



# Office News: Fall 2021

[drserna.com](http://drserna.com)  
[doctorenglund.com](http://doctorenglund.com)

281-807-5300



**NORTH CYPRESS**  
Internal Medicine and Wellness

Dear Patients:

After 18 months of living with the pandemic, it's more than reasonable to ask: are any signs of hope emerging? We are making progress, and the most hopeful indicator of all is how well the vaccines continue to work in preventing severe disease and death from Covid. So while it's not yet time to let our guard down, we are planning for a healthier, happier future...that starts with you, our wonderfully resilient patients.

Live healthy, live well,  
Dorothy Cohen Serna, MD and Kelly Englund, MD

## Coaching CORNER

### Change is in the Air: Make it Work for You

Leaves are turning colors, temperatures are cooling down, schedules are picking up. The unmistakable signs of autumn are all around us. Change is as natural as these seasonal shifts...so why does it evoke a mix of emotions from excitement to fear and anxiety?

It's ironic but true that change is one of the only constants in life, and successful transitions require thoughtful preparation and management. Taking excellent care of yourself physically, emotionally and spiritually will help you soar through life's tougher passages.

If you're full of angst about upcoming changes on your horizon, here are some time-tested ways to turn anxiety into joyful anticipation:

1. Make a gratitude list. What aspects of your life are you grateful for? Write them down, and go past the usual "my family" or "my job" to hone in on the specifics of why you are thankful. You may be surprised at all the small blessings present in your life on a daily basis.
2. Reflect with meaning. Spend a few minutes thinking deeply about what this change is bringing to your life and how it might be connected to your purpose.
3. Name your fears. Similarly, it helps to take some time and consider what scares or bothers you most about the change. Shining a light on our fears rather than trying to push them into a corner makes it easier to face and ultimately move past them.
4. Make self-care a priority. Times of transition can frequently be times when basic self-care is neglected - but it's never been more important. Eat well, exercise as often as you can, and most importantly, get plenty of restful sleep. Our brains are much more likely to view change as a threat when we do not sleep well.
5. Ask for help. Talk to friends, family and others in your support system about the change and ask for what you need to make it through the transition. And please don't hesitate to reach out to the Wellness Coaching team at North Cypress for support, encouragement and additional resources...we are here for you!

### Tuscan Bean Soup

Serves 5-6

Adapted from: [www.foodnetwork.com](http://www.foodnetwork.com)



#### Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 32 ounces low-sodium vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves

#### Instructions

- In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.
- Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper
- Cook, stirring occasionally until the vegetables are tender, about 5 minutes.
- Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.

For more great, healthy recipes, please visit my website at: <https://drserna.com/lifestyle-medicine/resources/#recipes>

*Coach Sarah & the Wellness Coaching Team*