

Summer 2023

The Check-Up

Wellness Newsletter: ADVENTURE EDITION

Trailblazers Abound...

We have finally landed in summertime CHI. Summer brings us connection, fun, and adventure.

In this issue of the Wellness Newsletter, we are excited to share how Pritzker has fun in the sun (with SPF 50 on, of course).

Happy Reading, Sunshine!

Love,
Nitin and Ceylon

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"Turning Point"
Photograph
Aish Katiki, M2

WELLNESS

Tips

1

Plan a personal trip! It doesn't have to be far and you can recruit your organized spreadsheet friends (or Chat GPT) to plan the trip with you!

2

Hydrate! Take frequent sips and eat wonderful produce to give you a refreshing kick!

3

Kynnedie Maloz, M2 drops the hottest tip:
"SPF people!! Trader Joe's has an incredible facial sunscreen that is only \$10! It doesn't make you look greasy or leave a white cast! Need I say more..."

4

Alex Rains, M4 with the coolest tip:
"Freeze hand wipes and use them to cool yourself off when you get in from the outdoors."

5

Catchup on those much needed naps! There will always be work or adventure and naps/rest can carry us a long way.



Hey Dr. Krishnamoorthi, what reflections do you have on wellness?

I won't pretend that I have my wellness routine quite down yet! But I can share some observations as I've learned through trial and error. I try to combine the things that are good for me with things that I enjoy doing. For example, I am not a huge fan of going to the gym, so instead I try to play sports because it's social and fun. I recently regained my obsession for tennis and play as much as I can because my in-laws are also obsessed.

I've come to accept that sleep is important in ways we sometimes can't feel. When there is so much to do, it's hard to say goodnight to the day, but I have to in order to have the energy and clear head for the next day.

I try to practice meditation, mindfulness, or prayer to address stress. I also get recharged through conversations with depth and meaning-- and laughter-- and I value the connection these bring.

I worry that "wellness" itself has become another thing to be achieved, ironically another goal to feel worse about if you don't "have it" when others seem to. You are not alone if you are struggling. It's really important to acknowledge not feeling well, or to not really be "okay" the way we're asked asked casually on a daily basis. You don't have to share with everyone, but identify your team of supportive people you trust and get connected with professional help to address your struggle. I hope that we can serve as models for that honesty about ourselves.



PLANT-PARENTS OF PRITZKER



"Some of my plants,
including my gigantic
raphadiphora
tetrasperma."

By: Alex Rains, M4



Phoebe - N'joy Pothos
By: Kynnedie Maloz, M2



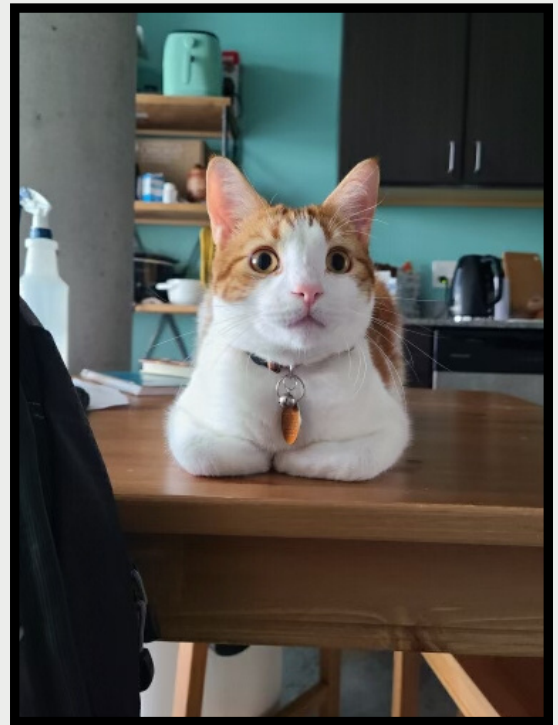
"unnamed"
By: Nihar Rama, M2



PET-PARENTS OF PRITZKER



Joseph
By: Allyson Dewey, M2

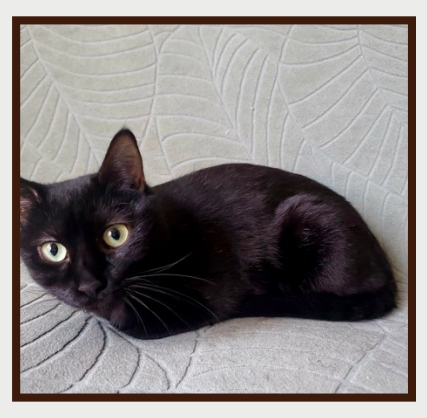
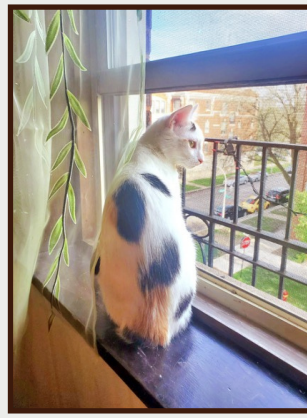


Bandit
By: Arianna Parkhideh, M2



🐾 🐾 PET-PARENTS OF PRITZKER:

Fostering Cats with Grace Li,



(L to R) Lucy, Petit Fours, Flynn, Eden

I firmly believe everyone is a cat person--some of y'all just haven't met the right kitty yet! If you're thinking of opening your home to a feline companion but you also have a healthy fear of commitment, fostering might be the perfect solution for you! After moving here with my 18-year-old cat Lucy, I started fostering so that we could be a two-cat household without two cats' worth of medical bills. I've fostered 3 pretty kitties so far from Hyde Park Cats. If you have more questions or wanna meet/adopt my current foster cat Eden, shoot me a text at (240) 291-7095 :)

Pros:

- The rescue covers all medical bills, sometimes even food & supplies.
- Generally low maintenance--the perfect med school pet!
- You get free 24/7 access to cute photos, cuddles, and biscuits.

Cons:

- None <3
- (cat fur and cat shenanigans)

Grace Li, G1 MSTP



Chef's Kiss



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

South Indian Chicken Fry

By: Manish Pathuri, M2

This dish is special to me because my mom made it for me every Sunday when I was growing up. It tastes so good and just makes me happy. She still makes it every time I visit so shoutout momma ❤️

Ingredients

- 2 pounds chicken thighs bone in or boneless cubed
- 1 tsp Cumin seeds
- 4 green chilis (adjust as preferred)
- 1 sprig Curry leaves (optional)
- 10 cashews broken in half
- 1 big onion diced very finely
- Salt to taste (I prefer 2 ish teaspoons)
- 1 tsp coriander powder
- 1/2 teaspoon red chili powder
- 1 teaspoon garam masala

Marinade Ingredients:

- 2 teaspoons ginger garlic paste
- 1/4 teaspoon turmeric
- 1 teaspoon red chili powder (do not use paprika pls)
- Couple tablespoons Grated coconut (optional)
- 1/2 teaspoon garam masala and salt
- Squeeze in a couple limes



Instructions:

- Marinate the chicken with the above ingredients until you lose patience lol.
- Heat a pan over medium heat and add 2 tablespoons of oil or ghee or butter or mix them idc either works. Add more at any point while cooking if it is sticking to the pan.
- Add in the cumin seeds, curry leaves, cashews, and slit green chilis when the oil is hot.
- Add in the diced onions and maybe a touch of salt to help them cook faster until golden and translucent (5-6 mins).
- Add coriander powder, red chili powder, and sauté for one minute.
- Add the cubed and marinated chicken and mix it till nicely coated. Cover with lid and let it cook until it's like 75% done (10 mins ish) stirring every 2 mins.
- Open the lid and add the remaining spices (garam masala and salt) and cook till moisture is evaporated. Do not add any water and make sure not to overcook the chicken.
- Taste adjust salt if needed and garnish with cilantro.
- Serve hot with rice :)



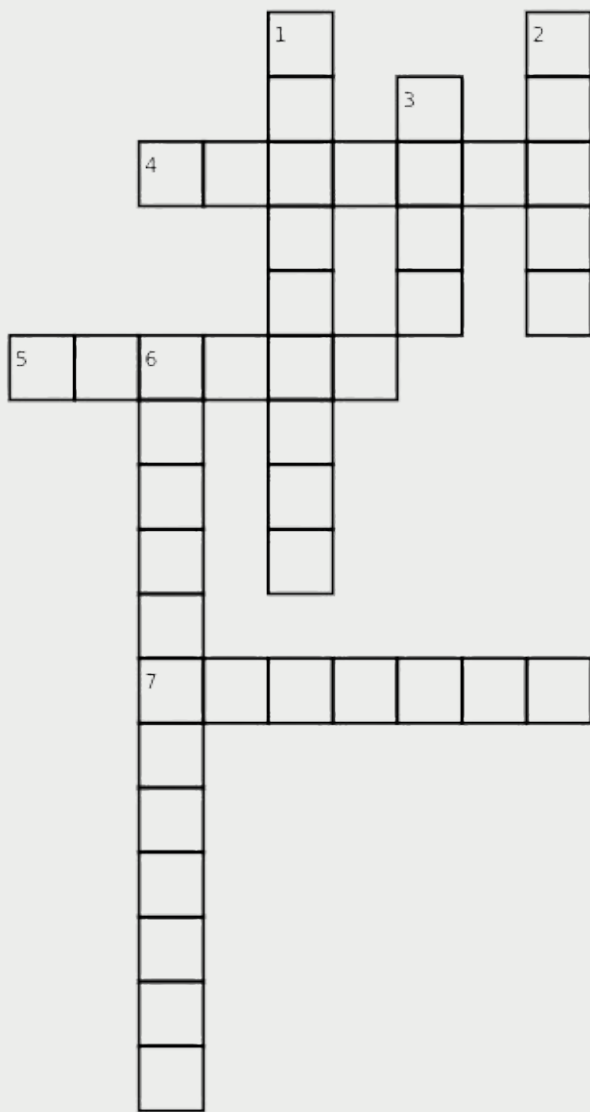


Delights



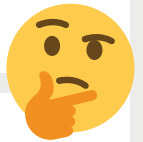
HAVE SOME MERRIMENT WITH THESE GAMES!

Work hard, play hard



Down:

- 1. One of the Pritzker Chiefs
- 2. Sandy spot on 57th Street
- 3. Another Pritzker Chief
- 6. Weekly event in Mitchell S010



Across:

- 4. Pritzker _____ (2023 Orientation Theme!)
- 5. One more Pritzker Chief
- 7. Where to read puns about M1s

Solved puzzle on page 13.



FREE N' FOR FUN

Sangria Festival

August 19-20 | Humboldt Park

Art, music, entertainment, and sangria. Salud!

Taste of Chicago

Free Admission | September 8-10 | Grant Park and citywide

Impressive eats and music! What's not to love!

Chicago SummerDance

July 15 - Sept. 10, 2023

Free admission | Grant Park and parks citywide

Come for free lessons from a pro dancer or simply sit back and enjoy the music.

Movies in the Park

Catch some flicks across Chicago parks!

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

Hyde Park Jazz Festival

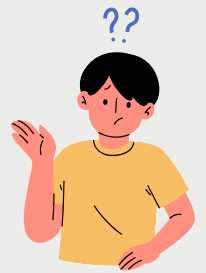
Sept. 23 - Sept. 24, 2023

Free admission | Multiple local Hyde Park Venues:

<https://www.hydeparkjazzfestival.org/2023venues>

Get Jazzed to hear some Jazz right here in Hyde Park

Dear Wellness,



I have been struggling with letting go of regrets and forgiving myself for mistakes. What tips do you have to move forward?

- *Anonymous Aardvark*

My dear Aardvark. You are not alone! We're in a profession where increasingly we are expected to be the "best" from our community, peers, and leaders. But what does being the "best" mean? There is no gold standard, and mistakes -- both work-related and socially-related mistakes -- are part of your growth and learning.

Whenever I am reminded of mistakes, I take a second and run through these steps to stave off that dastardly spiral:

- 1. Reflect on what triggered this thought**
- 2. Acknowledge (out loud) that it happened**
- 3. Brainstorm what you have done since and if there is any recourse needed.**
If you find no next steps exist, you have done all you could and it's out of your control.
- 4. Call a friend or support person or do a fun activity to recenter yourself.**

You are only human and to be human is to accept the messy and fun sides of life and grow from them. You deserve to be kind to yourself, or else who else would?

-*Wellness*





Museum of Art At Pritzker



Enjoy beautiful creations from people in our community!



Koala soft pastel painting
By: Maura Davis, G1 MSTP



Maisie
By: Maura Davis, G1 MSTP



Student Spotlights

Read about how our classmates incorporate wellness into their lives!



Francesca Chu, M2

Hi! I'm Francesca and I love cooking and baking! Some of my favorite childhood memories involve making shortbread with my grandma, Martha Stewart cookies with my mom, and dumplings and sushi with my dad. Now that I'm older, I still love to try out new recipes, plan meals, and share food with others. Making food is always a form of self care for me, whether it involves nourishing the body with nutritious meals or nourishing the soul with sugar, butter, and flour.

Francesca is sweeter than these sweet treats!



Abroad

Student Spotlights

Some M2s jetted across the world for their summer research projects. Vacation vicariously with these lovely photos!



"Guten Tag!"
- Caroline Montag



"Bonjour!"
- Jonas Talandis



Dresden



Dresden



Kneipp Water Therapy!



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:

Melinique Walls: 901-896-8958

Cody He: 517-862-6320

Leslie McCauley: 312-515-0310

2. Contact the friendly Pritzker Deans:

Dean of Students Jim Woodruff: 773-251-5231

Associate 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

