Welcome to the CWS Spring 2018 Newsletter, our inaugural issue! Dr. Sabo and I are so eager to share what we have learned as we’ve progressed on our own personal and professional wellness journeys; however, I won the toss, so this is my issue. I hope you enjoy. Dr. GO

Meet the CWS Crew:

**Carl W. Sabo, PhD, CRC**

Immersed in developing and teaching his first wellness course, Dr. Sabo started with and continues to practice mindfulness meditation. After a decade, Dr. Sabo regularly engages in a deep mindfulness practice, yoga and many other wellness behaviors.

**Gina R. Oswald, PhD, CRC, LPC**

Dr. Oswald took her first steps towards personal wellness over a decade ago when she began practicing yoga. Since then, she has embraced meditation, a vegan and minimalist lifestyle, transformational travel, and Ecotherapy.
Upcoming Events

RHB 3660- Summer 2018
RHB - 3660 WELLNESS FOR HELPERS

The rehabilitation services undergraduate major offers RHB - 3660 Wellness for Helpers as an elective within the program of study. Dr. Carl W. Sabo developed this course shortly after coming to Wright State University. Dr. Sabo recognized through his work experience as a rehabilitation counselor the stress associated with working as a helper, whether that is as a counselor, social worker, rehabilitation professional, etc. We at CWS believe it is imperative to install a wellness acumen to students before they start their professional careers. While the course outlines the unique aspects of stress that can develop when working as a professional helper, the course also addresses how to enhance overall wellness in all aspects of one’s life. The course content is of value to students from their first class session and the benefits will continue through their entire lives. Feel free to check out the listing in the WSU Summer Schedule and sign up if you are interested!

Top Picks for Spring from Dr. GO

Book:
The Joy of Less by Francine Jay

Website:
doyogawithme.com

Favorite Recent Wellness Experience:

Ecotherapy in Antarctica
I had the extreme pleasure of spending my Winter Break in Antarctica this year. I was not only able to immerse myself in an Ecotherapy experience for 3 weeks with old and new friends, but I also got to learn about the wonderful Norwegian concept of Friluftsliv. Please watch the 8-minute video linked below to experience a very small piece of this transformational trip. For a more complete version of my trip, check out my YouTube channel Dr. Oswald, WSU.

https://youtu.be/qMForDJ0bgaw
Recipe of the Month: Spinach Chickpea Sundried Tomato Curry with Cauliflower

Ingredients:
1 tbsp coconut oil
small yellow onion, diced
4 cloves of garlic, minced
1 tbsp fresh ginger, minced
2 tbsp lemon juice
1/2 c sun-dried tomatoes, julienne cut
2 cans of organic chickpeas, drained and rinsed
1/2 tsp chili flakes
5.5 ounces of spinach
1/2 head of cauliflower, cut into bite size pieces
1- 14 ounce can of coconut milk (I use low fat)
salt and pepper to taste
1/4 to 1/2 c peanuts
1/2 c fresh cilantro, minced
brown rice for serving

Instructions:
If you are making brown rice, start that now as it takes forever but this dish does not. Heat a large Dutch oven over medium heat. Add the coconut oil then onions and salt. Let sweat for up to 10 minutes until the onion is translucent. Add the garlic and ginger, stir, and let cook about 1 minute. Incorporate the lemon juice, tomatoes and chili flake. Wait another minute then add the chickpeas and cauliflower. Alternately, you can bake the cauliflower separately (as you see from the picture at the bottom) but that adds more work so I usually cook it all together. Cover the pan to let the chickpeas and cauliflower heat up.

Once the chickpeas and cauliflower are warm, add the spinach one handful at a time, letting each handful wilt before adding the next. I like to add a handful, stir, then cover for a few minutes to allow for a quicker steamed wilting to occur. Once the spinach has all been incorporated, add the coconut milk, salt and pepper. Cover and let cook for several minutes, until everything is hot. Taste for seasoning, top with cilantro and peanuts, then serve over rice. Enjoy! Dr. GO