

*There is always
something for which to be*



NOVEMBER 2019

ALL THE BLESSINGS, HEALTH AND HAPPINESS IN THIS TIME OF YEAR!

Let's be so full of gratitude that negativity has no place to dwell. There has actually been some research conducted on the strong and consistent correlation between gratitude and greater happiness. Gratitude helps people build stronger bonds

between others, enjoy experiences, feel more positive emotions, improve their health, and deal with challenges. The two psychologists, one from the University of California, Dr.

Robert A. Emmons, and the other from the University of Miami, Dr. Michael E. McCullough, have performed much of the research on gratitude. In one of the particular studies, they asked the participants to write a few sentences on different topics each week. One of the groups was asked to write about things they were grateful for that happened throughout the week. Another group was asked to write about frustrating events that occurred daily or about things that displeased them.

A third group wrote about events that happened with no emphasis towards positive or negative. After 10 weeks, it was discovered that the group who wrote about things they were grateful for experienced more positive emotions and had a better outlook on their lives. And beyond that, they were more inclined to exercising and focusing on their well-being, as well as fewer trips to visiting physicians, as opposed to the ones who focused on feelings of aggravation.

NUTRITION NEWS

Abilene ISD

STUDENT NUTRITION
DEPARTMENT

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Ways to Cultivate Gratitude

Health is more than the physical and what foods we put into our bodies. Without a balanced mental and spiritual state, we are missing the whole concept. We can have 6 pack abs or buns of steel and yet feel disrupted, unfulfilled, and unhappy on the inside. Optimal health is all about a healthy mind. Some ways to pursue a healthy mindset by cultivating gratitude are as followed:

Start your morning off right.

Upon waking up in the morning, let your first thought be one of thankfulness. At the top of your head, name 3 things that you are thankful for.

Keep a gratitude journal.

Take it a bit further and journal your thoughts of gratitude and count your blessings by writing them down. You can do this first thing in the morning to start your day off on a positive note, or before you go to bed at night by reminiscing all the good things about your day before laying your head down.

Do something nice for someone.

Whether that be as simple as complimenting someone for the day, writing someone a thank you letter, buying their lunch in the drive thru, or noticing someone is having a rough day, so simply being there for them by offering a hug or extending a listening ear.

Pray.

A lot of people stay positive and gain their most comfort with daily prayer.

Meditate.

Being completely present and mindful of the given moment allows space to focus on all the things we are grateful for (the breath running through our lungs, the peaceful sounds, a cool breeze, silence, etc.)

Seasonal Affective Disorder (SAD)

Seasonal affective disorder is a common type of depression that comes and goes with the seasons. For those that it affects, it usually manifests itself in the fall and early winter and lingers until spring and summer. SAD is more than just "winter blues." The symptoms can be crippling and interfere with daily tasks. SAD is more common in women than men and has been linked to biochemical imbalance in the brain brought on by shorter daylight hours and less sunlight. As the seasons change, people experience a disruption in their internal biological clock which can lead to being out of sync with their daily routine. Also, for those who have lost loved ones, this time of year around the holidays can serve as a constant reminder of the heartache and longing for the ones we so badly want here enjoying this life with us.

Symptoms and Possible Solutions for SAD

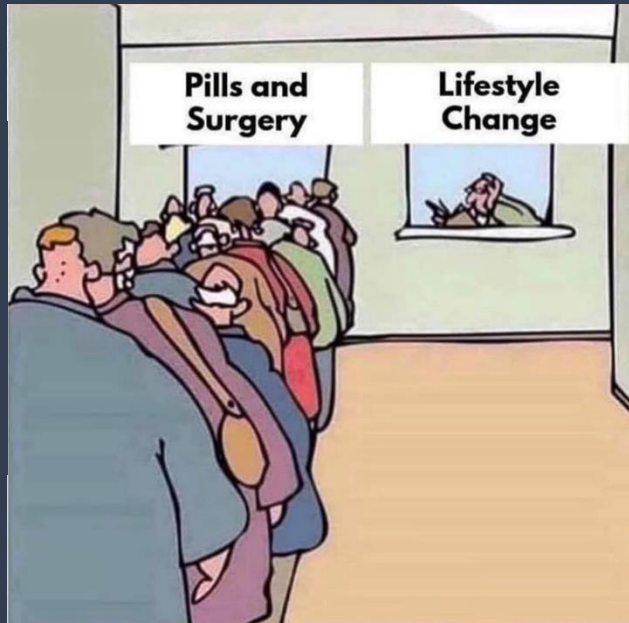
Some symptoms include but are not limited to:

- ❖ Sadness
- ❖ Gloomy, negative outlook
- ❖ Feeling hopeless, irritable, worthless
- ❖ Loss of interest or pleasure in normal enjoyable activities
- ❖ Low energy
- ❖ Difficulty sleeping or oversleeping
- ❖ Change in appetite
- ❖ Thoughts of death or suicide

Solutions:

- ❖ Increased exposure to sunlight. Spend more time outside or arrange home or office so that there is exposure to a window or direct sunlight.
- ❖ Prioritize your health. Exercise (go for a walk or run outside), eat balanced meals (lean meats, grains, vegetables, fruits), get enough sleep (more than 6 hours), and stay active in things you enjoy.
- ❖ Be social. Be open to new activities, say yes to an outing with friends or even new acquaintances, join a gym and take group classes, volunteer!

SCARY TRUTH



I am just going to leave this right here for us all to ponder. This is a very sad reality for way too many in this day and age. Chronic diseases are rapidly increasing in the U.S. and everybody wants the quick, unsustainable fixes that only lead us spiraling down the same unfortunate path. If we would only awaken to the simple, yet disregarded truth that food is truly thy medicine. Oh how empowered we would all feel if we looked at exercise through a lens of privilege and opportunity to move our beautifully designed bodies and cultivate self-love for ourselves. We shouldn't work out because we hate our bodies, but because we love and appreciate everything it is capable of.

GET COZY WITH CHICKEN AND VEGETABLE DUMPLING SOUP!

Ingredients:

SOUP:

- 1-2 tsp olive oil
- 2-3 chopped celery stalks, about 1 cup
- 2-3 large carrots
- 1 chopped medium yellow onion
- 1 tsp salt
- 1/2-1 tsp dried thyme
- 1/4 tsp pepper
- 8 cups low sodium chicken broth
- 1 ½ lbs boneless, skinless chicken breast
- 1/2 cup water + ¼ cup all-purpose flour to thicken
- 1/2 cup frozen peas

DUMPLINGS:

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ tsp salt
- 1/4 tsp dried thyme or sage
- 1/2 cup sour cream
- 1/2 cup milk
- 1 Tbsp vegetable or canola oil

YIELDS: 6 servings **PREP TIME:** 15 min

COOK TIME: 30 min **TOTAL TIME:** 45 min

Instructions:

- In a large pot, heat the oil over medium heat. Add celery, carrots, onions, salt, pepper, and thyme. Cook for 2-3 min, stirring often until veggies start to soften. Add chicken broth and chicken. Bring to simmer and cook for 10-15 min until chicken is just cooked through and veggies are tender. Remove the chicken onto plate and cut into small pieces.
- In a small bowl, combine the ½ c water and ¼ c flour until smooth. Whisking vigorously, slowly add flour mixture into hot broth and stir until well combined. Stir in frozen peas and cooked chicken and bring soup back to a simmer.
- For the dumplings, in a medium bowl, stir together dry ingredients. Add sour cream, milk and oil. Stir just until combined (don't overmix).
- Drop teaspoon sized amounts of dumpling dough into the boiling soup, covering entire surface of soup. Cover the pot and simmer the soup and dumplings for 12-15 min. Do not lift lid of pot while the dumplings cook! Add time if the dumplings haven't cooked all the way.
- When dumplings have cooked fully, remove lid and gently stir dumplings to break them apart, if needed. Voila!

"The price of anything is the amount of life you exchange for it."