



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

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When stressed try to calm your mind and breath slowly.

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Communicate with trusted individuals when you feel stressed.

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Get outside and enjoy the weather.

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Journal your thoughts!

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### Did you Know...

The American Heart Association has stress management information

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

and search “Stress Management”

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

## Stress Awareness

**Search for the hidden words.** Please have fun and enjoy this word search puzzle-- to make it relaxing words can go forward and diagonal.

W	Z	I	H	R	W	I	X	H	A	T	K	D	G	M	Z	Z	E	X	V
T	X	T	H	G	D	B	O	I	U	H	O	B	B	I	E	S	J	X	A
T	J	E	O	A	T	M	E	A	L	J	G	P	G	J	K	C	A	G	W
N	O	X	B	P	H	G	I	O	O	Y	D	P	Q	M	F	I	K	V	F
K	Z	C	H	K	Q	J	O	U	R	N	A	L	I	N	G	T	N	F	U
S	N	C	B	D	L	O	H	X	S	X	W	Z	L	S	H	U	S	I	R
B	D	F	S	N	A	C	K	S	Y	E	H	D	G	N	M	X	I	P	T
C	C	O	M	M	U	N	I	C	A	T	I	O	N	E	M	M	C	N	M
H	L	F	A	M	I	L	Y	C	Z	H	J	G	I	S	U	V	Z	A	N
D	K	I	S	Z	Y	A	Z	T	O	H	A	X	D	N	O	I	D	R	C
O	X	F	G	J	Q	D	O	R	A	N	G	E	S	W	E	E	T	S	Q
G	V	X	I	R	G	J	X	W	A	L	N	U	T	S	F	Z	K	P	U
D	B	R	K	F	J	H	E	A	L	T	H	Y	U	Z	L	G	J	A	O
W	A	Q	E	X	E	R	C	I	S	E	C	E	W	O	N	R	E	C	G
N	F	V	H	G	Y	Y	W	K	W	N	V	V	Y	I	K	Y	F	H	X
P	F	E	D	E	U	F	U	M	Y	O	G	U	R	T	Q	M	X	H	K
J	Y	R	F	K	X	T	O	V	E	G	E	T	A	B	L	E	S	A	M
G	L	P	S	A	L	M	O	N	D	S	W	P	L	Z	X	W	N	W	A
X	E	Q	P	T	C	V	A	V	O	I	D	Z	R	G	W	R	L	Y	I
T	B	S	T	R	E	S	S	E	H	I	A	M	R	H	T	X	C	H	H

ALMONDS  
COMMUNICATION  
FAMILY  
HOBBIES  
OATMEAL  
SNACKS  
SWEETS  
WALNUTS

AVOID  
EXERCISE  
HEALTHY  
JOURNALING  
ORANGES  
STRESS  
VEGETABLES  
YOGURT