



Photos Courtesy of pixabay.com

EAT WELL, AGE WELL.

STRESS AWARENESS

Did you know there are health concerns associated with prolonged stress such as high blood pressure, depression, Alzheimer’s disease, obesity, and heart disease? The good news is there are many ways to manage & alleviate stress. Completing the weekly challenges can help.

Many times, a person will try to go very fast throughout the day when aggravated. My suggestion for you is to take a break and go outside. By being outside, you can break up your day and clear your thoughts from the chaos going on around you.

Some people stick to themselves and do not want to talk about stress in their lives. Although being social, is an important way to reach out to those that are close to you. Communication will allow support and they may offer advice that you haven’t thought about.

If stress causes you to eat, try to reach for fruit, vegetables, or a high-protein snack such as nuts instead of cookies, ice cream, or sweets. Healthy snacks will provide energy to combat negative stress.

Journaling is a good way to vent and/or understand your thoughts. This can alleviate pressure and limit stress. Take 10 minutes to write about what you are grateful for and what you want the rest of your day to look like.

Weekly Challenges

When stressed try to calm your mind and breath slowly.

Communicate with trusted individuals when you feel stressed.

Get outside and enjoy the weather.

Journal your thoughts!

Did you Know...

The American Heart Association has stress management information

<https://www.heart.org/>

and search “Stress Management”

Source: <https://www.webmd.com/balance/stress-management/features/10-fixable-stress-related-health-problems#1>

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

If they ask how they should record if they reach their weekly action plan. They can write words like, “Nailed it” or just a short note like added apples at breakfast or added beans to my soup, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1-page overview handout Eat Well, Age Well. Stress Awareness Month
- *Placemat/handout “Apple Cinnamon Oats”* from the Eat Well, Age Well Stress Awareness section
- Table Tent- April 2021 “Communicate, Balanced Nutrition, and Exercise”
- Monthly Tracking Calendar

Week 2: Give out/Post

- *Placemat/handout- “Banana Oat Cookies”* GWAAR Placemat BN
- Table Tent- *“Diary, Bored, and Snacks”* Table Tent-Stress BN

Week 3: Give out/Post

- *Placemat/handout- “Blueberry Bran Muffins”* Stress Awareness Placemat
- Table Tent- *“How Can I Nutrition Help with Stress, Eat Your Veggies, and Stock Up on Healthy Snacks”* Stress Awareness Table Tent

Week 4: Give out/Post

- *Placemat/handout- “Greek Yogurt and Oatmeal Parfait”* April Stress Awareness Placemat
- Table Tent- *“Stress Awareness and Stress Relieving Foods”* Stress Awareness

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select “Scale to Paper Size” and select “letter” size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout, or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder. I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at pam.vankampen@gwaar.org