

# THE TIGER TABLE

CAPE GIRARDEAU D63  
WELLNESS NEWSLETTER!



## “I LOVE, LOVE” ❤️

*Who can name that ↑↑ movie without clicking the link?!*

*By Kayla Johnson, MS, RD, LDN*

Question: On a scale of 1 to 5, with 1 being,  
“Love is the exact opposite of how I feel about  
this,” and 5 being “A daily dose of \_\_\_\_  
wouldn’t even be close to enough.”

How much do you love:

- 1 2 3 4 5 Tacos
- 1 2 3 4 5 Spending time with your best friend(s)
- 1 2 3 4 5 Coffee, Tea, Wine... or whatever
- 1 2 3 4 5 Playing golf or crocheting or \_\_ (insert hobby)
- 1 2 3 4 5 Spending time with your loved ones
- 1 2 3 4 5 Your dog.. Or cat or turtle or \_\_\_ (insert pet)
- 1 2 3 4 5 Yourself

### WHAT'S IN THIS MONTH'S ISSUE:

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## JANUARY RECAP

In January we looked back in order to look forward. In celebrating the excitement of a new year, we also were encouraged to take a look at where we actually are. Right here; right now; in this season. Identifying our needs is important, and working to meet those needs is vital to our overall health and wellness. Hopefully you took the time to reflect on yourself. If not, I encourage you to take a few minutes and do that now. It’s okay - this newsletter will still be here when you get back.

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## SELF-LOVE? WHO EVER HEARD OF SUCH NONSENSE...

We love a lot of things and people, but what about yourself? Can you *honestly* say, without sarcasm or judgment, that you love yourself? In spite of all of their flaws and quirks and idiosyncrasies, we still love our people - our kids, our friends, our family, our animals... But what about ourselves?

February is a lot of things - Black History Month, Cancer Prevention Month, National Heart Month, Library Lover's Month (fun fact!) and so many others. But it's also the month that we overwhelmingly associate with **love**. This is most often romantic love, but there are so many different classes of love. No wonder language is so confusing. I can say "I love to read" and "I love my kids" in the same conversation, but they are vastly different. I don't love reading like I love my kids... In his book, The Four Loves, C.S. Lewis proposes four different forms of human love.

- Affection - "the most basic, general, and emotive;" like infatuation
- Friendship - "the most rare, least jealous, and, in being freely chosen, perhaps the most profound;"
- Eros - romantic love; "that can run counter to happiness and poses real danger"
- Charity - or in other forms called agape - "the greatest, most spiritual, and least selfish;" unconditional, like the love of your children or family; often love of a best friend morphs into this charity or agape love as well.

C.S.Lewis says that, "Proper love is a risk, but to bar oneself from it--to deny love--is a damning choice. Love is a need and a gift; love brings joy and laughter. We must seek to be awakened and so to find an Appreciative love through which 'all things are possible.' "

Vocabulary lesson aside, it is likely that you are keenly aware of the concept of love overtaking our environments, but the focus almost never turns inward. Loving others is fantastic and wonderful. Love for your neighbor is something that we all need to cultivate and lean into. But love for **yourself** is nearly always overlooked and undervalued.

So I'll ask again. On a scale of 1 to 5 how much do you love yourself?! Seriously. Think about it. Do you take care of yourself? Do you enjoy spending time with yourself? Do you make yourself good food? Do you praise yourself for a job well done? Do you treat yourself to your favorite dessert when you've worked really hard and achieved something? Do you speak kindly to yourself? Do you give yourself grace?

*FUN FACT: Legumes, nuts, spicy foods, and foods high in vitamin C are reported to help your brain release endorphins - aka happy hormones. Therefore, fueling ourselves well can be a daily act of self-love. ♥*

## JUDGMENT-FREE ZONE HERE

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I don't ask any of these questions to be judgmental in any way because I'm there! I am really hard on myself when I mess up. I have impossibly high expectations of myself. I don't always use very positive self-talk.


I come back to this every year because I think it is an extremely important aspect of health and wellness. It is impossible to be truly well when you treat yourself worse than everybody else. So this month, I challenge you to do ONE thing to show yourself that you are loved BY YOU. That you are valuable just because of who you are and as you are.

If you look in the mirror and fuss at yourself because of how your clothes fit, buy one shirt and one pair of pants that you truly love and feel good in, and wear them on repeat!

If you regularly have a blehh feeling in your stomach after you eat, pick one meal a day to eat food that is truly good to eat **and** is good for you.

If you have been SUPER restrictive in your eating habits and don't ever enjoy food, make yourself some brownies from scratch and eat one... or two!

Spend time with yourself! No phone, no tv, no tablet, maybe even no music. We live in such a distraction-saturated world that we are rarely even present with our own thoughts.

Pick something and make it a **daily habit to treat yourself well** in some way all month long. Don't break the streak. 

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## UP AHEAD: FUN FEBRUARY CELEBRATIONS



1 - National Dark Chocolate Day - aka the best day

7 - National Fettuccini Alfredo Day - BONUS recipe - from scratch and oh so good! AND Send A Card to a Friend Day - yes an actual *physical* card

17 - National Random Acts of Kindness Day

22 - National Cook A Sweet Potato Day - because I just love sweet potatoes. Please actually **eat** the sweet potato too 😊

26 - National Set A Good Example Day - people (especially the tiny humans in our lives) are watching everything we do. Let's set them up for success by setting a good example and teaching them the same.

29 - Leap Day! This is a BONUS DAY! Do something extra and beautiful with your time.

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**\*\* Please check out underlined text for some fantastic additional information !\*\***

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# Tiger Taste Buds 😊

## African Peanut Stew

Since we're talking about love, let me share with you a new recipe that I absolutely love! This one will fuel your body well, satisfy your taste buds, and serve as an act of love for self and even for our planet! This recipe is a dump & go beauty!

\* Please check out [the video](#) for fun banter and time saving tips!

Start the video at minute 7.35

Yield: 1 large pot of food 🧑🍳

Total Time: 30 minutes or something

### Ingredients

- 1 (10-12 oz.) bags frozen chopped onion
- 1 tablespoon minced garlic
- 1 teaspoon dried ground ginger
- 2 (10-12 oz.) bags frozen cubed sweet potato or butternut squash
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1/4 teaspoon crushed red pepper (optional)
- 1 (15 oz.) can diced tomatoes
- 1 (15 oz.) can tomato sauce
- 1 (15 oz.) can chickpeas, drained and rinsed
- 2-4 tablespoons peanut butter
- 4 cups veggie broth
- 1 bag frozen chopped spinach, collard greens, or kale (or 1 bunch fresh)



### Instructions:

Add all of the ingredients to a large pot, heat to a boil, reduce the heat and let simmer for a few minutes. You can cook this one for 5 minutes or 30 minutes, it doesn't matter (just like this Potato Corn Chowder!). <-- BONUS recipe  
Serve and enjoy!

Taken directly from [Well Your World](#) because the recipe was absolutely perfect as is, and I loved every single bite. I hope you do too!

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