

# Office News

## March/April 2021

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*"There's always been a rainbow hanging over your head."*

It may be hard to believe that the words to Kacey Musgraves' beautiful song of hope apply to us after a turbulent year of COVID, followed by a record-breaking winter storm. But they do, more than ever.

The challenges have been legendary, and your resilience and optimism equally so. We are coming through an unforgettable slice of history together, and we are deeply grateful for the privilege of helping nurture your body, mind and spirit.

As always, our wish for you remains:

Live healthy, live well,

Dorothy Serna, MD and Kelly Englund, MD

## Coaching Corner

Many people who set wellness goals as part of their New Year's resolutions start to struggle with these goals in the early spring. In fact, if you've kept them that long, you're ahead of most, as experts say New Year's goals are usually abandoned by January 19th. It's just part of being human to generate a lot of excitement around a new behavior only to leave it in the dust shortly after the shiny novelty wears off.

Why does this happen? For some, it's simply a matter of enthusiastically setting - then promptly forgetting - their goals. For others, it's the challenge of dealing with obstacles that are inevitably encountered on the way to adopting different, healthier behaviors. We offer these tips to get you over the goal line and stay there throughout 2021:

- *Visualize them.* Keep your goals front and center and help yourself to remember exactly what you want to accomplish by creating a visual reminder. Write your goals on a white board, sticky note, notebook, or add them to your phone's home screen as a daily reminder.
- *Broadcast them.* Tell friends or family about your goals. It can be a powerful motivator to have others cheering you on. As a bonus, this helps keep you connected with loved ones. Second bonus – you may inspire others to pursue their goals for better health too!
- *Share them.* Don't go it alone, but try to accomplish your goals with a friend or family member so you can compare notes and solve problems together along the way.
- *Tackle them.* Be prepared for obstacles because no journey is completely smooth. Accept hurdles as a natural part of goal setting and goal achievement and you won't be flattened by a few challenges.
- *'If-then' them.* Give highly effective 'if-then statements' a try. For instance, "If my job gets busy and I find it hard to go for walks, **then** I will switch my walks from evening to first thing in the morning." We promise, this usually works!

Finally, and most importantly, reach out to your team at North Cypress Internal Medicine & Wellness. We are here to help at every step of your journey to a healthier, happier you!

*Sarah & the Wellness Coaching Team*

### 3-INGREDIENT NUTTY CASHEW BITES

No-bake, vegan-friendly and grain-free.

#### INGREDIENTS

- 1½ cups [raw cashew](#) (may replace ½ cup with raw almonds)
- 1/3 c natural nut butter (*cashew, almond, pecan, peanut*)
- 10–12 [delget noor pitted dates](#) (or 8–10 [medjool dates](#))

#### INSTRUCTIONS

- Place raw nuts, nut butter, and pitted dates into a food processor (may use high-powered blender).
- Process for 3-5 minutes or until ingredients start coming together. Scrape the sides as needed.
- Test dough with hands to see if dough will stick together to form a ball. Depending on consistency of nut butter, you may need to add an additional 1-2 tbsp. A smoother/runnier nut butter works best.
- With hands, firmly and with pressure, form the dough into about 20 small round bites.
- Store in a sealed container in the refrigerator for up to 2 weeks or freeze for up to 3 months.

Yield: 20 bites. Serving size: 1 bite Calories: 100 Sugar: 5G Sodium: 10MG Fat: 6G Carbohydrates: 8G Fiber: 1G Protein: 3G

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