



## NUTRITION NEWS

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STUDENT NUTRITION  
DEPARTMENT

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### WELCOME BACK TO A BRAND NEW YEAR!!

This past year...there was just something different about it. Perhaps that stands true for the past couple of years now. Going into 2022, I don't know about you, but I am filled with more gratitude and appreciation for the little/simple things. I know this is the time of year for resolutions, goals, and a word or mantra to stand by to get you through the year, so I want to leave you with some food for thought as you pursue 2022...

Your diet and health is more than what you eat. It is your thoughts, what you consume visually, who you follow and look up to and spend your time with. If you want to be healthier overall, it's time to clean up more than just your diet.

Exercising and eating well is a form of self-love and self-respect.

When your health is the priority, what you are subconsciously telling yourself is that "I love and care about myself" and "I show up for myself."

Boundaries. When it comes to boundaries, you don't lose real friends, real opportunities, or real relationships when setting them. You lose the people/opportunities that weren't meant for you or didn't deserve you in the first place. Boundaries are set to keep people in your life, not push them away.

If you want to become your best self and create the life you envision, chances are, you will let people down along the way.

If putting your health and dreams first, means disappointing someone else, then disappoint them. Your self-love needs to be stronger than your longing to fit in and be accepted.



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# LEARNING HOW TO BE HAPPY, NOT PERFECT

It is no argument that the way of America and the American dream is all about go, go, go and working harder, no time to slow down. We then tend to attach hard work or success with pain or discomfort. In order to get there, we reach a place of burnout... When we are already stressed, we think that we need to try even harder and do more, meet force with force. What if we undid this belief system? What would the world and society look like? A lot of times we are on this high speed chase towards "success" or towards something we think we want, but really that thing or that destination is unfulfilling. So ask yourself, what does success actually mean to you? Is it more money? More material things? Bigger and better home? Nicer car? Because really, at the end of the day, or at the end of a life, all people really want is to find that place of joy, peace, and happiness.

We feel pressure and think we have to meet all these goals we set for ourselves to feel accomplished and "good enough." But as we all should know, external validation or achievement doesn't change anything internally. Only internal work can fix internal problems. This brings me to Poppy Jamie, an entrepreneur and author, who inspires the flexible mindset method for prioritizing love, forgiveness, optimism, and growth. This consists of the 4 C's: **Connection, Curiosity, Choice and Commitment.**

-**Connection** is the most important. Connection is something that can be done every single day. This is where you connect the "I" and the "self." So connecting your body and brain back together, because often when you are stressed, your body goes one way and your brain goes the other and now you are out of alignment and the feeling of being overwhelmed comes into play. We all have been there... So how you can practice connection with yourself is quite simple. Upon waking up or when you are in the midst of an overwhelming situation, say "Okay right now my mind feels \_\_\_\_." You label how you feel. It is so simple and may even feel silly, but so powerful and mental. By saying "today my mind," you are reminding yourself that it is today, emotions are just temporary, then "my mind," you are reminded that you are not your emotion. You are able to dis-identify yourself from that emotion, which is so important. Then you label the emotion and when you label the emotion, you link all the parts of your brain together, because you activate the wise parts of your brain in your prefrontal cortex. You start to actually think, rather than act on that emotion too quickly. Then just move your body for 5 minutes, whether through dance, a walk, a good stretch, or anything that makes your body feel good. Immediately, you have now connected and upgraded your mindset.

# LEARNING HOW TO BE HAPPY, NOT PERFECT

## CONTINUED

**-Curiosity**, which is all about making sure that you bring that beginners/child-like mind every single day, ready to learn. If you look at children, they have yet to learn their fears, yet to learn their destructive patterns, yet to learn their prejudices. A lot can be learned from them, so by forming habits on a curious mindset and rather than jumping to conclusions with a stiff mindset, being curious allows you to think, 'I am going to wait for more information before I decide how I feel about this.' By not jumping to conclusions, and instead staying curious, you allow yourself to collect more data and notice that blind spot where our confirmation bias lies and plays tricky games. This way, a lot of upset is avoided and you don't over personalize everything and you can stay in your power.

**-Choice**. You get to choose how kind you are to yourself and how kind you are to others. You have the choice to be happy in any given moment, no matter what life may throw your way. Because let's be real, life is hard and unfair, but you always have the choice to choose kindness. And being kind makes the world a happier place.

**-Commitment**. How do you commit to how you want to be in the world? Committing to being your most authentic self, your truest, purest, unconditioned self, before the world and society came along and tried to tame you, is the most honorable thing you can do for yourself. Committing to being the self that is so fully expressive, so self-accepting, so self-appreciating, so self-trusting...this is what the world and future generations need from each of us- an elevated mindset that honors the truest self.

### Some Truths to Stand By

- ✓ "Our confirmation bias is always looking to confirm what we think is true about the world. So our belief system is the thing we have to work on when trying to change anything. If you think and tell yourself that you are not loveable, or worthy, or good enough, then only you have the power to challenge those thoughts and that belief system and turn it around. You have to put in the work, because no one else can do it for you. Choosing to constantly be learning, reading, or listening to podcasts can help change your perspective on life and yourself."
- ✓ "One of the most powerful things we can do is know thyself." When you have convinced yourself enough that everything is okay, when you know it is not, you are more susceptible and vulnerable to letting people or things in that are not the healthiest for your mental health.
- ✓ Do not negotiate with yourself and with your limited time here on earth. Figure out what is non-negotiable for you and stick to it every day until it just becomes a healthy habit.
- ✓ "At the root of perfectionism is a sense of control and us needing to feel safe."
- ✓ "Be kind to yourself and know that everything is far more fun when it is not perfect."
- ✓ "The relationship you have with yourself affects all the others."

**PAUSE.** A word that resonates to the core here lately. Wayyy too often we can find ourselves in a state of constant rush. We may think that we're going to miss out on something or that there isn't enough time, because days at this point all just run together and before we know it the year is over and we are entering a brand new year and can't even recollect what the past 12 months looked like. We worry and stress about things that probably didn't even happen and forget to enjoy the little, most important matters in life. This is your sign to pause. To be intentional. To breathe. To listen. To enjoy. To be present. And to surrender that nagging thought that something is supposed to be a certain way.

**"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23**



## **Shiitake Tarragon** **Mini Frittatas**

Makes 12

Equipment needed: 12-cup muffin pan



### **Ingredients:**

- |                                               |                                |
|-----------------------------------------------|--------------------------------|
| -1 Tbsp. coconut oil                          | -2 cups fresh baby spinach     |
| -1 cup cubed sweet potato                     | -6 large eggs                  |
| -Sea salt and ground pepper to taste          | -1/4 cup full-fat coconut milk |
| -1/2 cup diced onion                          | -1 tsp sea salt                |
| -3/4 cup shiitake mushroom                    | -1 tsp dried tarragon          |
| -1/2 cup drained and chopped artichoke hearts | -1/2 tsp dried parsley         |
|                                               | -1 Tbsp. avocado oil           |

### **Instructions:**

- 1) Preheat oven to 350 degrees F.
- 2) Heat coconut oil in a skillet set over medium heat. Add the sweet potatoes, and toss to coat them with coconut oil. Add a few pinches of salt and pepper to taste. Cover skillet and allow sweet potatoes to cool undisturbed for 3 minutes.
- 3) Uncover skillet, add onions, and let them cool for 1 minute, then add mushrooms for additional minute.
- 4) Add artichoke hearts and baby spinach in skillet, and toss all the vegetables with another pinch of salt and pepper. Reduce heat to low, cover the skillet again and let mixture simmer for 3 more minutes, or until spinach has wilted.
- 5) Beat eggs in medium bowl. Add coconut milk, salt, tarragon, and parsley, and whisk mixture until coconut milk is fully combined with the eggs.
- 6) Brush muffin tin with avocado oil to prevent eggs from sticking.
- 7) Pour 3 Tbsp. of beaten eggs into each muffin cup, allowing room in each cup for vegetables. Use a spoon to evenly distribute vegetable mixture until each cup is full but not overflowing.
- 8) Place muffin tin in oven and bake 20 min. Allow mini frittatas to cool 5 min. before removing from pan and serving.

Recipe Credit: Dr. Jolene Brighten

*"It is the choice of foods by each individual person today that will determine to a large extent their physical condition tomorrow."*

*- Dr. Royal Lee*