

Office News

July 2026



Dear Patients:

Summer is in full swing! While you might have fun trips and time off scheduled, prioritizing yourself can still be challenging. If you are struggling to make self-care a priority, you are not alone.

July 24th is International Self-Care Day - a perfect reminder to pause. Between camp schedules and family vacation planning, you deserve a moment to focus entirely on your own well-being.

Take a little extra time for yourself this month and beat the summer burnout!

Live healthy, live well,

Dorothy Cohen Serna MD, Kelly Englund MD,
Stacey, Therese, & Coach Michael

Chia Seed Pudding

Try this easy chia seed recipe for a boost of fiber and Omega-3s

Chia Base:

- 3/4 cup milk (or non-dairy milk) OR 1/2 cup milk and 1/2 cup yogurt of choice
- 3-4 Tbs chia seeds
- 1/2 teaspoon vanilla extract
- 1/2 - 1 Tbs liquid sweetener of choice (maple syrup, honey, or agave)



Directions: In a bowl or jar, whisk together the milk (or milk and yogurt), chia seeds, vanilla, and liquid sweetener. Let sit for 10-15 minutes, stir again, then cover and refrigerate for at least 4 hours (or overnight) until thickened. Stir the chia pudding well before serving and top with favorite fruit!

For a Tropical Twist: Whisk in 1 tsp lime zest before refrigerating. Top with diced mango and coconut. Garnish with fresh mint leaves, if desired.



Self-Care is Not Selfish

Complimentary Lunch & Learn
with Coach Rob Smith

Join Coach Rob in a 1-hour Group Coaching session that will dispel the myth that self-care is always selfish. You'll hear success stories, learn about resources you can use, and practice short stress mitigation techniques. This group experience will help you increase your productivity by taking more time out for yourself and building new mental habits.

Location: Zoom

Date: Tuesday August 25th

Time: 1pm CT

Sign up information to come

Coaching CORNER

Even though summer is traditionally a slower time of year, it can keep you on your toes if you're constantly taking care of others. Putting yourself first, even just a few minutes per day can make a big difference. Each week, set aside one small act of self-care. Put it on your calendar and treat it as an appointment with yourself.

Below are some ideas:



Take a pause and unplug. Find a quiet place to "just breathe." Silence your phone. Focus on slowing your breath and using your diaphragm to inhale more deeply. Try breathing just through your nose, or in through your nose and out through your mouth (like a sigh).



Eat mindfully. Take advantage of fresh produce to fuel your body and stay refreshed. Snacks like watermelon, cucumbers, and summer squash are excellent for hydration and boosting energy.



Shift your view. Have your morning coffee or tea in place where you can see trees and greenery. If it's too hot outside, research shows that even views out of a window or photographs can help lower stress levels.



Cool down. Keep a fan and/or mister nearby to help you regulate your nervous system. Use it during or after exercise, after coming home from running errands, or simply as part of your pausing and unplugging.



Set limits on social engagements. Summer can be a time when you easily get over-committed to events. Practice saying "no" to the gathering that you are likely to find draining instead of restorative and fun.

Coach Rob will be offering some education and coaching on this very topic later this summer. See below for more information!

Growth Mindset

Growth mindset is one of the mental habits that Coach Rob will be covering in Self-Care is Not Selfish. But if you want to learn more right away about the value of this powerful mental strategy you can scan the QR code below.

