate for yourself and your needs!

What are some ways to decline? Usually, I say something along the lines of, “Thank you so much for coming to me. With my current bandwidth, I am afraid I cannot commit. I would be more than happy to pass this information on to other people if you would like.”

Some of our classmates set a time after which they do not think about school and work. If this is a method you want to try, I support it! It can feel like there is always work to do but setting and maintaining boundaries ensures that your time is respected and valued, and allows you to do your best for the causes and people you care about.

-Wellness





Museum of Art At Pritzker



Enjoy beautiful creations from people in our
community!



Untitled
Watercolor
Chineze Egwudo, M1



Student Spotlights

Read about how our classmates incorporate wellness into their lives!

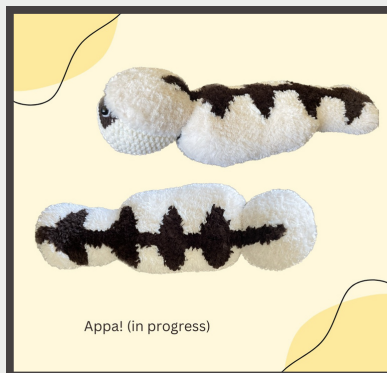


Megha Prasad, M1

Hi everyone! My name is Megha and I have been **crocheting** for over a year and **knitting** for 6 months!

My favorite part about my hobby is being able to design and create things from scratch. There is nothing more satisfying than turning a pile of yarn into something original. On the weekends you can find me knitting on the couch with a cup of hot decaf coffee with good music blasting on the speaker. It's one of my favorite ways to relax and unwind after a long week.

A selection
of Megha's
gorgeous
creations!



Student Spotlights

Read about how our classmates incorporate wellness into their lives!

Reflection from Happiness and Hobbies Grant Recipient **Nihar Rama, M1**



Several years ago, when I was still living in Cincinnati, OH, a friend of mine invited me to come play **pickleball** with him. I remember thinking to myself, "What kind of name is that for a sport?" My expectations were low; I had never heard of or seen the sport played before. As I made my way to a set of tennis courts overlooking the Ohio river, I noticed that the courts had been partitioned: on each side of the net, there was another court set up with a slightly smaller net in the middle. What was more stunning was the diversity of people that I saw playing the game. Players spanned the gamut of age ranges, athletic builds, and personalities.

I arrived at the courts confidently. I was a young, 20-something, relatively athletic kid with great hand-eye coordination. These senior citizens didn't stand a chance.

My hubris was quickly shaken. I lost, again and again, and to my surprise, I didn't mind losing. In fact, I was having a ton of fun. I think the reason I was having so much fun was because I recognized the beauty of what was happening. This simple sport, by virtue of its design and culture, was fun. Anybody, regardless of previous skill level, exposure, athleticism, etc. could play pickleball and have fun.

If anyone is interested in learning more about America's fastest growing sport or just trying something new, please reach out to me! I think pickleball is a great way to get outside and enjoy the weather as it's warming up, as well as to stay active and connected with friends. Feel free to reach out at (513) 372-1957 and we can find a time to play!

Mental Health Resources:

If you feel like you are in immediate risk of danger, please call 773-702-3625 or 911 and go to the Emergency Room.

Pritzker/Administrative Resources:

1. Reach out to Pritzker Chiefs available 24/7 365:

Steve Server: 847-736-7137

Manizha Kholmatov: 402-417-2733

Hannah Priddy: 720-299-5475

2. Contact the friendly Pritzker Deans:

Dean of Students Jim Woodruff: 773-251-5231

Assistant Dean of Students Wei Wei Lee at 646-483-9327

3. Call the University "Dean-on-Call" at 773-834-4357

Counseling & Therapy Resources:

1. For Emergency 24/7 mental health consultation with a therapist, call 773-702-3625.

Student Counseling Services 773-702-9800

You can schedule an appointment or speak confidentially with a therapist (free).

Additional mental health resources:

<https://wellness.uchicago.edu/mental-health/>

FLIP (First-gen, low-income Pritzker) resource list

