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Wise & Well

Welcome to the Wise & Well Newsletter, where we promote whole-person well-being each month and highlight health-related topics to help you be your best.



Reflecting on Resilience

December is finally here, and with it comes the cheer and excitement of the holiday season. It's a time when we have the chance to reflect and relax with the people we care about most and focus on what really matters. We can take a break from work, reconnect with loved ones, have the kids home on winter break, and enjoy the festive atmosphere that surrounds us.

Of course the holidays are not always picture-perfect or stress-free, and we may not all be as happy and cheerful 24/7 as Buddy from the movie Elf. But what we can do is take the time to reflect on the challenges we've faced during the past year, consider upcoming opportunities in the new year ahead, and appreciate how we've grown and become more resilient.

Having Resilience

Having resilience means you have the ability to adapt to difficult situations, handle stress and maintain the capacity to find enjoyment in life, even in challenging circumstances. It can protect people from depression and anxiety and generally help people cope under difficult circumstances.

Resilient people tend to demonstrate a remarkable ability to bounce back from hardship and continue moving forward with hope and optimism. That's because they often reframe challenges as opportunities for growth. In fact, when leveraging such coping skills and combining them with social support, which is essential for maintaining good physical and mental health, highly resilient individuals can weather crises and setbacks and often emerge with even greater personal strength, self-awareness and capacity for happiness.

Remaining Flexible and Open

In addition to fundamental coping skills and social support, there are other common skills and attitudes that resilient people typically possess. For example, flexibility is a key component of resilience and one of the primary factors demonstrating emotional maturity. Being flexible means that a person can adjust their approach or thinking in

response to new situations or information, and this is often demonstrated through compromise or openness to change.

Another skill is being able to communicate well with others and problem-solve. All families, groups of friends, and teams have disagreements and arguments occasionally. During stressful times, arguments and emotions can seemingly pop up out of nowhere, making it harder to be patient and listen to others. It is under these circumstances that resilient individuals focus on making sure that *everybody feels like they have been heard and that their opinions matter*. They know that allowing everyone to talk, listen to each other and work together makes it more likely that the group will be able to come up with a solution that everyone can accept, regardless of whether no one gets exactly what they want.

References:

anxietycoach.mayoclinic.org

scarboroughlibrary.org



Additional Resources

Upcoming Wise & Well Webinar — Register Now!

Making Self-Improvement Stick: Strategies for Thriving In our Modern World

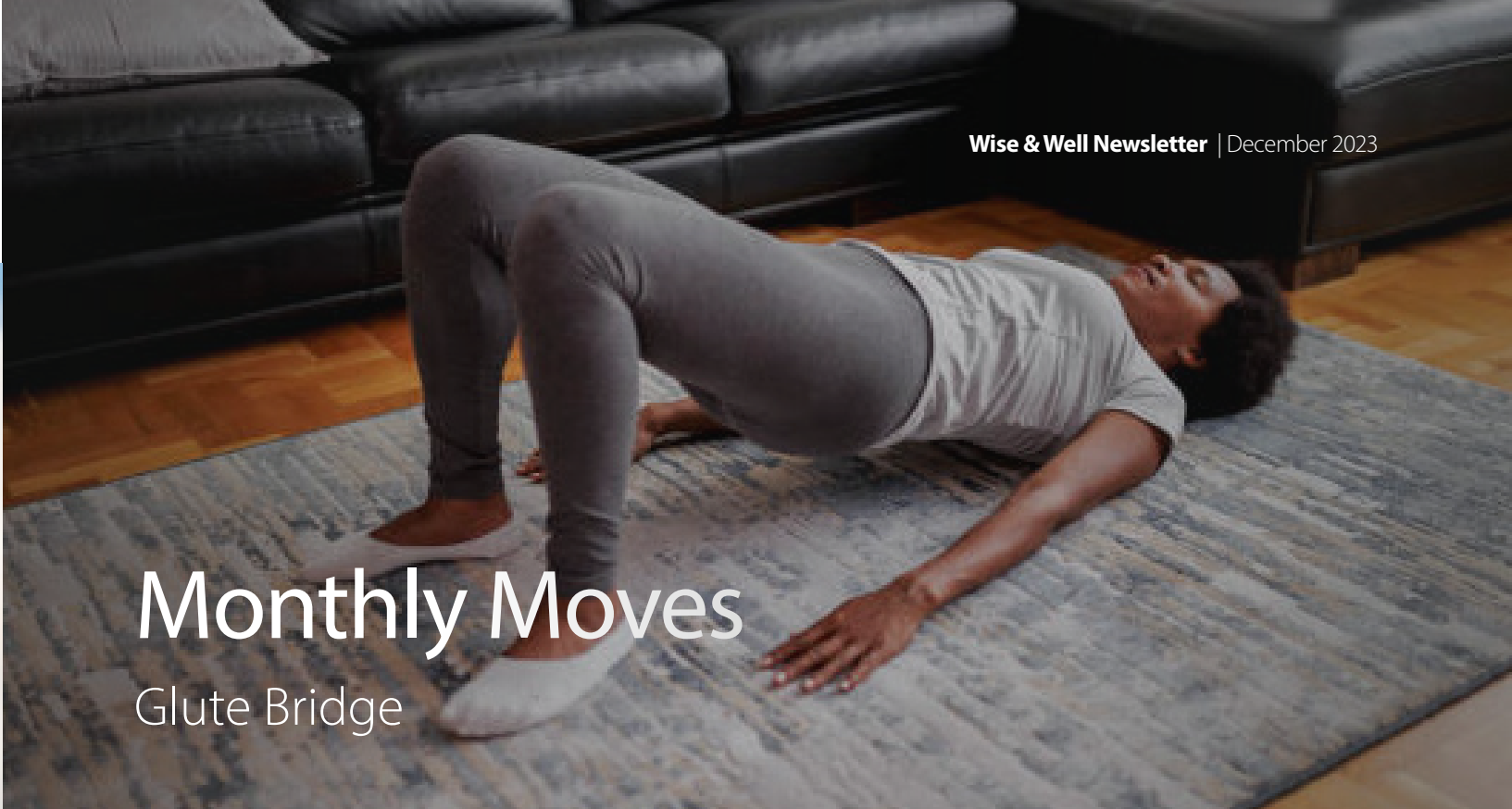
When: Tuesday, January 16 | Noon – 1:00 p.m. ET

In today’s world of non-stop notifications and work-life overlap, modern day stressors and lifestyle are leading to burnout and unfulfillment. This webinar will empower attendees with the knowledge and tools to make the changes necessary to thrive, both personally and professionally.

The webinar includes:

- The five fundamental building blocks of happiness and resilience
- Using mindfulness techniques to manage the negative thoughts that hold us back
- Rewiring our brains for positivity and resilience through neuroscience
- Evidence-based research from the leading scientists who study human flourishing
- Customizable, “toolkit” (workbook) to put building blocks into action

To register, [click here](#) or scan the QR code below.



Monthly Moves

Glute Bridge

Glute bridges (also called hip bridges) target one of the largest muscles in the lower body—the glutes. They also contribute to building leg strength and core stabilization. It is a hip-extension exercise that primarily targets the glutes, but it also engages the hamstrings and the core muscles. If you’ve never done a glute bridge before, ditch the weights and do it with just your body weight first — it’s still an effective move without added resistance.

To perform the exercise:

- 01 Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Hold a dumbbell in each hand and rest the weights right under your hip bones. This is the starting position.
- 02 Squeeze your glutes and abs, and push through your heels to lift your hips a few inches off the floor until your body forms a straight line from your shoulders to your knees.
- 03 Hold for a second and then slowly lower your hips to return to the starting position. This is one rep. Do three sets of ten reps resting between each set.

Tap [here](#) for a video demo.

Source: [self.com](#)



Slow Cooker Vegetable Soup with Bacon

With December upon us, the temperatures are dropping, but the cravings for savory soups are just heating up. So grab your stockpot, and let's start simmering!

Cooked slow on low, this warm veggie soup with bacon is worth the wait. One spoonful of this hearty greens-and-beans-packed soup, and you'll understand why. For easy prep, microwave the bacon, and for versatility, swap the kale for collards, use another small bean instead of dried navy beans and add some heat with red pepper flakes.

Ingredients

- 4 thick-cut bacon slices, cut into 1/2-inch pieces
- 1 1/2 pounds baby Yukon Gold potatoes, halved
- 1 1/2 cups chopped yellow onion (from 1 medium onion)
- 1 cup 1/4-inch-thick carrot slices (from 3 medium carrots)
- 1 cup dried navy beans
- 3/4 cup 1/4-inch-thick parsnip slices (from 2 medium parsnips)
- 3/4 cup 1/4-inch-thick celery slices (from 2 stalks)
- 6 cups chicken broth
- 1 tablespoon minced garlic (from 3 garlic cloves)
- 1/2 teaspoon black pepper, plus more for garnish
- 1/4 teaspoon kosher salt
- 3 cups chopped curly kale (from 1 bunch)
- 1 tablespoon fresh lemon juice (from 1 lemon)
- Fresh thyme leaves

Directions

1. Cook bacon in the microwave until crisp, according to package directions. Crumble bacon.
2. Place potatoes, onion, carrots, beans, parsnips, celery, broth, garlic, pepper, salt, and bacon in a 5- to 6-quart slow cooker. Cover and cook on low until potatoes and beans are tender, 5 1/2 to 6 hours.
3. Uncover and stir in kale. Cook uncovered until kale is tender, about two minutes. Stir in lemon juice. Ladle soup into serving bowls and garnish with black pepper and thyme leaves.

Source: southernliving.com