

Are you in a RUT? Trying a new soup recipe sparked my anxiety

Description

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One day a couple of months ago, I realized I was in a food rut. I enjoyed what I was eating, but I also craved something new.



Ruts are vastly different. There are serious ones like a job or relationship that isnâ??t working, where outside help is vital. Then there are perplexing ones like Donna Vallerand is wrestling with.

â??I love to travel â?? the discovery of a new place, the learning, meeting interesting people,â?• she said, â??but I canâ??t travel all the time because I have a dog and other responsibilities. I feel my life in San Francisco is mundane and I donâ??t know exactly what to do about itâ?¦maybe there is nothing to do but be grateful.â?•

I was grateful my food rut was a lot simpler to contemplate.

We had had a snap of cold weather, and my thoughts turned to soup. Perfect. Iâ??ll make soup even though I hadnâ??t made any soup for a long time, and then only chicken soup. Still, I felt mildly overwhelmed. I was going to try cooking something new and I was experiencing irrational anxiety, perhaps the need to be perfect on the first go.

I consulted with a friend, a dedicated cook and baker. He gave me a recipe for butternut squash soup with Granny Smith apples. Yum!

I made mistakes

I didnâ??t bake a fresh squash but bought a â??time-savingâ?• box of spaghetti squash; I forgot the carrots entirely; I had to use bone broth powder (yuck) because I also forgot to buy a box of chicken broth.

I started to chastise myself for being lazy and forgetful, but then I focused on what my reading on â??getting out of rutsâ?• emphasized: self-compassion.

A Harvard Medical School newsletter, from June 27, 2013, states: â??Forgiving and nurturing yourself can set the stage for better health, relationships and general well-being.â?•

I admitted that, in spite of the mistakes, the soup was pretty good, even though it was not ready for prime time. I had been heavy-handed with the ginger but after a couple of bowls I grew to like its bold spiciness. Maybe that amount of ginger would work at my next attempt.

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Yes, Virginia, there is going to be a next time. I was motivated to try the recipe again, this time with the right ingredients and with freshly baked squash. Go, Me!

How are you doing with getting out of ruts and self-compassion?

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