Wellness Wednesday

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5 Subtle Signs You're Putting Too Much Pressure On Your Kid

Understanding the signs that indicate your child might be feeling overwhelmed is crucial for fostering a healthy environment for their growth and development. As parents, we often have high expectations for our children, whether stemming from societal norms, personal aspirations, or the desire for them to succeed. However, this pressure can sometimes become excessive, leading to stress and anxiety. Here are five subtle signs that might indicate you are inadvertently placing too much pressure on your child.

Sign 1: Reluctance to Engage

The Art of Avoidance

When children feel overwhelmed, they may begin to avoid activities or responsibilities that previously brought them joy. If your child suddenly expresses disinterest in extracurricular activities or schoolwork, it could be a sign that they are feeling the weight of expectations. They might develop excuses or show signs of procrastination, such as claiming they are unwell or forgetting essential materials.

Understanding the Underlying Reasons

It's essential to delve deeper into the reasons behind this avoidance. Are they genuinely uninterested, or do they feel they cannot meet the expectations set for them? Engaging in open conversations about their feelings can help you understand whether they are struggling with external pressures or simply need a break.

The Role of Parental Expectations

Reflect on the motivations behind your child's activities. If they are involved in activities primarily to fulfill your aspirations rather than their own interests, it may be time to reassess your expectations. Encouraging your child to pursue their passions can lead to a more fulfilling experience and alleviate the pressure they may feel.

The Importance of Sleep
Adequate sleep is critical for a child's well-being. Children typically require between nine and eleven hours of sleep each night. If your child is consistently struggling to get enough rest, it might be time to evaluate their schedule and consider implementing changes to ensure they have the necessary time to recover.

Sign 2: Difficulty in Recovering
Signs of Fatigue
Children and teenagers need ample time to rest and recharge. If your child appears fatigued, unmotivated, or irritable, it could indicate that they are not getting sufficient downtime. The demands of school, sports, and extracurricular activities can quickly drain their energy, leaving them feeling overwhelmed.

Individual Recovery Needs
Every child is unique in their recovery needs. While some may thrive on a busy schedule, others may require more downtime to recharge. Pay attention to your child's cues and adjust their activities accordingly. Understanding their individual requirements can help create a balanced routine that fosters both productivity and relaxation.

Sign 3: Lack of Enthusiasm for Skill Development

The Importance of Intrinsic Motivation
Children who are intrinsically motivated tend to excel in their activities. If your child appears disengaged or indifferent toward skill-building, it may signal that they are feeling pressured rather than excited about their pursuits. Observing their level of enthusiasm can provide valuable insights into their emotional state.

Identifying Complacency
Complacency can be a sign that your child is feeling overwhelmed. If they are merely going through the motions without showing a desire to improve or grow, it may be time to reevaluate their involvement in certain activities. Encouraging them to take breaks or explore new interests can reignite their passion and motivation.

Supportive Guidance
If you notice signs of complacency, consider providing support and guidance rather than pushing them harder. Engaging in constructive conversations about their goals and interests can help them rediscover their motivation and passion for their activities.

Sign 4: Disconnection from Goals

Misalignment of Aspirations
A significant factor contributing to stress in children is the misalignment between parental expectations and their personal goals. If you find yourself caring more about their achievements than they do, it may lead to feelings of inadequacy and anxiety.

The Impact of Pressure
When children feel that their worth is tied to their performance, it can create a toxic environment. Instead of pushing them harder, focus on fostering a supportive atmosphere where they feel comfortable expressing their thoughts and feelings. This approach can help them regain a sense of control over their own aspirations.

Open Communication
Encouraging open communication about goals and aspirations is vital. Ask your child what they want to achieve and how they feel about their current activities. By aligning your expectations with their interests, you can create a more harmonious relationship that promotes their well-being.

Sign 5: Diminished Enjoyment

Recognizing the Signs of Discontent
Extracurricular activities should bring joy and a sense of fulfillment. If your child seems unhappy or disengaged during activities they once enjoyed, it may be a sign that they are feeling pressured. Observing their demeanor can provide valuable insights into their emotional state.

The Role of Extracurriculars
While extracurricular activities can be beneficial for skill development, they should not become a source of stress. If your child is consistently reluctant to participate, consider pausing or reevaluating their involvement. It's essential to prioritize their happiness and well-being over achievement.

Encouraging a Balanced Approach
Encourage your child to explore various interests without the pressure of performance. Allowing them the freedom to choose activities based on their preferences can lead to a more positive experience. Foster an environment where they can discover their passions and develop a love for learning without the burden of expectations.

Recognizing the subtle signs that indicate your child may be feeling overwhelmed is crucial for supporting their emotional well-being. By fostering open communication, understanding their individual needs, and prioritizing their happiness, you can create a nurturing environment that promotes personal growth and resilience. Remember, the goal is not only to help your child succeed but also to ensure they enjoy the journey along the way.

Sourdough Bread

INGREDIENTS

- 50 to 100 grams ripe bubbly active starter, ¼ cup to ½ cups (I use 100 grams)*
- 350 to 375 grams warm water, I use 375 grams, less in the summer when it's humid
- 500 grams bread flour, or all purpose flour (4 cups plus 2 tbsp)
- 10 to 12 grams fine sea salt, I use pink Himalayan sea salt

Baking Equipment

Having the right tools can make your sourdough baking experience smoother. Here's a list of essential equipment:

- Digital Kitchen Scale: For precise measurements.
- Mixing Bowls: Large enough to accommodate your dough as it rises.
- Dutch Oven or Baking Stone: For baking
- Banneton Basket: For proofing the dough, though a bowl lined with a towel can work as well.
- Razor or Lame: For scoring the dough before baking.

Optional Tools

- Thermometer: To check the internal temperature of your bread.
- Bench Scraper: For handling and shaping dough.
- Cooling Rack: To cool the bread after baking.

Baking sourdough bread is an art that combines science, patience, and a touch of creativity. For many, the thought of making this delicious bread can be intimidating due to its perceived complexity. However, with the right guidance and a solid recipe, anyone can master the craft of sourdough baking.

What is Sourdough Bread?

Sourdough bread is a type of bread that is leavened through the natural fermentation of dough. Unlike commercial yeast, sourdough relies on wild yeast and lactic acid bacteria present in the environment. This unique fermentation process gives sourdough its characteristic tangy flavor and chewy texture.

The Science Behind Sourdough

The key to successful sourdough lies in understanding the fermentation process. When flour and water are mixed, enzymes in the flour begin to break down the starches into sugars. Wild yeast and bacteria from the environment or a starter feed on these sugars, producing carbon dioxide and organic acids. This process not only helps the dough rise but also develops the complex flavors that sourdough is known for.

Nutrition Information

Serving: 1 ounce, Calories: 72 kcal, Carbohydrates: 15 g, Protein: 2.5 g, Sodium: 138 mg, Fiber: 0.5 g



INSTRUCTIONS

How to Make It

- **Feed Your Starter:** Feed your starter the night before baking. Use it when it has doubled in size.
- **Make The Dough:** Combine active starter, water, salt, and bread flour in a bowl. Mix until a sticky dough forms, then let it rest for 30 minutes.
- **Stretches and Folds:** Perform stretches and folds every 30 minutes for about 2 hours to develop the dough's structure.
- **Bulk Fermentation:** Cover the dough and let it rise for 6 to 9 hours at room temperature until it increases by 50-70% and shows bubbles.
- **Pre-shape:** Transfer the dough to a floured surface and shape it gently into a round.
- **Bench Rest:** Let the shaped dough rest for 30 minutes, then tighten its shape.
- **Shaping:** Prepare a proofing basket with flour and place the dough smooth side down, covering it.
- **Cold Fermentation:** Refrigerate overnight or for 18-24 hours, or let it rest at room temperature for 1-2 hours if baking the same day.
- **Baking:** Preheat the oven to 450°F. Score the dough and transfer it to a Dutch oven lined with parchment paper. Bake covered for 30 minutes, then uncovered at 400°F for 20-30 minutes until browned and hollow when tapped.
- **Cooling:** Transfer the baked bread to a wire rack and cool for at least 1 hour before slicing.

Reference: SkinnyTaste

https://www.healthline.com/health/adductor-exercises?epik=dj0yJnU9MzRWa2ZmT241bGVrSHcxUU5GOVd4Smx6bV9NeEZ6b00mcD0wJm49WVJ0S1lqdXJNdW1xc2FJd1pwQjdsdyZ0PUFBQUFBR2dCVG9V#exercises

Featured Exercise ► #5 Copenhagen Hip Adduction

HOW TO DO IT:

1. Start in a side plank position with one elbow on the floor or a pad and your legs perpendicular to a weight bench or similar piece of equipment.
2. Place your top leg on the bench with your knee slightly bent, keeping your bottom leg straight underneath the bench. The higher you rest on your top leg on the bench, the more stability (and less risk of injury to the groin) you will have. If you rest only your ankle on the bench, this exercise will be extremely challenging.
3. Contract the adductors of your top leg to hold your body weight, and slowly raise your bottom leg until it touches the underside of the bench.
4. Gradually lower your body back to the starting position.
5. Once you've completed the desired reps for that leg, flip over and work the adductors of the other leg.
6. Repeat for the desired number of sets for each leg. Aim for 2–3 sets of 10–12 reps.

THE BENEFITS:

The Copenhagen Hip Adduction Exercise (CHAE) has gained recognition as an essential movement for athletes and fitness enthusiasts alike. This exercise specifically targets the hip adductors, a group of muscles that play a crucial role in stabilizing the pelvis and maintaining proper movement patterns.

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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

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