

Family and Community Health “Connections” in Lampasas County



Lifestyle and Managing Stress

Do you have a go-to comfort food when you feel stressed? If so, you are not alone. During times of stress, many of us may reach for foods or snacks and often these are high in saturated fats or added sugars. The fact that stress can impact food choices is not new. However, are there also foods or nutrients that can help you to reduce stress?

Our Body's Fight or Flight Response

Your central nervous system releases stress hormones such as adrenaline and cortisol when you feel anxious or stressed. These hormones trigger the fight or flight response, which gets your body ready for action. For example, your heart can beat more rapidly, your blood pressure may rise and your rate of breathing might increase. Being in a chronic state of stress can cause long term health problems. In addition to feeling anxious, many may become depressed, struggle to get a good night's sleep or experience digestive issues.

Can Certain Nutrients Ease Stress?

Research linking certain nutrients to stress management is limited. Recent studies have focused on nutrients the brain needs to function normally. This can include nutrients like antioxidants or B vitamins. Studies have looked at how supplements may help manage stress but results have been limited. As these nutrients are already important in a healthy eating pattern, the best way to get them is through the foods you eat. For example, fruits and vegetables contain antioxidants along with other nutrients that may work together to promote health. And many foods provide a variety of B vitamins naturally, including whole grains, fruits, vegetables, dairy products, beans and meats.

Some studies also report a potential link between low levels of nutrients in the body such as vitamin D and stress. These studies did not prove that inadequate intake of foods with this nutrient causes stress or that increased intake of foods with this nutrient eases stress. However, your body does need it to function normally. And there are lots of foods that contain vitamin D including fatty fish and fortified dairy and soy products.

Do Vitamin and Mineral Supplements Combat Stress?

Some supplements claim to help manage stress. At this time, however, the evidence supporting these supplements is limited and much more research is needed. Talk with your health care provider before taking any vitamin and mineral supplements.

Stress-Busters

When it comes to food and stress, one of the best things you can do for your body is to choose a balanced, healthful eating style. Participating in regular physical activity is also beneficial for managing stress. As little as five minutes of exercise a day can be beneficial. A [Registered Dietitian Nutritionist](#) can help you establish an individualized healthy eating plan that includes specific food preferences and goals for physical activity.

Other ways to help ease stress might include:

- Socializing with friends and loved ones for emotional support during stressful situations.
- If stress has you craving crunchy foods, reach for lower calorie, healthful foods such as carrots, celery or plain popcorn.
- Relaxation activities, such as meditation, guided imagery or breathing exercises.
- Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress.

Resource: www.eatright.org

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Apparently you have to eat healthy more than once to get in shape. This is cruel and unfair.



YOUTH MENTAL HEALTH FIRST AID

64.1%

of youth with major depression do not receive any mental HEALTH TREATMENT.

Mental Health America

1 in 5

teens & young adults lives with a mental HEALTH CONDITION.

National Alliance for Mental Illness

5.13%

of youth report having a substance use or ALCOHOL PROBLEM.

Mental Health America

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.



WANT TO TAKE THE COURSE? It's FREE!!

Where: Lampasas County Annex Conference Rm., 409 S. Pecan St.

When: Friday June 12, 8 a.m. - 5 p.m.

Register Here: Contact Kim Kulkles - kuklies@lisdtx.org or

Karen DeZarn - kjdezarn@ag.tamu.edu at 512-556-8271

**MENTAL
HEALTH
FIRST AID®**

Mindful Living Digital Awareness

COVID-19 AND FREQUENTLY TOUCHED SURFACES

SURFACES TO CLEAN	TIPS FOR A SAFE CLEAN
TABLES DOORKNOBS LIGHT SWITCHES HANDLES DESKS TOILETS FAUCETS SINKS OTHER FREQUENTLY TOUCHED SURFACES	FOLLOW LABEL INSTRUCTIONS WEAR GLOVES MAKE SURE YOU HAVE GOOD VENTILATION WHILE USING PRODUCT WASH YOUR HANDS AFTER USING CLEANING PRODUCT
HOUSEHOLD BLEACH SOLUTION RECIPES <div style="text-align: center; margin: 10px 0;"> </div>	5 TABLESPOONS (1/3 CUP) BLEACH PER GALLON WATER OR 4 TEASPOONS BLEACH PER QUART OF WATER

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

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UNDERSTAND SIGNAL WORDS ON DISINFECTANTS

When deciding on a safe disinfectant to use in your home or workplace, consider the signal word. The signal word provides a quick reference to the relative hazard associated with using a product. One of three signal words – DANGER, WARNING or CAUTION must be on the front panel of any disinfectant product.

- **DANGER** signals the highest warning. Such products may be highly toxic when ingested or may induce irreversible eye or skin damage if used without proper protective gear.
- **WARNING** labeled products are moderately toxic if ingested or may cause reversible skin or eye irritation.
- **CAUTION** labeled products will be the least hazardous, and would be best for home environments, especially where children are present.

Resource: agrifetoday.tamu.edu

Being mindful of technology encourages healthy connections with oneself and others rather than losing yourself in mobile devices. It also helps to refocus your concentration to be present by avoiding compulsive use of technology.

WHY BE MINDFUL? Use of technology has changed the way we approach our work and daily activities. The average person checks their phone several times a day. Time spent on digital devices replaced our time spent on exercise, bonding, and creative activities e.g. playing an instrument, brain games, enjoying family meals, and playing outdoors.

Highly stimulating screen-based activities, the bright lights from digital devices, and the constant urge to check our phones for texts, phone calls or emails can become repetitive and compulsive, which may induce stress and disrupt sleep. Being mindful of technology use allows meaningful face to face interactions and conversations.

HOW TO BE MINDFUL? A digital detox will help you unplug and disconnect from technology and to reconnect with friends and family. Have a morning routine without your phone or other digital devices. Allow at least an hour each day of screen free time.

Take breaks from social media to go outdoors to exercise or connect with the real world. Turn off social media notifications.

Encourage screen free family meals to reconnect with family members and focus on what is served. Avoid screens in your bedroom and do not use any screen 1 hour before bedtime.

Stretch your body every 30 minutes while using your computer and focus on natural objects that are restful to the eyes.

Avoid talking or texting while driving. Distracted driving is dangerous so always stay focused on the road.

Resource: fch.tamu.edu

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Ingredients:

- 8 large eggs
- 1/4 cup water
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. garlic powder
- 1 head broccoli or 10 oz. bag frozen broccoli
- 1 cup reduced fat cheddar cheese

Directions:

Preheat oven to 350 degrees Fahrenheit. Rinse broccoli head under cool running water. In a bowl, combine eggs, water and seasonings and whisk until well combined and smooth.

Prepare broccoli: If using fresh, cut into florets and place in microwave safe container with 1/2 cup water. Cover with microwave safe covering and steam for 4 minutes. When done, drain the broccoli and wait until cool enough to handle, chop into small pieces. If using frozen, follow package directions to steam drain, and wait until cool enough to handle, chop into small pieces.

Spray a non-stick muffin tin with nonstick cooking spray. Evenly distribute broccoli among muffin cups, pour egg mixture over broccoli up to about 2/3 full. Top with cheddar cheese.

Bake for 14-16 minutes or until egg is done but cheese is not burnt.

Recipe source: dinnertonight.tamu.edu

Note from Karen—You can also cook these in your instant pot in a silicone mold on low pressure for 8 minutes. Use natural release for 5 minutes then quick release the steam.



Lampasas County News

Texas A&M AgriLife Extension is not scheduling any face-to-face meetings until projected date of May 20th.

Please “Like” my new FCH Facebook page @LampasasCountyFCH . I have uploaded the latest Corona Virus information, flyers on Managing Diabetes & Tips for Freezer Success and educational videos on Ten Steps to Coping with Isolation, Cooking with Your Multi-function (Instant Pot) Cooker, & Family Mealtime

I hope you’re preparing to enter the **Lampasas County Fair**. It takes place during Spring Ho—July 8-10. Enter items Wednesday July 8 4-7 p.m. at the County Annex. Viewing is Thursday 3-5:30 and Friday 10-2. (We need helpers if interested.)

Anyone interested in helping with 4-H Fashion/Clothing/Sewing please contact the office.

Family and Community Health “Connections” is provided by the following AgriLife Extension

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