

April 2022

Stress Awareness Month

April is Stress Awareness Month. Everyone from young children to older adult's experiences stress at some point. Stress can result from issues with work, school, family, or finances. Stress not only affects our mood, but our health as well. Muscle or body aches, inadequate sleep, and unintended changes in how much we eat can be caused by stress.

"The good news is that once you identify signs of stress, you can learn coping skills, and in time strengthen your resiliency to stress", says Julie Tijerina, Extension Program Specialist with Texas A&M AgriLife Extension. *"Teens and young children do not yet have the coping skills needed to help them ease their stressors, but we know that children will often react to stress in the same manner as the adults around them"*, Tijerina continues.

Follow these simple tips to reduce stress.

Breathing exercises:

*Hold your breath for 4 seconds and release for 4 seconds. Do this for 5 minutes.

*Sitting meditation: Sit comfortably in chair, back straight, feet flat on the floor, and hands in your lap.

*Breathe through nose focusing on movement of breath in and out of your body

*Walking meditation: Find a quiet place 10-20 feet in length. Walk slowly. Pay attention to the movements needed to keep balance. Walk a length, turn around and repeat.

*Before a test or other stressful event: Do neck and shoulder rolls, squeeze and relax hands and fingers, or do some simple stretches. Additionally, other steps that can be taken to help cope with stress include:

Eating Healthy , Getting restful sleep, Exercising, Taking time to relax, and Practicing Mindfulness.



Be Well, Live Well: A Program on Healthy Aging

Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

Be Independent, Eat Well

Learn which nutrients you need more of as you age, how to support cognition through food, and more!

Be Able, Read the Label

Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

Be Safe, Eat Safe

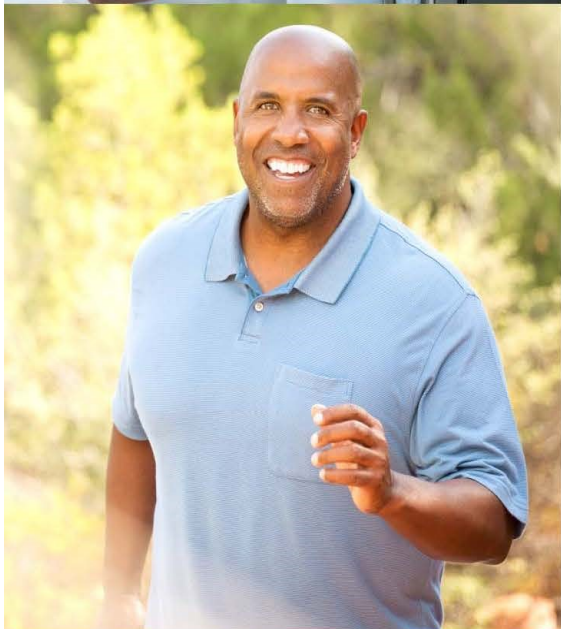
Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

Be Creative, Plan Meals

Find solutions to eating alone and learn how to plan meals for small households.

Be Fit, Move More

Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.



Sessions Start:

April 4th-May 2nd
11am-12pm
Weimar Public Library

For more information contact:

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OUTDOOR

STRESS RELIEVERS



DOG WALKING



**WATCH A
SUNSET/SUNRISE**



BIKE



BLOW BUBBLES

YOUR OWN



**BIRD / WILDLIFE
WATCHING**



WALK / HIKE



GARDENING



OUTDOOR PLAY



5 tips to reduce stress

- eat healthy
- exercise
- practice mindfulness
- sleep restfully
- take time to relax - practice self-care

The background of the entire page is a light, textured surface adorned with several roses and butterflies. The roses are in various stages of bloom, some fully open and others as buds. The butterflies are of different species, with some showing distinct wing patterns and colors. The overall aesthetic is soft and elegant, typical of a vintage or garden-themed stationery design.

A SPRING GARDEN

Plant five rows of Peas (P's):

Preparedness
Promptness
Perseverance
Politeness
Prayer

Plant three rows of Squash:

Squash gossip
Squash criticism
Squash indifference

Plant five rows of Lettuce:

Let us be faithful
Let us be unselfish
Let us be loyal
Let us love one another
Let us be truthful

Finish off remaining rows with planting Turnips:

Turn up for church
Turn up with a smile
Turn up with a new idea
Turn up with real determination

Please feel free to contact me if you have any questions.

Sincerely,

Jashae Horn

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