



## October Wellness

### Creamy Wild Rice Soup

#### Ingredients:

4 cups vegetable stock  
1 (8-ounce) package button mushrooms, trimmed and quartered  
 $\frac{3}{4}$  cup uncooked wild rice, rinsed and drained  
 $\frac{1}{2}$  cup thinly sliced leek (white part only)  
4 cloves garlic, minced  
1 cup chopped red bell pepper  
 $\frac{1}{2}$  cup chopped carrot  
 $\frac{1}{4}$  teaspoon sea salt  
 $\frac{1}{4}$  cup almond flour  
 $\frac{1}{4}$  cup chickpea flour  
1 tablespoon snipped fresh thyme  
1 tablespoon white wine vinegar

Work/life balance is a phrase that we hear all the time and try to achieve it even more. Many of us are guilty of working long hours and not focusing on our health, but working too much can be harmful. A traditional workweek is about 40 hours – however, many of us spend more time on (& even off) “the clock”. Damaging side effects of working too much include: loss of healthy sleep, imbalanced diet, reduced exercising, or neglecting relationships. It can be difficult to stop working or create boundaries, but having a better work/life balance can make you more productive and healthier.

**Lifestyle EAP** is here to help!

#### Directions:

1. Combine the stock, mushrooms, wild rice, leek, and garlic in a 5-quart Dutch oven or soup pot. Bring to a boil over high heat; reduce heat to medium-low. Cover and simmer for 45 to 50 minutes or until the rice is tender (kernels will start to pop open). Stir in the bell peppers, carrot, and salt. Cover and simmer for 8 minutes more.
2. Combine the almond flour and chickpea flour in a small bowl; stir in  $\frac{1}{4}$  cup water. Stir the mixture into the soup. Cook, stirring constantly, for 1 to 2 minutes or until thick and bubbly. Stir in up to  $\frac{1}{2}$  cup more water to reach the desired consistency. Stir in the thyme and vinegar.

## National Coming Out Day

October 11 is **National Coming Out Day**. Here at Lifestyle EAP we want to acknowledge the courage of LGBTQ+ people who live their lives with pride. You have created a community with compassion that showcases the strength of being your authentic self. Today and every day, Lifestyle EAP wants every member of the LGBTQ+ community to know that they are cared for and accepted just the way you are, regardless of whether or not you have come out. At Lifestyle EAP, we are committed to diversity and inclusion—and our team of mental healthcare providers reflects that commitment.



Call **Lifestyle EAP** at 800.989.3277 or visit [www.LifestyleEAP.com](http://www.LifestyleEAP.com)