



Sometimes the only answer people are looking for when they ask for help is that they won't have to face the problem alone.  
-Mark Amend  
WWW.LIVELIFEHAPPY.COM

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## STRESS AWARENESS MONTH

April is Stress awareness month and has been recognized every April since 1992. The goal is to remind people we can change how stress affects us.

Stress is defined as the experience of physical, mental, or emotional stress or tension. Stress can be good for us as it helps motivate us with our fight or flight response levels. However, long-term stress is not as beneficial as it can have a negative impact on both our mental and physical well-being.

Since Covid-19, stress has been at the forefront of many conversations as the stress levels continue to rise in our lives. Especially, as we continue to see inflation, decrease in raises, layoffs, and many other experiences contribute to the rise of stress levels.

The Stress Management Society explains that stress can cause health problems such as depression, anxiety, heart disease, insomnia, digestive issues, immune system challenges and much more.

To improve our daily lives and our health we must take stress impacts seriously.

According to National Institutes of Health (NIH) there are 7 steps to help manage stress and build resilience.

As we have experienced over the past several years' especially, stress levels go on high alert when our bodies sense a threat or a stressor. Chronic stress are linked to health conditions such as heart disease, high blood pressure, diabetes, depression and even anxiety. These conditions are more apt to affect women than men.





Resilience can be learned and we have 7 tips annotated below on how to impact stress in our lives.

**Recognize and counter signs of stress:**

Know how your body communicates during stressful times. Then take action to counter their effects. For example, deep breathing, stretching, going for a walk, writing down your thoughts, taking quiet time to focus will create calm.

**Take time for yourself:**

Taking time for yourself should be a daily routine. Start with small changes such as working in time to work out, eat healthy foods, and sleep. Take count of the good things that happen each day.

**Try new routines:**

Block off time to plan and prioritize tasks. Providing additional structure can help provide a healthy framework and better identify those stressful signs.

**Stay connected and make new friends:**

Visit with family and friends regularly and stay involved. Join new groups as having someone to talk to can be reassuring and calming.

**See problems through a different lens:**

“Reframe” your mindset when those stressful times arise. Such as traffic or even being at home. View those times as opportunities to change your thoughts and think of them as opportunities to listen to a book, meditation music, or even podcasts. Putting different situations into a new perspective can help reduce your stress levels. Creating plans before something occurs can reduce your stress levels.

**Seek help with problems:**

Ask for help or guidance from the day-to-day stress that are part of being a caregiver.

**Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you’re experiencing, or stress has caused you to engage in or increase substance use.**

Seek appropriate care if stress is harming your relationships or ability to work. Use the National Suicide Prevention Lifeline at 1.800.273.TALS (8255) or call 988. This service is available 24 hours a day 7 days a week. It is okay to ask for help. We can set a goal to influence our own stress levels by taking action by participating in a 30-day challenge to help manage our own life stressors.

<https://www.stress.org.uk/home-3/reduce-stress-in-7-days/>

Join us in a 30-day challenge and see how your new habits help impact your lives.



The 30-day challenge provides different activities to complete each day. There will be a different task whether it is mental, physical, or our emotional wellbeing. As we move through the challenge and commit to the 30-day challenge, we can improve our overall health.

Our first challenge is recognizing our stressors and learning how to respond to those stressors for both now and in the future.

Check out the below YouTube video on the 30 days to a simpler life:

<https://www.youtube.com/watch?app=desktop&v=c4cGtZ3nkKk>

International Wellbeing Insights Video

<https://www.youtube.com/watch?v=kvZcMdUNsuo&list=TLGGL4FZkVh7ZUQwNDA0MjAyNA&t=9s>



Resource:

<https://www.stress.org.uk/>

<https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience>

<https://www.firstresponsetraining.com/take-action-this-stress-awareness-month/>

## Healthy Recipe

<https://www.uvmhealth.org/healthsource/6-snack-foods-and-3-easy-recipes-reduce-your-stress>

### Quick Stress Busting Recipe

By: University of Vermont Health Network

Blueberry Almond Protein Bars

Makes: 10 Bars

Ingredients:

- 1 ½ cups raw almonds, rough chop
- ½ cup raw pepita seeds (or unsalted sunflower seeds)
- 2/3 cup puffed rice
- 2/3 cup dried blueberries
- ½ cup coconut flakes, unsweetened
- 1 TBSP chia seeds or hemp seeds
- 1/3 cup brown rice syrup ( or ¼ cup honey)
- ½ tsp sea salt
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 tsp vanilla



Directions:

1. Line an 8"x8" baking dish with parchment paper. Set aside.
2. In a large mixing bowl combine almonds, pepita seeds, puffed rice, dried blueberries, coconut and chia or hemp seeds. Toss and set aside.
3. In a small pan, heat brown rice syrup, salt, cinnamon, turmeric, and vanilla over medium-high heat until boiling, stirring occasionally. Let the sauce boil for 4 to 5 minutes.
4. When sauce is ready, pour it evenly over the almond mixture and quickly stir the mixture until it is evenly coated with the sauce. Move fast, it hardens quickly!!
5. Quickly transfer the mixture to the prepared baking dish and press it firmly into the dish into an even layer.
6. Let bars cool for 30 minutes.
7. Carefully lift the parchment paper from the baking dish and transfer it to a cutting board. Peel the parchment paper away from the bars.
8. Cut the bars into desired shares and sizes.
9. Place into a sealed container and store at room temperature. The bars will last up to 10 days, or you can freeze them up to three months.

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May 6<sup>th</sup>, 2021

**Nutrition:**

Calories: 315kcal | Carbohydrates: 24g | Protein: 9g | Fat: 21g | Saturated Fat: 2g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 12g | Trans Fat: 1g | Sodium: 2mg | Potassium: 430mg | Fiber: 5g | Sugar: 14g | Vitamin A: 20IU | Vitamin C: 120mg | Calcium: 118 mg | Iron: 4mg





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[oshihealth.com/qpica](https://oshihealth.com/qpica)



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