

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

## Stress Awareness Month:



# Communicate

Stress isn't meant to be handled alone! Reach out to friends and family members when you face stressors and feel overwhelmed. Communicating often helps alleviate stress and equips your support system with the information they may need to help.



Photo courtesy of Pixabay.com

### Weekly Challenge:

Call a friend!  
Perhaps they can offer a unique perspective on a problem you're facing... or just chat!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Chloe Kom 4-22

## Stress Awareness Month:



# Balanced Nutrition

Don't let stress dictate your food choices! Consuming a well-balanced diet is important because your body needs a variety of nutrients to function properly. Keep it simple by aiming to consume foods from each food group, including fruits, vegetables, whole grains, protein, and dairy. Everything in moderation!



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### Weekly Challenge:

Perform a food group check: have you consumed fruits, vegetables, whole grains, protein, and dairy?

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Chloe Kom 4-22

## Stress Awareness Month:



# Exercise

Get moving! Exercise doesn't have to be elaborate to be beneficial for stress relief. Exercise releases endorphins, which have a natural "feel good" effect. It may also lead to improved sleep, which can help combat stress. Exercise can be an enjoyable activity used to take a break from worries.



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### Weekly Challenge:

Try a new, unique exercise! Or simply enjoy a 10 minute walk with a friend!

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## Stress Awareness Month:

# Diary

### Try keeping a food diary.

Write down what you eat, how much you eat, when you eat, how you're feeling when you eat and how hungry you are.

Over time, you might see patterns that reveal the connection between mood and food.

### Weekly Challenge:

Start slow with writing down one meal a day.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Baylie Neider 4-22

## Stress Awareness Month:

# Bored?

Instead of snacking when you're not hungry, distract yourself and substitute a healthier behavior.

Take a walk, drink water, watch a movie, listen to music, read, or surf the internet. Always feel free to contact friends or family to chat about what is bothering you!

### Weekly Challenge:

Try a new activity, outside your comfort zone!



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## Stress Awareness Month:

# Snack

If you feel the urge to eat between meals, choose a healthy snack, such as fresh fruit, vegetables with low-fat dip, nuts or unbuttered popcorn.

Or try lower calorie versions of your favorite foods to see if they satisfy your craving.

### Weekly Challenge:

Try creating a fun new snack using what you have!



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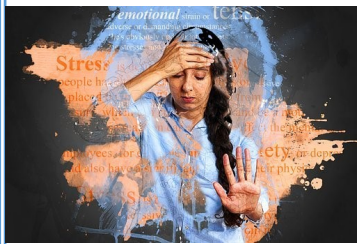
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## Stress Awareness

Being aware of when we are stressed is important so we can give our body the food and nutrients it may need.

Knowing when our body and mind are under stress can remind us to eat and give ourselves time to relax. Finding foods that relieve stress is important.

Foods that relieve stress may be different from person to person.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling 4-22

## Stress Relieving Foods:

### Oranges:

Foods specifically, those high in Vitamin C, like oranges, have a positive affect on relieving stress. Vitamin C can reduce stress by reducing a stress hormone in the body.

### Weekly Challenge:

Try including a food high in vitamin C, like oranges, into a meal or snack.



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## Stress Relieving Foods:

### Almonds and Walnuts

Foods like almonds & walnuts that are rich in omega-3 fatty acids have a positive affect in relieving stress.

Omega-3 fatty acids reduce surges of stress hormones and have other health affects on the body as well.

### Weekly Challenge:

Add almonds, walnuts or other foods high in omega-3 fatty acids to a meal.



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## How Can Nutrition Help with Stress?

Everyone deals with stress differently and in their own ways. Some may turn to drinking alcohol and/or eating comfort foods such as sweets. There are other ways to help with stress that include eating healthy, exercising, and enjoying your free time. When our bodies are fed poorly, stress can take a greater toll on your health.

### Weekly Challenge:

Try a new activity to help reduce your stress. (painting, listening to music, taking a walk etc.)



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Gabrielle Lois 4-22

## Eat your veggies



Vegetables contain many vitamins and minerals. For example copper, zinc, manganese and vitamins such as A, E, and B. By eating these vitamins and minerals they work by neutralizing harmful molecules that are produced when your body is under stress. A great source is sweet potato's, broccoli, green peas, garlic, carrots and leafy greens.

### Weekly Challenge:

Try adding Garlic to your recipes. It has been known to regulate blood sugar and promote heart health.



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## Stock up on Healthy Snacks



When stressed and busy it may be easier to eat pre-packaged and fast foods but they can actually make you feel foggy and zap your energy. Healthy snacks are high in protein and/or fiber which can give you more energy and help you become more productive. Some healthy snacks include granola, almonds, peanuts, veggies with hummus or yogurt with fresh fruit.

### Weekly Challenge:

Try creating your own trail mix with nuts, dry fruit, granola, and other items you might like!



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