



“Rather than wandering around in problem-solving mode all day, thinking mainly about what you want to fix about yourself or your life, you can pause for a few moments throughout the day to marvel at what’s not broken.”

-Dr. Kristen Neff

Self compassion is defined as *extending compassion to one’s self in instances of perceived inadequacy, failure or general suffering*. It is comprised of three main elements according to Kristen Neff-self-kindness, common humanity and mindfulness.

Certainly if there is any year to extend yourself some kindness and grace, it is this past year. Do you know what happens internally when we do that for ourselves? Much research has been done on this subject and one of the biggest chemical changes they see when we practice self kindness is the release of oxytocin. This release helps us to be calm, feel protected and safe and creates the feeling of connectedness and trust with ourselves and others. Imagine that we can be our own healing entity! Self compassion will help to reduce anxiety and depression.

When we practice self compassion we will boost our own health, physically and mentally. We are able to cope better in stressful situations, by using our resilience. This isn’t to say that we won’t be stressed, anxious or depressed, but being able to step back and say to ourselves “it’s okay, I am struggling right now, what can I do to help myself.” We do not have the answers to all of our problems. But being able to take a break to listen to our body, our mind and sometimes even our heart-that is self compassion.

I want you to think of one difficulty you have had over this year and I want you to think about how you handled it, more importantly what you told yourself about how you handled it. Our self talk is so important and the more we provide ourselves compassion, the better off we will be physically and mentally. So the next time a situation comes up that you are struggling with, practice kindness with yourself.

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Time for Self Compassion and Grace

Some of you may not know this about me, some may not be shocked by what I tell you, but I am somewhat of a perfectionist! I am also very competitive! I was a high honors student in HS, double majored in college, and have spent my adult years working and raising a family and trying to do a hundred things at once. I used to beat myself up mentally for not accomplishing everything or not getting everything exactly the way I think it should be and fuming about things I did. (I am sure I wasn't pleasant to live with as a wife and mother sometimes.)

Fast forward to the last several years, and I have realized I am too old to worry about the little things. I started laughing more at myself, forgiving myself for mistakes or not handling things they way I thought they should be and letting it go. That has been very refreshing for me. **And perfection doesn't exist in humans, never has!**

Self compassion and self kindness has taught me to be more forgiving, not just of myself, but towards others. I am better off thinking positively and knowing that it's okay to make a mistake, learn from it and move on. It gives me a better attitude to tackle my days. It is nice to wake up and realize that things don't have to be perfect.

In March I got a frantic call from my son in college and it was a very hard phone call to hear. He wasn't happy where he was. He is doing very well academically but feels this school isn't for him. He is at a wonderful school, BUT not for him! I was able to offer him compassion and grace and have a wonderful conversation with him about what he wants and what he is looking for in another college. He is a wonderful kid and things have always been easy for him, so for him to not feel comfortable and enjoy college has to be very hard. It's even harder for a mom to know your kid is not happy. But we talked about things he can do to help himself finish out this semester and to be honest and kind with himself. I was proud of myself for listening to him honestly, not judging and letting him acknowledge his emotions. Later that night, I got a text from him that said, Thank you, I love you! Every now and then I get this parenting thing right! I think that phone call went well because I allow myself grace, kindness and understanding and was able to offer that to him so that he could in turn offer it to himself!

I found this saying that I have posted on the wall in my office:

May I be kind to myself.

May I find peace and healing.

I am doing the best that I can in this moment.

May I accept and find ease with things just as they are.

~ Carmen

Ways to practice Self Compassion

1. Celebrate your wins
2. Speak kindly about yourself to others
3. Be gentle if you make a mistake
4. Give yourself the benefit of the doubt
5. Create a positive mental picture

And most important

You Are Loved



Embrace Your Path to Wellness Program

We are coming to the end of the wellness year, although you still have plenty of time to get points for this year. The program ends on July 31st, 2021. **All paperwork must be received by August 6th-NO Exceptions!**

All forms can be found at health.iu17.org

- Annual physicals can be emailed to cterry@iu17.org, faxed to 570-320-1348 or mailed to Carmen Terry, PO Box 3609, Williamsport, PA 17701
- All other forms can be uploaded to Health advocate. On the home screen, click on receive preventative screenings and you can upload the forms.

You can also earn points in June and July by:

- Completing Workshops
- Completing Personal Challenges
- Tracking Exercise
- Eating Fruits and Vegetables
- Drinking water
- Getting at least 6.5 hours of sleep

We have one more Platinum course which you can earn points for even if you are not in the Platinum level. This is worth 25pts.

Cooking with Carnie-These classes have been so well received and I keep seeing the same faces in them as they are a lot of fun and easy! It is zoom cooking at it's best. Learn how to make delicious and healthy meals right in your own kitchen.

BBQ Chicken Power Bowl (6/15) 6:00-7:00pm

To register click the link

<https://www.elrnr.org/Register.aspx?ScheduleID=4948>

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Summer Recipes

Chicken and Bulgur Salad with Peaches from Cookinglight.com

Yield 4

Ingredients

1 1/3 cups water

2/3 cup bulgur

Cooking spray

1 pound chicken breast cutlets

1 teaspoon kosher salt, divided

1/2 teaspoon black pepper

4 cups packed arugula

2 cups halved cherry tomatoes

2 cups sliced fresh peaches

3 tablespoons extra-virgin olive oil

2 tablespoons rice vinegar

How to Make It

Step 1 Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes. Drain and rinse under cold water. Drain well; let dry on paper towels.

Step 2 Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 teaspoon salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice against the grain into strips.

Step 3 Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken



Nutritional Information:

Serves 4

(serving size: 4 oz. chicken and 2 cups salad)

- Calories 364
- Fat 14g
- Saturated fat 2g
- Unsaturated fat 11g
- Protein 31g
- Carbohydrate 30g
- Fiber 6g
- Sugars 9g
- Added sugars 0g
- Sodium 547mg

Summer Recipes

Banana Granita with Grape Chips

Serves 8, Serving size: 2 scoops

Ingredients

6 medium bananas, peeled, quartered, and frozen
1 tablespoon unsweetened date honey
4 seedless grapes, frozen

Directions:

Remove bananas from freezer and defrost at room temperature for 1 to 2 minutes.

Transfer to a food processor, add date honey, and process until smooth.

Remove grapes from freezer and cut into quarters, then slice thinly.

To serve, scoop pureed bananas with a small ice cream scoop and top with grape slices.



Adaptations

Go basic:-Substitute date honey with honey or any other sweetener

Challenge your skills:-Add 1-2 tablespoons of plant-based fat (tahini paste, peanut butter, almond butter) to improve the texture-Substitute bananas with fresh figs, berries or other fruit (different fruit has different liquid content).

Using a fruit with high liquid content might require adding plant-based fat-Substitute the date honey with herbs, such as one tablespoon of chopped mint or basil

This dessert provides a lot of sweetness with very little added sugar-2 scoops =approx. 1 serving of fruit

By the way I have making this and it is so delicious.

Carmen's Summer Hours

As you know I work different hours in the summer, I will be checking my email regardless of whether I am in the office or not, just in case. I may not respond to you right away, but I will be checking it. If you need anything please use my IU email address at cterry@iu17.org. I will not be checking my district accounts very much during the summer.

I will be out June 17-July 5th (Summer college tour with Emma) Wish me luck- I will be spending two straight weeks with my 17 year old in the car!

For July, I will be working on Mondays and Wednesdays. And I should be working a fairly normal August with a couple days off here and there. I will be working the Little League World Series again, but I am usually in the office in the mornings of those days.

Have a wonderful summer, relax, find some fun things to do and most importantly practice that self-kindness and enjoy your families and friends!

-Carmen