

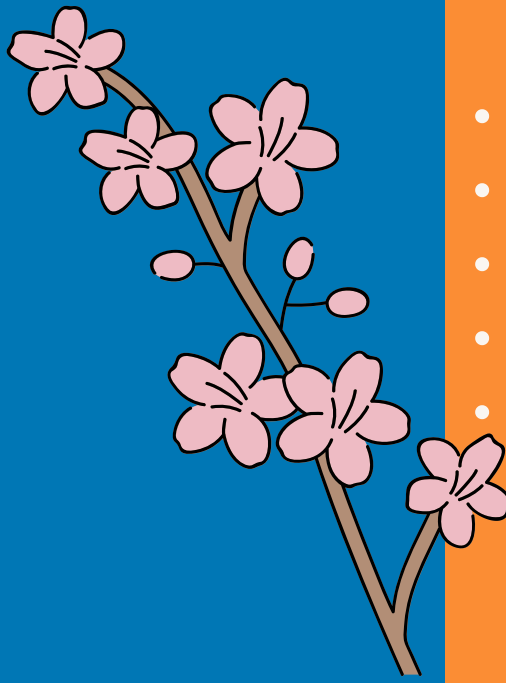
# WHAT THE HEALTH!

Making UC Riverside a Healthy Place to Study, Work, & Live



## HAPPY SPRING QUARTER!

We hope everyone's exams went well!  
Let's finish off strong with healthy habits and new activities!



## INSIDE THIS ISSUE

- Spring Destinations
- Picnic Recipes
- Spring Cleaning Habits
- Exciting Activities
- Wellness Ambassador







# SPRING DESTINATIONS

By: Jasmine An

Are you looking for new destinations to visit during the Spring season in California? Check out these destinations to see unforgettable scenery and have a great experience.



## FLOWER FIELDS



Visit the famous 55-acre destination to see a dazzling array of beautiful flowers and pops of nature on a hillside overlooking Carlsbad's coastline. It is nature's way of signifying their arrival for Spring in Southern California.



## JOSHUA TREE NATIONAL PARK



Joshua Tree is well-known for its breathtaking desert landscapes. During the spring, the weather is not too hot but still plenty of sunshine. Nights are long enough, so bring your peers to stargaze.





# SPRING DESTINATIONS

CONTINUED

While visiting these spring destinations, do not forget to take pictures with your loved ones. Make it a challenge and check off all the destinations you visited.



## DESCANSO GARDENS



The Descanso Gardens is a 150-acre botanical garden. Go on a Spring Bloom Tour to see the blooming varieties of flowers and plants, appreciating the beauty of nature.



## GOLDEN GATE PARK'S JAPANESE TEA GARDEN



Golden Gate Park's Japanese Tea Garden is the perfect place to observe cherry blossoms in full bloom. It is the oldest Japanese public garden in Northern California and offers walking tours to see the natural beauty and many landmarks that await you there.







# PICNIC RECIPES

BY: JASMINE AN

With the warmer weather and flowers blooming, there's only one way to describe it: Picnic season. Appreciate nature while enjoying some delicious recipes that you can make when you have your picnic.

## RECIPE 1: EASY ICED TEA

### INGREDIENTS:

- 6 tea bags
- 2 tablespoons golden caster sugar
- 1 tablespoon of runny honey
- 2 lemons, 1 juiced and 1 sliced
- 1 orange, sliced
- Small mint leaves, picked
- Ice



### DIRECTIONS:

1. Combine the tea bags, sugar, honey, and 1.5 liters of water in a large jug. Let it infuse for 10 mins. After, discard the tea bags. Chill until ready to serve.
2. Stir in the lemon juice, lemon slices, orange slices, and mint leaves. Fill the jug with plenty of ice and stir again.
3. Fill tall glasses with ice and pour over the iced tea. Serve with extra honey to taste.

## RECIPE 2: EGG & CRESS CLUB SANDWICHES

### INGREDIENTS:

- 2 eggs
- 2 tbsp mayonnaise
- 3 slices bread
- Little butter
- 1/3 carton of cress
- 2-3 slices of tomato or lettuce
- Slice of ham or cheese







# PICNIC RECIPES

## CONTINUED

### RECIPE 2: EGG & CRESS CLUB SANDWICHES

#### DIRECTIONS:

1. Bring a pot of water to a boil and add the eggs carefully. Cook for 6 minutes. After, cool them under running water until they can be peeled. Peel the eggs and allow them to cool completely.
2. Mash/chop the eggs, mixing with 1 ½ tablespoon mayonnaise and some seasoning (salt and pepper). Toast the bread.
3. Lay a slice of bread and butter it. Spread about three-quarters of the egg mixture and scatter over the cress. Add another slice of toast and spread on the remaining mayonnaise. Add slices of tomato, lettuce, ham and cheese. After, add the remaining egg over, spread gently, and top with the final piece of toast.

### RECIPE 3: CHOCOLATE COVERED STRAWBERRIES

#### INGREDIENTS:

- 100g dark chocolate, roughly chopped
- 400g strawberries
- 30g white and milk chocolate, roughly chopped (optional)



#### DIRECTIONS:

1. To melt dark chocolate, fill a small pan with 2 cm water bringing it to a simmer. Put the chocolate in a heatproof bowl and rest it on the pan. Make sure the bowl is not touching the water. Stir the chocolate until it gradually melts. Or, melt the chocolate in 20-second intervals in the microwave, stirring after each. After, put the melted chocolate in a deep bowl.
2. Gently hold the strawberries by their leaves and dip them into the melted chocolate. You can tap off any excess chocolate and place it on parchment paper to set.

# REFRESH YOUR MIND

SPRING CLEANING HABITS FOR  
MENTAL CLARITY BY FANNY YAO



As we welcome the blossoms of spring, it's not just our homes that could use a bit of tidying up. Just like we declutter our physical spaces, our minds also benefit from a good spring cleaning. In this edition, we'll explore some rejuvenating habits that can help you declutter your thoughts and promote mental well-being. Let's embark on a journey to refresh your mind and embrace the positive energy of the season!

## MINDFUL MORNINGS

Begin your day with intention. Incorporate a few minutes of mindfulness, meditation, or deep breathing exercises. Clearing your mind in the morning can set a positive tone for the entire day, helping you face challenges with a calm and focused mindset.



## JOURNALING

Channel your thoughts onto paper. Journaling allows you to express your feelings, organize your thoughts, and gain insights into your emotions. Use this as an opportunity to reflect on your goals, achievements, and areas for growth.



## CONNECT WITH NATURE

Embrace the beauty of spring by spending time outdoors. Whether it's a walk in the park, gardening, or simply enjoying a sunny day, connecting with nature has proven benefits for mental health.

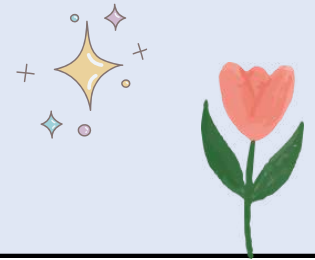
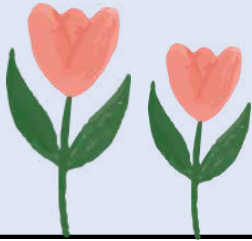


As we transition into spring, let's prioritize our mental well-being with these rejuvenating spring cleaning habits. Just as the flowers bloom and the days get brighter, your mind can also flourish with a little care and attention. Wishing you a season of mental clarity and renewed energy!





# SPRING INTO FUN!!



## Have a Picnic

Pack your favorite snacks, grab a cozy blanket, and head to your nearest park for a spring picnic. Explore local parks or botanical gardens, reveling in the beauty of blossoming flowers and the sweet melodies of chirping birds.



## Try Gardening

Start a spring garden. Whether you have a vast backyard or just a few pots on your balcony, planting flowers, herbs, or vegetables can be a therapeutic and rewarding experience.



## Take a Hike

Spring offers mild temperatures and lush landscapes, making it an ideal time to explore nature. Choose a trail that suits your fitness level and enjoy the sights, sounds, and smells of the great outdoors.



# BRITTANY FRASER

## WELLNESS AMBASSADOR

### WHAT DOES WELLNESS MEAN TO BRITTANY FRASER?



My wellness journey has been a long and winding journey. When I was 10, my mom was diagnosed with type 2 diabetes and my entire relationship with food shifted. I learned very early on what healthy food was and how to eat sweets and carbs in moderation. Directly after college, I sought help for my depression and anxiety that I had been dealing with since I was a teenager, and it deeply changed my life. On top of going to therapy and being medicated, I have attended almost every session through the FSAP program and continue to share my story so more people will seek the help they need. Being a wellness ambassador has helped me to feel like I am more involved not only in my own wellness journey at work but also that of those around me. There is so much information on wellness out there that it can be overwhelming. Being a part of this program has helped to break that down and get me actively thinking about wellness in my work environment.

