



The November Health Chat

Morning Routine

This month as we head into the holidays, Southboro Wellness is talking all about stress management. The holidays can be the most joyous time of the year, but they can also be the most stressful. In order to be present and really enjoy yourself and your family during this season, it is so important to stay on top of your stress and find things that work for you specifically to help you stay calm and centered. Because the holiday season is such a busy time of year, it can be very easy to let daily habits like stress management and exercise slide. However, it is during these seasons that we need to be even more diligent about making time to take care of ourselves and our own health.

I tend to be a high-stress person, so there are many habits I've added to my daily routine over the last few years that help me remain calm and centered. You can get detailed information on effective, easy ways to manage your stress, at my Stress Management Health Seminar coming up on November 13th. For now, let's spend some time chatting about my morning routine.

Having a morning routine is so important because it allows you to start your day off focused and on purpose. It's a chance to prep for your day, clear your head, and center yourself. I also love a morning routine because it lets me take charge of my day instead of my day taking charge of me, and this significantly reduces my stress. Here is what my morning routine consists of:

- 1. Five minutes of breathing exercises on a grounding mat 5-10 minutes after I am up, directly after brushing teeth, etc.*
- 2. Steep a hot cup of herbal tea and make a healthy breakfast.*
- 3. A few minutes of scripture reading*
- 4. Journaling while eating and enjoying my tea. (My journaling consists of daily gratitudes and goal setting, you could do this or just simply take some time to write anything that comes to mind or has been bothering you)*
- 5. 15-20 minute brisk walk outside with my dog, during this time I like to listen to a motivational podcast or listen to self-help or health-related audiobook. Silence or upbeat music is great as well!*

6. 10-15 minutes of yoga, stretching, or weight training
7. 5-15 minutes of meditation laying on my yoga grounding mat with a centering essential oil diffusing. My favorite for this is frankincense.

After my morning routine, I feel balanced and energized but relaxed and ready to take on my day. This may seem like a lot, but I get it all done in about an hour and half and the results are so worth it. My routine may be overwhelming for you, and that's ok. You do you. Find things that work for you, and if you only have a half-hour or even 15 minutes maybe pick just one or two things you can start doing immediately. You don't have to do all the things all at once- often that will create more stress. Start slowly, see how you feel, and then build from there. I am convinced that a great day and even a good night's sleep start with the intention you set first thing in the morning. That's it for now! Bring on the holidays!!!



In health & happiness,

Dr Brooke



Product Highlight

Ashwagandha

Ashwagandha has been part of herbal medicine for centuries. This herb helps the body cope with stressors like anxiety, stress, fatigue, and sleeplessness. We love the Pure Encapsulations brand because they source pure, premium ingredients. Their products are free from wheat & gluten, egg, peanuts, coatings and shellac, GMOs, hydrogenated oils & trans fats, artificial colors, flavors and sweeteners. Stop in today and speak with one of our wellness associates about this wonderful product.



Thank you to everyone that came out to support the Shifrin family at the Shifstrong 5K this past Saturday. It was so amazing to see so many familiar faces and to see such love in our community for the Shifrin family. Over \$50,000 was raised through race entrance fees, donations, sponsors and the bake sale! This will cover about 2 months of Brian's medical care. Thank you to Southborough Kindergroup, all participants, donations, volunteers, police, CERT, town departments and sponsorships. If you are interested in donating to the Shifrin family, please follow this link.

<https://runsignup.com/Race/MA/Southborough/RunforSHIFSTRONG>



Apple Mushroom and Sausage Acorn Squash

Eat your squash and use it as a bowl, too!

INGREDIENTS

- 2 medium acorn squashes
- 1 TBSP olive oil
- 1 lb ground chicken sausage
- 1 large sweet onion
- 3 cloves of garlic, minced
- 2 large stalks of celery, diced
- 1 medium apple, peeled, cored and diced
- ½ lb cremini mushrooms, cleaned and sliced small
- 1 TBSP fresh thyme leaves
- ½ TBSP rosemary leaves, minced
- 1 TBSP fresh sage leaves, minced
- 1 large egg, beaten (optional)
- salt and pepper, to taste
- ¾ cup shredded cheese of your choice (optional)

INSTRUCTIONS

1. Preheat oven to 400F
2. Cut squashes in half, remove the seeds and place on a baking dish, cut side down and roast for 30-45 minutes or until flesh is easily pierced. Remove from oven, turn the temperature down to 375F, flip over and allow to cool until you are able to handle it.
3. Meanwhile, heat a large, deep skillet over medium-high heat, cook sausage until browned. Remove sausage to a plate.

4. Add 1 tbsp of butter to the skillet along with the minced onion, celery, and chopped apple. Add a generous pinch of salt and cook, stirring frequently until onion is translucent and apple is soft.
5. Add garlic and minced herbs and saute for 30 seconds.
6. Remove onion and garlic mixture to another plate or bowl.
7. Add remaining butter and mushrooms along with another pinch of salt. Cook, stirring every so often until brown and buttery, about 5-8 minutes.
8. Return onion/apple mixture to the skillet along with cooked sausage and all accumulated juices.
9. When squash is cool enough to handle, scoop out most of the flesh, leaving some in the skin for sturdiness.
10. Add squash flesh to the pan and stir until well incorporated. Taste, adjust salt and pepper.
11. Mix in beaten egg and fill squash halves. You may have leftover filling- just add it to an oven-safe dish.
12. Top with shredded cheese, return to the oven on the same baking sheet and bake for 15-20 minutes or until cheese is bubbly and brown.
13. Let stand 10 minutes before serving.

Book Recommendation

Thrive by Arianna Huffington

Redefining what it means to be successful

Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye - the result of a fall brought on by exhaustion and lack of sleep. Arianna Huffington is the cofounder, president and editor in chief of the Huffington Post Media Group, one of the worlds most influential news and information brands.



UPCOMING EVENTS



November 13 @12:15pm

FREE Stress Management Seminar

November 30 - 10am-4pm

Small Business Saturday - "Give The Gift Of Health"

STORE HOURS

M, W, Th: 10am to 6pm

T: 10am-2pm

F: 10am to 5pm

Sat: 10am-1pm

508-353-0483

southborowellness@gmail.com

(We are located between Red Barn & Sperrys

on Route 9 West)



You've got this! Keep moving forward and don't give up. Your body has an amazing ability to heal itself when it's treated well, but remember healing takes time. We are here to support you on your road to health and well-being.

No question is too small, stop by the store or reach out via email/phone anytime.

Be well,

The Southboro Wellness team

www.southborowellness.com

southborowellness@gmail.com

508-667-0714
