

PANHANDLE PATH TO HEALTHY LIVING

April 2022



April is Stress Awareness Month

April is Stress Awareness Month. Everyone from young children to older adults 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**
- Exercising**
- Taking time to relax**
- Practicing Mindfulness**
- Getting restful sleep**

Texas A&M AgriLife Extension offers programs on mental health awareness, including stress. For more information contact your local County Extension office!



TEXAS A&M
AGRI LIFE
EXTENSION

Path to Wellness

Health Benefits of Gardening

Planting flowers and vegetables can reap bountiful bouquets and delicious harvests for your dining table. But did you know gardening also can do wonders for your well-being? Here are eight surprising health benefits of gardening.

1. Gardening can build self-esteem.

Maybe you don't think you were born with a green thumb, but after tilling, planting, nurturing and harvesting plants, you might see a slightly different person in the mirror: a person who can grow things receives additional satisfaction and reward from watching their hard work produce. It always feels good to accomplish new tasks, and if you can grow a garden, what can't you do?

2. Gardening is good for your heart.

All that digging, planting and weeding burns calories and strengthens your heart. "There are physical benefits from doing the manual labor of gardening," says UNC Health internal medicine physician Robert Hutchins, MD, MPH. "It's hard work to garden, and it provides some cardiovascular benefit."

3. Gardening reduces stress.

Gardening can help reduce symptoms of depression and anxiety. "Gardening gives you a chance to focus on something and put your mind to work with a goal and a task in mind," Dr. Hutchins says, "which is helpful especially now with so much illness and death and talk of death, just to see things growing and things thriving."

4. Gardening can make you happy.

Getting dirt under your nails while digging in the ground can make you pretty happy. In fact, inhaling *M. vaccae*, a healthy bacteria that lives in soil, can increase levels of serotonin and reduce anxiety.

5. Gardening can improve your fine motor skills.

All that digging, planting and pulling does more than produce plants. Gardening also will increase your hand strength. What a great way to keep your hands and fingers as strong as possible for as long as possible.

6. Gardening is good for the whole family.

Gardening can be a solo activity or an opportunity for bonding with your family and friends. The happiness and stress relief that gardening provides is a great thing to share with loved ones. Also, gardening has special benefits for kids. Early exposure to dirt has been linked to numerous health benefits, from reducing allergies to autoimmune diseases.

7. Gardening can give you a boost of vitamin D.

A healthy dose of vitamin D increases your calcium levels, which benefits your bones and immune system. Exposure to sunlight helped older adults achieve adequate amounts of vitamin D. Just don't forget your sunscreen.

8. Growing your own food can help you eat healthier.

If you have a vegetable, herb or fruit garden, you're more likely to be health conscience about your food choices and incorporate fresh produce in your daily diet.

Fuel Your Body! Healthy Eating

from Head to Toe

Choose the best foods that will fuel your body to live, learn, and play. The best foods are those that are filled with body-benefitting nutrients. What are the nutrients in foods that help build a healthy body?

Minerals

Calcium is the champion for building strong bones and teeth. This mineral also helps your body maintain a normal heartbeat.

Best choices: • Dairy products like milk, yogurt, and cheese
• Leafy green vegetables
• Broccoli
• Calcium-fortified orange juice, soymilk, and cereals



Phosphorus is essential in forming healthy teeth and bones. It's also part of every cell in your body.

Best choices: • Dairy products like milk, yogurt, and cheese • Meat • Fish

HEALTHY FATS

Healthy fats like olive oil, canola oil, almonds, and avocados are those that are unsaturated, which are usually liquid at room temperature. These fats help keep your brain, blood vessels, and heart healthy.



GOOD BACTERIA

Yogurt contains "good bugs" which help you digest your food, keep your intestines healthy, and help keep you from getting sick.



Vitamins

Vitamin A (Beta carotene) plays a very important role in your eyesight. It helps you see better at night and helps you see in color, too.

Best choices: • Low-fat milk fortified with vitamin A
• Dark orange fruits and vegetables
• Dark green leafy vegetables



Vitamin C helps fight infection and can keep you from getting sick. It also helps keep your muscles and skin healthy and helps heal cuts and bruises.

Best choices:
• Oranges • Strawberries



- Sweet red peppers
- Tomatoes • Broccoli



Vitamin D is an important team player in building strong bones and teeth and helping to absorb calcium.

Your body actually makes vitamin D when you get sunlight exposure on your skin.

Best choices: • Low-fat milk fortified with vitamin D • Fish
• Egg yolks • Mushrooms
• Fortified cereal



Vitamin E works hard to protect the cells and tissues in your body from damage.

Best choices: • Whole grains • Leafy green vegetables • Vegetable oils
• Egg yolks • Nuts and seeds



Zinc plays an important part along with vitamin C in your body's defense against getting sick. It also helps cells grow and heal wounds.

Best choices: • Meats
• Nuts
• Beans and legumes



Iron helps red blood cells carry oxygen to all parts of your body. Your body needs oxygen to stay alive.

Best choices: • Meat and fish
• Eggs • Beans • Dried fruits
• Leafy green vegetables like spinach
• Whole grains



FIBER

Fiber helps us feel full, aids in digestion, and helps remove waste. High fiber foods include fruits, vegetables, whole grains, beans, nuts, and seeds.



Magnesium helps muscles and nerves function, keeps your heart beating strong, and strengthens your bones.

Best choices: • Whole grains
• Nuts and seeds • Green leafy vegetables • Avocado • Beans
• Bananas • Low-fat milk

Potassium keeps your muscles and nervous system working by keeping the right amount of water in your cells and body fluids.

Best choices: • Potatoes
• Bananas • Tomatoes
• Dark green vegetables
• Yogurt and low-fat milk
• Oranges, grapefruit and tangerines



PROTEIN

Foods that are high in protein help your body build, maintain, and repair tissues.

Best choices:
• Meat, poultry, and fish
• Beans, peas, and legumes
• Nuts and seeds
• Eggs





PRESSURE CANNER

INTERESTED?

**DROP OFF DURING
THE MONTH OF APRIL
PICK UP ON 4/27**

TESTING!

Randall County Extension Office (806)-468-5543
200 N. Brown Rd Canyon TX 79015

For Presto & All American Brand Canners

TEXAS A&M
AGRI LIFE
EXTENSION

Freezer Meal Workshop

APRIL 29TH 5:30-7:30PM

COST - \$15 INCLUDES 2 FREEZER MEALS
each meal serves four

RSVP TO 806 468 5543
by April 27th

RANDALL COUNTY EXTENSION
OFFICE
200 N. BROWN RD.

This Month: You bring a protein, we provide the rest!

Meal 1: Green Chili Chicken Enchiladas

Meal 2: Meatballs - 1lb ground beef

RSVP SOON!

Class is limited to the first 20 participants

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

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“Panhandle Path to Healthy Living” is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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Enjoy Healthy Recipes
dinnertonight.tamu.edu

Slow Cooker Peach Cobbler

Ingredients:

- 3 pounds frozen slice peaches thawed and drained
- 3/4 cup all-purpose flour
- 3/4 cup cornmeal
- 1 teaspoon baking powder
- 1/4 cup sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- 1/4 teaspoon salt
- 3 tablespoons plain nonfat Greek yogurt
- 1/3 cup 1% Milk
- 1 large egg
- 1/2 teaspoon vanilla extract

Directions:

1. In a medium size mixing bowl. mix together the flour, cornmeal, baking powder, sugar, cinnamon, nutmeg, ginger, and salt.
2. Add in Greek yogurt, milk, egg and vanilla extract; mix well.
3. Add peaches in an even layer on the bottom of the slow cooker
4. Pour the flour mixture on top of peaches.
5. Slow cook on low for a minimum of 4 to 4 1/2 hours.
6. Store any leftover cobbler in the refrigerator. Do not reheat food or leftovers in the slow cooker; instead reheat on stove top or the microwave.