



Wellspring

a bountiful source for healthy living

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**Humility is
not weakness,
but strength
under control.**

A.R. BERNARD

CULTIVATE

Humility

The definition of humility is a modest or low view of one's own importance. In the work environment, humility creates a healthy and productive atmosphere. Now don't get the idea confused with weakness, it is far from it. Being humble is the willingness to look at our own desires, successes, and failures and not take them too seriously.

LET'S DO A QUICK SELF-ASSESSMENT:

- Do you assume you already know something when someone is teaching?
- Do you see yourself as too good to perform certain tasks?
- Do you talk more than listen?
- Are you consistently critical of others?
- Do you struggle to submit to authority?
- Do you ignore people's attempts to communicate with you through text or email?

How'd you do? It's not always easy to be humble, but the personal and professional outcomes will be worth it. Fostering humility not only builds trust but facilitates learning, personal development, and encourages a "team" environment.

TIPS TO CULTIVATE HUMILITY IN THE WORKPLACE:



Spend Time Listening to Others – Put your phone down and walk away from your computer. Clear your mind so you can put all your focus on what the other person is saying. Listen with no judgment and be mindful of your motives to contribute to the conversation.



Focus on the Present – It's vital to our mental health to live in the present. Let the failings from the past and the worries of tomorrow take care of themselves. Practice mindfulness by taking a walk, doing yoga, or writing in a journal.



Be Grateful for What You Have – Take time every day to stop and remember the things you have to be grateful for. Don't forget the obvious like your family, home, food, vehicles, and job.



Seek Feedback from Others Regularly – No matter what your position in the workplace, we can all gain from hearing from others. Listen to their feedback without getting defensive or trying to take control.



Ask For Help When You Need It – It's common to want to solve our own problems. Unfortunately, it's also a form of pride. Humility is recognizing when we need help and/or when we know someone else could better fix the problem.

FOODS THAT TASTE GREAT **Pickled**

Did you know there is a whole week in February dedicated to Pickles?

Shape Up with Pickles Time encourages pickle lovers to put down the junk food and grab a pickle instead. They really are a great alternative. Full of good bacteria, they aid in gut health, and may help with digestion. But who says that pickles should get all the glory? There are so many other vegetables AND fruits, apart from the ol' cucumber, that are great for pickling.

HERE ARE 5 DELICIOUS AND HEALTHY ALTERNATIVES!

Beets – Did you know beets provide gut-friendly fiber to support a healthy gut microbiome? Incidentally, when you pickle them with vinegar, cloves, and a little sugar, you can enjoy them on their own, toss them in a salad, or jazz up your favorite dressing.

Onions – If you haven't tried a pickled onion, you are in for a treat! They can change the flavor profile of a plain burger, tacos, fish, or salad. They add the perfect amount of tang to whatever you put them on.

Carrots – Carrots are so versatile and pickling them gives you one more way to add them into your diet. For a quick and easy snack, eat them on their own, add them to a charcuterie board, wrap them in a sandwich, or add them to coleslaw or pasta salad.

Peaches – Pickled fruit—absolutely! Pickling peaches will enhance their sweetness and bring out a warm, savory flavor. Use a brine full of cinnamon, clove, and ginger to help cut the tartness of the vinegar. Add a spoonful to a scoop of ice cream, salad, or cottage cheese.

Pickled vegetables are low-fat and low in calories, but they can contain high sodium levels. Anyone who is on blood pressure medication or trying to reduce their sodium intake should eat pickled foods in moderation or choose low sodium options.

THE 3:2:1 QUICK PICKLING METHOD

A common recipe for pickling fruits or vegetables is the 3:2:1 method. Use three parts vinegar, two parts water, and one part sugar. If you like less sugar, you can always reduce the amount. Go ahead and add whatever seasonings you enjoy such as cinnamon, dill, peppercorns, smoked salt, ginger, turmeric, or parsley. The possibilities are endless!



Basic Pickling Recipe

Ingredients:

- 32 oz Canning Jar
- 3 Cups White Wine Vinegar
- 2 Cups Water
- 1 Cup Sugar

Instructions:

1. Pack your fruit or vegetables into a sterilized jar.
2. Add vinegar, water, and sugar to a pot and bring to a boil.
3. Immediately pour into jar, making sure to completely cover the veggies or fruit.
4. Let cool for 1 hour then put the lid on.
5. You can start enjoying these in 3 hours but the longer it brines, the better it tastes!

