
WELLNESS ARTICLE



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Autism Awareness Month is a time to promote acceptance, inclusion, and appreciation for individuals on the autism spectrum. Autism, or Autism Spectrum Disorder (ASD), is a developmental condition that affects communication, behavior, and social interaction in different ways for each person. No two individuals with autism are the same, which is why listening to and learning from their unique experiences is so important.

This month encourages us to move beyond awareness and toward acceptance—recognizing the strengths, talents, and perspectives of people with autism. Simple actions, such as using inclusive language, being patient in communication, supporting sensory-friendly spaces, and educating ourselves, can make a meaningful difference. By fostering understanding and empathy, we create environments where everyone has the opportunity to thrive.

Stress Awareness Month highlights the importance of recognizing and managing stress in our daily lives. Stress is a natural response to challenges, but when it becomes chronic, it can negatively affect both mental and physical health. Symptoms may include fatigue, irritability, difficulty concentrating, and changes in sleep patterns.

This month serves as a reminder to check in with ourselves and prioritize self-care. Healthy ways to manage stress include regular physical activity, deep breathing or mindfulness practices, maintaining a balanced routine, and reaching out for support when needed. Even small changes—like taking short breaks, setting boundaries, or spending time doing something you enjoy—can have a lasting positive impact.



Join Our April Health Talks!

Join us on April 22 for two quick, informative sessions on Ear, Nose & Throat health and Understanding Allergies.

Visit [QPICSA.com](https://www.qpica.com) and click the Health Talk banners on the homepage to learn more and sign up!



De-Stress Tips for the Workplace

- Take short breaks: Step away from your desk for 5–10 minutes to reset your mind.
- Prioritize tasks: Focus on what's most important instead of trying to do everything at once.
- Practice deep breathing: Slow, deep breaths can quickly calm your body during stressful moments.
- Stay organized: A tidy workspace can help reduce feelings of overwhelm.
- Set boundaries: Avoid overcommitting and communicate clearly about your workload.
- Move your body: Even a short walk or stretch can boost your mood and energy.

Healthy Recipe

Calming Banana Oat Smoothie

This smoothie is packed with nutrients like magnesium and vitamin B that can help support relaxation and reduce stress.

Ingredients:

- 1 ripe banana
- ½ cup oats
- 1 cup milk (or almond milk)
- 1 tablespoon peanut butter
- 1 teaspoon honey
- ½ teaspoon cinnamon
- A few ice cubes



Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy!

Why it helps:

Bananas and oats contain nutrients that support mood and energy, while peanut butter adds healthy fats to keep you feeling satisfied. It's a quick, comforting option for busy days when stress levels are high.

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