

# FAMILY & COMMUNITY HEALTH

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## 5 Things You Should Know about Stress

Everyone experiences stress from time to time. There are different types of stress— all of which carry physical and mental health risks. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. Some people may cope with stress more effectively and recover from stressful events more quickly than others.

Stress is how the brain and body respond to any demand. Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Here are five things you should know about stress:

### 1. Stress affects everyone.

Everyone experiences stress from time to time. There are different types of stress—all of which carry physical and mental health risks. Stress may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. Some people may cope with stress more effectively and recover from stressful events more quickly than others.

### Examples of stress include:

- Routine stress related to the pressures of school, work, family and other daily responsibilities.
- Stress brought about by a sudden negative change, such as losing a job, divorce or illness.
- Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress may have a very distressing temporary emotional and physical symptoms, but most recover naturally soon after.

Continued

*Source: U.S. Department of Health and Human Services, National Institute of Health, NIH Publication No. 19-MH-8109*



Regular brisk walking can help you:

- \* Maintain a healthy weight
- \* Prevent or manage various conditions
- \* Strengthen your bones and muscles
- \* Improve your mood
- \* Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

## 2. Not all stress is bad.

In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense and your brain uses more oxygen and increases activity—all functions aimed at survival and in response to stress. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.

## 3. Long-term stress can harm your health.

Coping with the impact of chronic stress can be challenging. Because the source of long-term stress is more constant than acute stress, the body never receives a clear signal to return to normal functioning. With chronic stress, those same lifesaving reactions in the body can disturb the immune, digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability.

Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.

## 4. There are ways to manage stress.

If you take practical steps to manage your stress, you may reduce the risk of negative health effects. Here are some tips that may help you cope with stress:

- **Be observant.** Recognize the signs of your body’s response to stress such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed and having low energy.
- **Talk to your health care provider or a health professional.**
- **Get regular exercise.** Just 30 minutes per day of walking can help boost our mood and improve your health.
- **Try a relaxing activity.** Explore relaxation or wellness programs, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities.
- **Set goals and priorities.** Decided what must get done now and what can wait. Learn to say “no” to new task if you start to feel like you’re taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Stay connected.** You are not alone. Keep in touch with people who can provide emotional support and practical help.

## 5. If you’re overwhelmed by stress, ask for help from a health professional.

To read original article you can access it at [nimh.nih.gov/health/publications/stress](https://nimh.nih.gov/health/publications/stress)



# Farmers Market on the Grill

Serves 4 | Total Time: 25 min | Prep: 5 min | cook: 20 min

**Ingredients:**

- 2 chicken breast, sliced in half horizontally
- 1 cup spinach leaves
- 3 potatoes, rinsed and sliced in 1/4" disks
- 1 bunch asparagus
- Dash paprika
- Black pepper to taste
- Garlic to taste
- Cooking oil spray

**Bruschetta:**

- 2 tomatoes, seeded and diced
- 2 tablespoons garden chives
- 1 teaspoon olive oil
- Black pepper to taste
- Garlic powder to taste
- 1 tablespoon fresh chopped basil

**Directions:**

- \* Tear a large piece of foil and place on a cookie sheet tray. Spray with cooking oil spray.
- \* Line the chicken breasts, potato slices and asparagus on the foil in a single layer.
- \* Top with seasonings
- \* Place on grill. Top the chicken with the spinach. Cook for 15 minutes and turn everything over. Grill for 5 more minutes until chicken is done and remove from grill.
- \* Serve hot.
- \* While items are grilling, make the bruschetta by tossing all ingredients together in a mixing bowl. Place on top of chicken breast when done.

*Nutrition Facts: Servings Per Batch 4 | Calories 230 | Calories from Fat 28 | Total Fat 3g 4% | Saturated Fat 1g 2% | Trans Fat 0g | Cholesterol 38mg 12% | Sodium 97 mg 4% | Total Carbohydrate 33g 11% | Dietary Fiber 5g 21% | Sugars 4g | Protein 18g 36%*



### Strategies for a More Balanced Life

- Be mindful while you're are eating & when to eat.
- Learn the difference between hunger, boredom or worry.
- Move every day , offset your calories intake with exercise.
- Make healthy drink choices, stick with hydration, nutrients and fewest empty calories.
- Use a 9 or 10 inch plate, don't eat out of bag or box.
- Ration & schedule screen time so you do not sit to long.