



Office News: May / June 2021

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At last, spring!

This year, the signs of a restorative spring are more welcome than ever before. They're all pointing to a return to some normalcy in life and we're thrilled to see this unfold. For fully vaccinated people, mask-wearing is no longer needed when gathering in small groups, or when outside, except in crowded settings. As we continue to enjoy our beautiful, new post-COVID world, take some time to practice gratitude for where we've been, and where we're going. At North Cypress Internal Medicine & Wellness, we continue to be thankful every day for the privilege of coming through this together with you, our cherished patients.

Live healthy, live well,

Dorothy Serna, MD and Kelly Englund, MD

Sheet Pan Dinner



Ingredients:

- 1¼ cups quick-cooking whole grains (such as quinoa or instant brown rice)
- 8 cups fresh vegetables, cut into 1- to 2-inch pieces
- 1 -15-oz. can of beans or lentils, rinsed and drained (or 1½ cups cooked frozen peas, edamame, or lima beans)
- 1 TB desired ground spices (or 3 TB chopped fresh herbs)
- 3½ cups vegetable broth or water
- Citrus juice, salad dressing, or your favorite sauce, for drizzling
- Chopped nuts, seeds, or nutritional yeast, for garnish

Directions:

1. Preheat the oven to 400°F. Sprinkle the grains over the bottom of a 15x10-inch rimmed baking sheet.
2. Toss together the vegetables, beans, and spices in a large bowl. Spread the mixture in a single layer over the grains. Carefully pour the vegetable broth or water into the pan.
3. Cover the sheet pan tightly with foil or invert another baking sheet on top. Bake 20 minutes.
4. Remove foil covering. Roast the uncovered sheet pan dinner 15 to 20 minutes more, or until the grains are tender and the vegetables are beginning to brown.
5. To serve, drizzle with citrus juice or preferred sauce and sprinkle with your chosen garnish. www.forksoverknives.com

For more great sheet pan dinner recipes and cooking tips, check out the [Lifestyle Medicine](#) section on our website.

Coaching

CORNER

How to turn around a bad day

Does this sound familiar? You have plans for a productive, satisfying day but get sidetracked by a problematic email, an unexpected rainstorm, a sick child...even a global pandemic.

No one is immune from days that start off promising but go off track quickly. Recognize that bad days are part of the human experience. No one has "easy" days 100% of the time but it's how we deal with them that makes all the difference.

Following is an exercise in self-care with actions you can take to make a bad day better...and set you up for a more productive tomorrow.

1. First, stop fighting it. Instead of trying to muscle through a bad day, take a moment and stop what you are doing.
2. Now take a deep, real breath and observe your feelings.
3. Take stock of your basic needs right now. Do you need nourishment? Do you need to hydrate? Do you need a breath of fresh air? Do you need to clear your head by taking a walk outside?
4. Proceed with one of these actions. There's nothing more powerful than meeting yourself where you are, in this moment, to achieve your goals.
5. After you have cared for a basic need, think about a way to improve your environment right now. Perhaps it's washing the dishes, clearing your desk, playing soothing music, or simply opening a window and letting the sun shine in.
6. Commit to finding and accomplishing more easy wins for the rest of the day.

Remember to reach out to the coaching team at North Cypress Internal Medicine & Wellness. We are here to help you every step of the way, through good days and bad!

Sarah & the Wellness Coaching Team