

EAT WELL, AGE WELL. STRESS AWARENESS

What is stress?

Stress is the body's natural response to change. There are different types of stress: "eustress" and "distress", or "good stress" and "bad" stress.

Stress can compromise health.

Too much "distress", or "bad stress" can have adverse effects. Stress can put people at higher risk for heart disease, depression, gastrointestinal problems, and high blood pressure. Hormones associated with stress, like adrenaline and cortisol, can put strain on the body and can cause an imbalance.

How can stress be managed?

There are multiple ways individuals can cope with stress. Some simple strategies include getting adequate sleep, exercising, talking with trusted friends and family members, and maintaining a well-balanced diet.

Crock Pot Apple Cinnamon Oats:

Serves 2-4



Photo Courtesy of Pixabay.com

Ingredients:

- 2 cups steel cut oats
- 5 cups unsweetened almond milk
- 1 cup water
- 1 large apple (cut into cubes)
- ½ cup chopped walnuts
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ¼ cup brown sugar
- 1 dash of salt (optional)
- Optional toppings: fruit, nuts, nut butter, sautéed veggies, etc.

Directions

1. Use nonstick cooking spray to coat the slow cooker.
2. Combine all ingredients in a medium-sized bowl, then pour into the slow cooker.
3. Cover the cooker. Cook on a low setting for 8 hours or a high setting for 4 hours.
3. Stir hourly.
4. Ensure ingredients are desired consistency. Serve and enjoy!

This recipe includes walnuts, which contain omega-3 fatty acids to promote reduction of stress and inflammation; oatmeal, a complex carbohydrate for a steady rather than rapid increase in blood sugar; and cinnamon and apples for their antioxidant content.

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How to Deal with Stress

Everyone deals with stress differently. There are many healthy ways to deal with the stressors in our life. Below are several ideas on how to relieve stress.

Ways to Relieve Stress:

- Exercise
- Reduce caffeine intake
- Journal thoughts
- Spend time with family and friends
- Say no to tasks you cannot take on
- Avoid procrastination
- Meditate
- Reassess to-do lists
- Get enough sleep
- Listen to music
- Eat a healthy diet
- Stop using tobacco and nicotine products
- Talk with loved ones

Greek Yogurt and Oatmeal Parfait

Serves 2

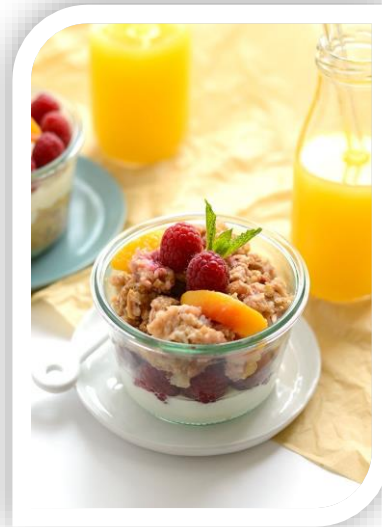


Photo Courtesy of Lee Funke

Ingredients:

- 2 cups instant oatmeal
- 1 cup Greek yogurt, non-fat, plain
- 1 tablespoon chia seeds or flaxseeds
- 1 tablespoon honey
- 1 cup fresh berries

Directions

1. Add hot water to the instant oatmeal and place in microwave until warm and water is absorbed into oatmeal.
2. Mix in a small bowl Greek yogurt, chia or flaxseeds, and honey.
3. Layer the yogurt mixture on top of the oatmeal and top with fresh berries.

This quick and easy recipe allows for a stress free and nutritious meal or snack. It includes whole grains, dairy, fiber, and fruit.

Did you know yogurt contains probiotics which helps our brain reduce activity in response to stress?

Recipe inspired by Lee Funke and adapted by Hope Quilling.

EAT WELL, AGE WELL: STRESS AWARENESS MONTH

Stress Eating Facts

Emotional eating is eating as a way to suppress or soothe negative emotions, such as stress, anger, fear, boredom, sadness and loneliness.

Major life events or, more commonly, the hassles of daily life can trigger negative emotions that lead to emotional eating and disrupt a healthy eating pattern. These triggers might include relationship conflicts, work or other stressors, fatigue, financial pressures, and health problems.

Banana Oat Cookies

6 cookies



Photo courtesy of pixabay.com

This recipe is a simple and versatile way to make snacking healthier.

This cookie recipe is a great way to not feel guilty about snacking. The opportunities are endless!

Ingredients

- 1 ½ bananas
- 1 cup rolled oats
- 1/4 cup sugar
- 1/2 teaspoon vanilla
- 1 pinch cinnamon

Directions

1. Mash 3 bananas with a fork until there are no chunks.
2. Pour in rolled oats and sugar. Mix.
3. Stir in cinnamon and vanilla.
4. Spoon the batter in 12 rounds and place on cookie sheet.
5. Bake for 10-14 or until the edges become golden.

Recipe adapted from: oneingredientchef.com

Time: 20 minutes

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How can nutrition help manage stress?

Making poor nutritional choices can increase your stress levels. This is because when we get stressed and busy, we often go for pre-packaged foods and quick meals. This can make you feel less energetic and productive.

Some ways you can change your diet to help control stress include:

- Drink herbal tea or decaffeinated hot beverage
- Carry a nutritious snack with you so you won't be tempted to grab fast food or processed foods that tend to be high in fat, sugar, and sodium.

These can also help:

- Move your body to release tension.
- Laugh.
- Do a craft or hobby.
- Clean out a drawer or closet.
- Read a book, meditate/pray/journal

Blueberry Bran Muffins: 6 muffins



Photo Courtesy of Pixabay.com

Ingredients:

- ½ cup + ½ tablespoon flour
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1/8 cup shortening.
- ¼ cup brown sugar
- 1/8 cup molasses
- 1 egg
- ¾ cups wheat bran
- ¼ cup milk
- ¼ cup orange juice
- 1 cup blueberries (fresh or frozen)

Directions

1. Preheat oven to 400F and line 6 muffin cups with papers or grease well.
2. Combine flour, baking powder, baking soda, salt, in a bowl and mix well.
3. Combine shortening and sugar with a hand mixer on medium until fluffy. Add molasses, egg and milk.
4. Stir in juice and bran. Add dry ingredients and mix until moistened.
5. Toss blueberries with remaining ½ tablespoon flour and stir into mixture.
6. Divide over prepared pans and bake for 18-20 minutes.

This recipe includes antioxidants from the blueberries as well as wheat bran giving your daily value of vitamin B. These muffins are great for breakfast and grab-and-go snacks. They can also be frozen and thawed for later enjoyment!

Recipe adapted from: Spend with Pennies.