

BENDING WITH THE BREEZE

Integrative Strategies for Wellness Across the Seasons

INTEGRATIVE MEDICINE AT HENNEPIN HEALTHCARE

The Person-Centered and Culturally-Inspired Division of Integrative Health at Hennepin Healthcare is grounded in a multi-disciplinary team dedicated to partnering with patients, community, and each other to nurture healing, uncover root causes of illness, and offer whole-person, customized care to cultivate well-being for everyone.



FALLING BACK INTO MINDFUL MOVEMENT

Musings from Integrative Physical Therapist Danielle Berres

A gentle warm breeze, the slow turning of leaves to red and orange, and a warm cup of chai tea are a few of my favorite things in Autumn that remind me to slow down and pay attention to the changing season. Nature has simple reminders that can take us out of the hustle and bustle of the busy Summer. Maybe it's the regular routine of school and work; maybe it's the change in temperature that makes sleeping a bit easier at night. Whatever the cues, I heartily embrace them as a reminder to slow down and appreciate what our beautiful state has to offer.

My grandmother taught me at a young age how to walk with intention, and it's something I fall back on now with my growing family to try and slow the hands of time. "Peace," she would tell me while mindfully stepping around her native wildflower garden, "is in every step."* She and her meditation group would practice this slow walk at their meetings, taking time to reflect on the placement of each footprint, the subtle changes in the garden every week.

They would be silent, each taking their own pace as if they were following an invisible labyrinth. Sometimes I would join them as a child, feeling the leaves crunch under my feet and smelling that comforting scent of decaying flowers as the warm Autumn breeze picked up around us. I had trouble clearing my mind back then, and I still do! I remind myself of my grandmother's words when my mind begins to become distracted – "focus on the footsteps, the simple motion of heel to toe, and look around you. There is nothing more for you to do in this moment than to be fully present."

If you'd like to try a walking meditation, you don't need to do much to prepare. You can walk through a park or near a river, but you can also do this in your own neighborhood. Walk slowly, feeling each footprint mindfully. Take in your surroundings with curiosity, amusement, and perhaps even joy! Notice if you are able to feel the sensation of slowing down time.

*This was based on the teachings from Thich Naht Hanh, a prolific writer of compassion and mindfulness and Vietnamese Buddhist Monk (1926 – 2022)

Cinnamon Butternut Squash

Ingredients:

- 1 large butternut squash, peeled, seeded, and cut into 1-inch cubes
- 1 1/2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons pure maple syrup
- 1 3/4 teaspoons kosher salt
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground black pepper
- 1 tablespoon chopped fresh rosemary

Directions:

1. Preheat oven to 400 degrees and cover two baking sheets with parchment paper
2. In a large bowl, toss and coat squash cubes with olive oil, maple syrup, and spices
3. Divide the squash between the baking sheets, spread into a single layer
4. Bake for 15 minutes at 400 degrees F. After 15 minutes, remove the pans, turn the squash with a spatula, and return to the oven.
5. Bake until the squash is tender (about 10 to 15 additional minutes).
6. Remove from the oven, and scatter fresh rosemary over the top.
7. Serve warm and ENJOY!



FALL OFFERINGS

Group Medical Visits

Staying Healthy: Recovering and Regaining Health from COVID-19 - Wed 10am-12pm, 9/13-11/1 (zoom)

Easing Pain Holistically: Headaches - Wed 10am-12pm, 9/6-11/1 (in-person)
Rest and Renewal Lifestyle - Wed 10am-12pm, 11/16-12/20 (in person or via zoom)

Life Beyond Cancer - Thurs 8-9:30am 10/18 (zoom)

Community Events

Mid-day Mindfulness Practice Breaks - Thursdays 12-12:30 (zoom)

For More Info on all Fall Offerings, Go To:
www.hennepinhealthcare.org/specialty/integrative-health/

PROVIDER SPOTLIGHT

Get to know Tara Schug, Doctor of Chiropractic



What do you like most about your job? My favorite thing about my job is being able to spend time and connect with my patients. We are able to have a really tangible effect on the days of our patients. Even if we can't completely relieve their pain, we can often find a way to reduce symptoms and help patients feel empowered to manage their pain at home as well, which can really decrease the mental burden of chronic pain.

What do you love most about the fall? I love all things fall, it is my favorite season! The smell of leaves and bonfires, apples and cinnamon. Even though the light hours are decreasing and the season itself feels way too short, the days feel a little more relaxed and the pace a bit slower than summer.

What is a healthy pleasure of yours? Grounding. I will walk barefoot as often as I am able as long as the temperature allows.



*next time you get agitated
 because you are
 not growing/healing fast
 enough remember
 that every day does not need
 to be a step
 forward for it to be a
 success. sometimes
 you need to slow things
 down to integrate
 new lessons and gather your
 energy.
 rest is required on a long
 journey.*

yung pueblo