

September
2016

Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Stress Management*.

Save the
Date!

Upcoming Events:

September 28 - 29
Stress Management Seminar

Managing The Pressures Of Stress

Stress is a normal part of life, and it affects everyone in one way or another. Low to moderate levels of stress can actually be good for you when managed properly. But extreme levels of stress can take a physical and mental toll on your health and contribute to severe problems such as heart attack, stroke and depression.

Although you can't completely eliminate tension from your life, you can reduce your emotional and physical stress levels by making small changes. Try the following tips to help manage your stress:

- 🌱 **Understand how you experience stress**
Everyone experiences stress differently. How do you know when you are under extreme stress? You may think or behave differently from times when you do not feel stressed.
- 🌱 **Identify your stressors**
What events or situations trigger stressful feelings? Are they related to your children, family, health, finances, work, relationships or something else?
- 🌱 **Learn your own stress signals** You may have a hard time concentrating and making decisions, feel angry, irritable or out of control. Some people experience headaches, muscle tension or a lack of energy when stress is high



Source: American Psychological Association

Stress Busting Strategies

🔑 Recognize how you deal with stress

Determine if you are using unhealthy behaviors such as smoking, drinking alcohol or over/under eating to cope. Are these routine behaviors, or are they specific to certain events or situations? Do you make unhealthy choices as a result of feeling rushed and overwhelmed?

🔑 Find healthy ways to manage stress

Consider healthy, stress-reducing activities like meditation, physical activity or talking things out with friends or family. Keep in mind that unhealthy behaviors develop over time and can be difficult to change. Try not to take on too much at once. Focus on changing only one behavior at a time.

🔑 Take care of yourself

Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, walking or playing sports. Take regular vacations and breaks from work. No matter how hectic life gets, make time for yourself.

🔑 Reach out for support

Accepting help from supportive friends and family may improve your ability to manage stress. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist or counselor who can help you better identify and change unhealthy behaviors.



Source: *American Physiological Association*

Switch To The Slow Lane With Success

Overtime at work. Calendars filled with kids' activities. Cancelled self-care appointments. Is it any wonder that life in the fast lane is leaving many of us running on empty? Now is a good time to take a turn for the better by learning how to slow down. If you think life is moving too fast, try these hints to help you go from flurried to unhurried—while jump-starting your career and personal life:

Gauge your risk

Risk means getting out of your comfort zone. Determine how much risk is necessary to reach your career goals. Assess the right amount of risk to succeed in your career, while safeguarding you and your family's well-being and keeping balance in your life.

Fuel your interests

Look for ways to include your interests at work. If you can't do so in your job, then pursue your interests on the side through volunteering, taking classes, reading and networking.

Build in down time

Learn to under-schedule your time. Be sure to review your calendar each week, and leave room for unexpected opportunities that could arise.

Live in the present

Focus on what you are doing right now, rather than on what's happening at home while you're at work, or at work while you're at home. If you fully engage in the present moment, you can make significant progress on both fronts.



Source:
The Forte Foundation

Put the brakes on stress



Running On Empty?

After creeping through the morning traffic jam, you're late for work and only to find that your computer has crashed and you have a presentation within the hour. The pounding pulse, sweaty hands and throbbing head begin. Left unchecked, stress can:

- 🍷 Increase cortisol to unhealthy levels
- 🍷 Raise blood pressure, cholesterol and triglycerides
- 🍷 Make you more susceptible to depression and anxiety
- 🍷 Worsen skin conditions
- 🍷 Trigger asthma attacks
- 🍷 Affect memory function

Source:

Mayo Foundation for Medical Education and Research

Question & Answer

What is stress?

Answer: Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. But if stress happens too often or lasts too long, it can cause health problems.



What is job stress?

Answer: Job stress comes in different forms and affects your mind and body in different ways. Small things can make you feel stressed, such as a copy machine that never seems to work when you need it or phones that won't quit ringing. Major stress comes from having too much or not enough work or doing work that doesn't satisfy you. Conflicts with your boss, coworkers, or customers are other major causes of stress. Most of the time, it's the major sources of stress that lead to job burnout and health problems. Job stress can affect your home life too. Here are some common sources of major job stress: lack of control, increased responsibility, job satisfaction and performance, uncertainty about work roles, poor communication, lack of support, poor working conditions.

How can I relieve stress?

Answer: The best way to manage your stress is to learn healthy coping strategies. You can start practicing these tips right away. Try one or two until you find a few that work for you. Practice these techniques until they become habits you turn to when you feel stress. Ways to relax your mind: write, let your feelings out, do something you enjoy, focus on the present, meditate, or use guided imagery.

Laugh More, Stress Less

What medicine is good for your health, has no negative side effects, is free and doesn't require a prescription? Believe it or not, the answer is laughter. A good laugh is no joke when it comes to stress and your health. Here are some of the health benefits you could reap if you laugh more and stress less:

Stress hormone reduction

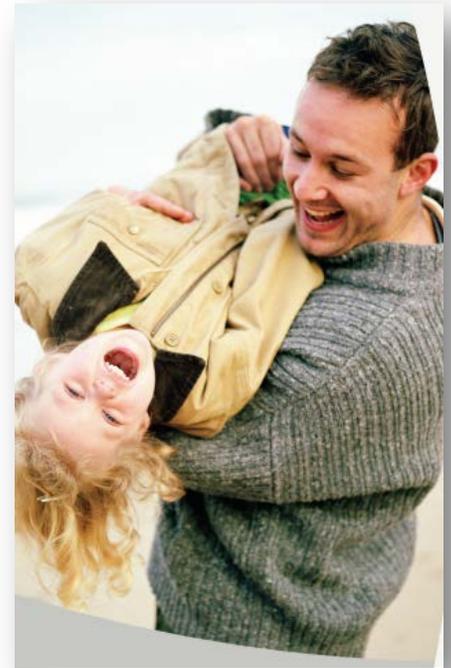
That good, relaxed feeling you get after a good laugh is because stress hormones in your body have been lowered. When the body responds to stress, the hormone levels rise. Long-term activation of the stress response system and overexposure to stress hormones can hurt your health and cause serious immune system problems. Laughter helps reduce stress hormones and increases the level of healthy hormones that give a sense of well-being and work to fight disease.

Blood pressure

Laughter takes your focus off negative emotions and helps blood vessels work better. A recent study by the University of Maryland School of Medicine showed that laughter expanded blood vessels, lowering blood pressure, increasing the blood flow to the heart and pumping more oxygen in the blood.

Brain

Mental stress is eased by laughter. It changes the way the brain operates so you are able to learn more easily and remember more of what you have learned.



Source:

American Psychological Association, Humor and Health Journal, Mayo Clinic

Healthy Recipe

Smashed Chickpea & Avocado Lettuce Wraps

Ready in just 10 minutes, these vegetarian wraps are packed with fiber-rich chickpeas, fresh Boston lettuce and creamy avocado. Opting for meatless meals a few times a week is one way to eat more plant foods and cut down on the processed meat – both excellent ways to lower your risk for cancer. These wraps are so versatile, you can change the ingredients!

Makes 4 Servings

Per serving: 200 calories, 10 g total fat (2 g saturated fat), 24 g carbohydrate, 8 g protein, 9 g dietary fiber, 218 mg sodium.



Ingredients:

- 1 (15.5 oz) can reduced sodium garbanzo beans
- 1 md ripe avocado
- 1 Tbsp fresh lemon juice
- 2 Tbsp fresh cilantro, finely chopped
- 2 Tbsp red onion, finely chopped
- 1 tsp cumin
- 1 celery stalk, finely chopped
- Salt & pepper, to taste
- 4 Boston lettuce leaves
- 1 medium tomato, sliced
- 2 Tbsp feta cheese

Directions:

1. Drain garbanzo beans and add to a medium-sized mixing bowl. Mash to a smoother consistency (more or less depending on how chunky you'd like it). Add the avocado and lemon juice and continue mashing until well mixed. Stir in cilantro, red onion, celery, cumin, salt and pepper. Top lettuce cups with sliced tomatoes (and any other toppings, e.g. cucumbers, bell pepper, jalapenos or sprouts). Divide chickpea mixture into 4-5 portions and spoon onto lettuce cups*. Top with a sprinkle of feta cheese.

***For a heartier version, serve on whole wheat bread instead of lettuce cups.**

Move Of the Month:

30 Day Flat Abs Challenge

This month, challenge yourself to flatten your abs!

Blogilates **30 DAY FLAT ABS CHALLENGE**

Complete the # of reps of each exercise listed every day to earn your flat abs by day 30! The reps include the EXTRA # of extra reps I want you to do daily to keep from cheating.

Reverse Crunch Double Leg Lift Ankle Reach Criss-Cross Roll-Up

@Blogilates BLOGILATES.COM #30dayflatabs

Complete the puzzles and turn them to Human Resources by September 12, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

Puzzle

Stress Management

H G C D E W S Y S D K S H C M
 O T N O E T T T E S L K T O L
 A I L G W E A A R L O N L U A
 M J O A I O D T I E O L A N C
 C V S X E L R K I Q S A E S R
 O U N Z I H S K W D Q S H E I
 P A T N I L L O E F E G L L S
 I X E O L X R A F R W M A I S
 N S E I P R U R N R S Y T N E
 G P H W Y K W X H O K I N G N
 I C R E T H G U A L I N E D L
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 Z T H E C T I C M P A K O N I
 E S N E T A N V R E K M A M V
 V I K B E N N R N Y X Z P A E

Congratulations to last month's winner:

*Mayra Rocha
Library*

				6		7
	7		9	4		3
4						1
3		6				
		2	8	1	9	
					1	5
1						7
	3		5	8		9
	5		4			

- Anxiety
- Co-Workers
- Laughter
- Mind
- Calm
- Deadlines
- Loss
- Stress
- Chill Skills
- Emotional Health
- Management
- Tense
- Coping
- Hectic
- Meditate
- Worry
- Counseling
- Illness
- Mental Health

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 Nereyda Peña
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 Anais Chapa

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Next Month's Issue:

*Breast Cancer
Awareness*