

THIS ISSUE

- Address your Stress -P.1
- Ease your tension -P.2
- Foods that Tame Stress-P.2
- Stress & Health: *Choosing Wisely* -P.2
- Farm to Table at APS -P.2

Stress

Awareness Month

When we are no longer able to change a situation—
we are challenged to change ourselves.

~Viktor E. Frankl

Address your Stress

Apply these goal-setting tips to help you choose the kind of goals that will lead you toward stress management success.

- Define specific goals:** Identify specific long and short-term goals that will help you reduce stress in your daily life. People who set specific goals are more likely to succeed.
- Keep it simple and realistic:** Goals should be simple and realistic to reach. For example: "I will go to bed 30 minutes earlier than my normal bedtime each night." When you set your goals, try not to expect to make a lot of big changes at once.
- Put it in writing:** Write down what you want to achieve and post it in a place where you will see it each day. Use positive terms when writing your goals. For example, change "I will stop going to bed late every night." to "I will go to bed earlier tonight." Ever day claim that goal again.
- Develop an action plan:** Create a timeline and list the steps that will help you achieve your goal. Set deadlines for each step. Start with goals that can be accomplished in a short amount of time.
- Ask for help:** Let your family and friends know what you are trying to achieve and ask for their support. A little encouragement can give you the boost you need to succeed.
- Stay positive:** More than likely, success won't happen overnight. You may have a setback and experience difficulty accomplishing a goal. Try not to fall into the trap of discouragement— that just leads to giving up. Set a simpler and more realistic goal and try again. You can do it!
- Reward yourself:** Acknowledge your accomplishments and do something nice for yourself.

Sources: Substance Abuse & Mental Health Services Administration (SAMHSA)

April 3

Blood Pressure Event

*Repeats first Monday of every month
Lincoln Building
7am-10am

April 4

Mindful Eating, 5 week session

Alice & Bruce King Ed. Complex
5pm-630 pm

April 6

Blood Pressure Event

Alice & Bruce King Ed. Complex
*Repeats first Friday of every month

10 am - 1 pm

April 12-13

Mammogram Event

Alice & Bruce King Ed. Complex
8 am—6 pm
Call 1.888.233.6121 to Schedule

April 21

•Lunch time learning session

"Have Stress? Or does it have you?"

Alice & Bruce King Ed. Complex
12pm - 1pm

•Lunch & Learn Cooking Demonstration

Lincoln Building
12pm—1 pm

April 27

Cooking Demonstration

Alice & Bruce King Ed. Complex
12pm-1 pm

Farm to Table, Farmer's Market

Friday, April 28, 2017

Lincoln Complex Fuel Station

11:00 a.m. – 3 p.m.

Friday, May 12, 2017

Alice and Bruce King Educational Complex, West Parking Lot

11:00 a.m. – 3:30 p.m.

*More information on Page 2!



Ease your tension with relaxation techniques

You can experience stress any time and any place. Fortunately, there are simple relaxation techniques to help ease the tension wherever you are. These techniques can also improve your sleep, boost concentration and give you more energy.

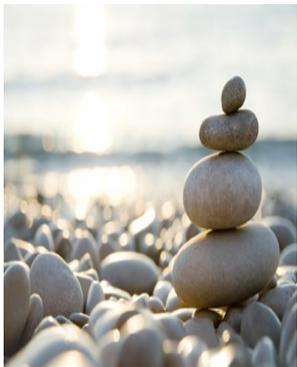
Deep Breathing

When stressed, your breaths become rapid and shallow, your heart rate increases and your muscles become tense. Deep breathing signals the brain to relax itself and is a key element of many other relaxation exercises. This technique is an easy one to learn.



Deep breathing exercise

- Find a comfortable position in a chair or lie on your back. Then slowly relax your body.
- Inhale slowly through your nose. Fill the lower part of your chest first, then the middle and top part of your chest and lungs. Do this slowly over 8 to 10 seconds.
- Hold your breath for two seconds. Then quietly and easily relax and exhale. Wait a few seconds and repeat this cycle three times.



Visualization

Use your imagination and senses to create a mental journey to a calm and peaceful place or situation.

Visualization exercise

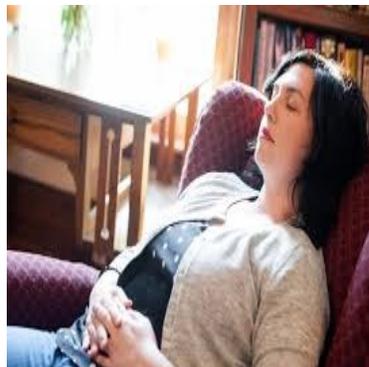
- Sit in a comfortable chair or lie on your back with your eyes closed.
- Imagine yourself in a peaceful place, like the beach, mountains or your favorite comfy chair.
- Imagine you are there. See and feel your surroundings, hear the sounds, smell the air, feel the climate or any sensation you find. Relax and enjoy it.

Progressive muscle relaxation (PMR)

This two-step process teaches you to relax your muscles by tensing specific muscle groups. Whenever you create tension in a muscle then release the tension, the muscle has to relax. By practicing PMR regularly, your entire body will become more relaxed as it releases tension.

Progressive muscle relaxation exercise

- Find a quiet space and a comfortable position in a chair that supports your head and neck, or lie on your back. Close your eyes and take several deep breaths.
- Tighten the muscles in your hands by clenching a tight fist, hold for 4 counts and then release. Feel the difference between tight and relaxed muscles.
- Repeat this process for other muscles starting with your facial muscles (Examples: Clench your jaw, tightly close your eyes, wrinkle your forehead and raise your eyebrow.) Then move on to other muscle groups (Examples: Tense your neck muscles, shrug your shoulders, tighten your arms and legs and curl your toes under tightly).



Some relaxation techniques will work better for some than others. Try these exercises and decide which ones suit you best.

Sources: Northwestern Health Sciences University; Mayo Clinic

Foods that Tame Stress

Need help taming the stress in your life. It could be as easy as adding a few of these healthy staples to your diet. Research has found that these stress busting foods effect hormones that boost calming brain chemicals or do a good job of compounding the effects of stress such as reducing headaches and fatigue.

•oats •oranges •spinach •
fatty fish •black tea •nuts
•avocados •milk •raw veg-
gies •berries

Stress and Health

Many obstacles in life result in stress. One culprit is battling through a health condition and navigating through the maze of the health care system. There is help! *Choosing Wisely* aims to promote conversations between clinicians and patients by helping patients choose care that is:

- Supported by evidence
- Not duplicative of other tests or procedures already received
- Free from harm
- Truly necessary

Find more out at:

<http://www.choosingwisely.org/>

Farm to Table at APS

Support La Plazita Institute while providing nutritious food to our family tables. Albuquerque Public Schools in conjunction with La Plazita Institute is bringing a certified organic farmer's market to both the Lincoln Complex and the Alice and Bruce King Educational Complex.

The monthly event will offer seasonal produce and goods at reasonable prices. Payment accepted is Cash Only with receipt provided.

Friday, April 28, 2017

Lincoln Complex Fuel Station

11:00 a.m. - 3 p.m.

Friday, May 12, 2017

Alice and Bruce King Educational

Complex, West Parking Lot

11:00 a.m.—3:30 p.m.