

ACNP

**59th Annual Meeting of The American College
of Neuropsychopharmacology**

Welcome to the

WELLNESS CENTER

ZOOM FATIGUE? DON'T WORRY, WE CAN HELP WITH THAT!



SCROLL THROUGH FOR SOME EASY WAYS TO COMBAT THE DREADED ZOOM FATIGUE!

**JOIN THE ACNP STAFF FOR A QUICK PILATES OR STRETCH BREAK!
TIPS FOR MINDFULNESS AND GETTING CREATIVE
ENERGIZING RECIPES FOR SNACKS AND BEVERAGES TO POWER THROUGH!**



GO OUTSIDE

A WALK AROUND THE BLOCK, TAKE YOUR PUP FOR A QUICK JOG, OR JUST STEP OUTSIDE. ANYTHING TO GET A LITTLE SUNSHINE!



QUICK WORKOUT

HERE ARE A COUPLE OF VIDEOS FOR ALL LEVELS.

JOIN THE ACNP STAFF FOR A QUICK WORKOUT TO GET YOUR BLOOD FLOWING!

PILATES WITH ACNP:

[HTTPS://YOUTU.BE/KBCMSBLR9XA](https://youtu.be/kBCMSBLR9XA)

STRETCH WITH SARAH & STAFF:

[HTTPS://YOUTU.BE/MRLRILX6ZB8](https://youtu.be/MRLRILX6ZB8)

ADDITIONAL EASY WORKOUT:
CARDIO (NO EQUIPMENT) :

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=7iSM6RLBT20](https://www.youtube.com/watch?v=7iSM6RLBT20)



BE MINDFUL

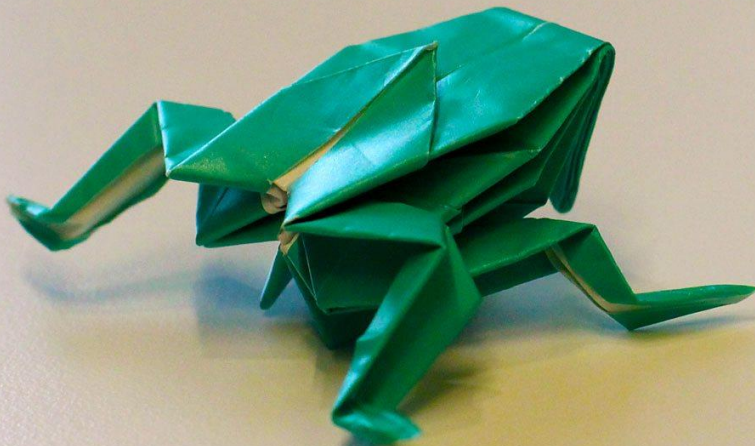
TAKE A FEW MINUTES TO JUST FOCUS ON YOU.

CHAIR YOGA:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=C-7A5DWP2KW](https://www.youtube.com/watch?v=C-7A5DWP2KW)

MEDITATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=L3XQHSMGJUK](https://www.youtube.com/watch?v=L3XQHSMGJUK)



GET CREATIVE

TAKE A CRAFT BREAK,
ALL YOU NEED IS A POST-IT NOTE FOR THIS ONE.

POST-IT ORIGAMI:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LBU17LQ05T0](https://www.youtube.com/watch?v=LBU17LQ05T0)



ENERGY BOOSTING GREEN SMOOTHIE

- 1 HANDFUL SPINACH
- 1 HANDFUL KALE
- ½ OF AN AVOCADO
- 2 INCH PIECE OF CUCUMBER
- ½ APPLE
- ½ CUP OF GREEK YOGURT
- ½ CUP OF YOUR CHOICE OF MILK
- 2 TABLESPOONS OF HONEY

COMBINE ALL INGREDIENTS AND BLEND IN A BLENDER UNTIL SMOOTH



BERRY ENERGETIC SMOOTHIE

- ¼ CUP OF FROZEN RASPBERRIES
- ¼ CUP OF FROZEN BLUEBERRIES
- ¼ CUP OF FROZEN BLACKBERRIES
- ½ OF AN AVOCADO
- ¼ GREEK YOGURT
- ¼ CUP ICE (OPTIONAL)

COMBINE ALL INGREDIENTS AND BLEND IN A BLENDER UNTIL SMOOTH.



WHIPPED COFFEE

- 1 TBSP INSTANT COFFEE
- 1 TBSP GRANULAR SWEETENER OF CHOICE
- 1 TBSP HOT WATER
- PINCH OF PINK SALT (OPTIONAL)
- 1/8 TSP GROUND CINNAMON (OPTIONAL)
- 1/4 TSP VANILLA EXTRACT (OPTIONAL)
- ICE
- 5 OUNCES MILK OR MILK REPLACEMENT OF CHOICE

COMBINE THE ALL INGREDIENTS EXCEPT ICE AND MILK IN A SMALL BOWL. THE SIMPLEST WAY TO MAKE THIS WAS WITH A HANDHELD MIXER. YOU WILL NEED TO WHIP IT FOR ABOUT 3-5 MINUTES. START WITH A REGULAR WHISK JUST TO INCORPORATE ALL OF THE INGREDIENTS, THEN SWITCHED TO A HAND MIXER ONCE THEY ARE WELL COMBINED.

YOU WILL WANT TO WHIP THIS UNTIL THERE ARE STIFF PEAKS. IT WILL BE SUPER THICK AND LOOK LIKE PEANUT BUTTER!

POUR MILK OVER ICE IN A CLASS AND ADD THE WHIPPED COFFEE ON TOP. ENJOY!



APPLE AND CARROT SALAD

- 2 LARGE, FRESH APPLES (1 RED AND 1 GREEN) CORED, THINLY SLICED, CUT INTO MATCHSTICKS
- 1½ TBSP FRESH LEMON JUICE
- 3 CUPS UNCOOKED CARROTS, CUT INTO MATCHSTICKS
- ¼ CUP CHIVES CHOPPED
- 1 TBSP OLIVE OIL
- 1 TSP SUGAR
- ½ TSP TABLE SALT
- ¼ TSP BLACK PEPPER
- 2 OZ FETA CHEESE, CRUMBLed

PLACE APPLES IN A LARGE BOWL AND TOSS WITH LEMON JUICE. ADD CARROTS, CHIVES, OIL, SUGAR, SALT, PEPPER AND CHEESE; TOSS TO MIX THOROUGHLY. YIELDS ABOUT 3/4 CUP PER SERVING.

NO BAKE PEANUT BUTTER ENERGY BITES

- 1 1/2 CUPS OLD FASHIONED ROLLED OATS
- 1/2 CUP PEANUT BUTTER
- 1/3 CUP MAPLE SYRUP OR HONEY
- 1/3 CUP SEMI-SWEET CHOCOLATE CHIPS
- OPTIONAL: 2 TBSP OF GROUND FLAX SEED

ADD ALL THE INGREDIENTS TO A LARGE BOWL. MIX TOGETHER. COVER AND CHILL IN A REFRIGERATOR FOR AT LEAST 30 MINUTES.

GRAB ABOUT A HEAPING TABLESPOON FULL OF THE MIXTURE AND PRESS IT INTO A BALL WITH YOUR PALMS. REPEAT WITH THE REMAINING OAT MIXTURE, MAKING ABOUT 16 ENERGY BITES.

STORE IN A SEALED CONTAINER IN THE REFRIGERATOR.

