

Healthy Happenings

March 2021



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FAMILY & COMMUNITY HEALTH

Welcome to the March issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.



CELEBRATE NATIONAL NUTRITION MONTH

National Nutrition Month is a campaign to raise awareness about making informed food choices and developing healthful eating and physical activity habits. Personalize your plate by eating colorful foods and take time to enjoy your food! To learn more, click [here!](#)



MENTAL HEALTH FIRST AID

Our self care and mental health should be a top priority in our lives. Expand your mental health knowledge and learn how to help a person in a mental health challenge with the Mental Health First Aid Certification Course. Call us to schedule a class for your group today!

ROSEMARY VEGETABLE SKEWERS

by *Dinner Tonight Healthy Cooking School*

As we move into Spring Time, our plates love to be colorful! These Rosemary Vegetable Skewers are full of color and nutrients that are also super tasty! Our Rosemary Vegetable Skewers recipe is approved by the American Heart Association as a recipe filled with ingredients that can keep our hearts healthy! Try it today!

Click below for the Recipe:
[Rosemary Vegetable Skewers](#)



DINNER TONIGHT
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



WHAT YOU CAN AND CANNOT CONTROL: THE POWER OF ACCEPTANCE

Researchers have found that learning to accept thoughts and feelings helps us to feel happier and more satisfied with our lives. Here are some acceptance strategies to step back from your thoughts:

These exercises help "defuse," or take the power out of an unhelpful thought. By practicing the exercises, you can gain ability to maintain a healthy perspective and mental flexibility.

What to do: Pick a thought, irritation, or worry. Focus on it for 20 seconds and then try the following experiments

for 20 seconds. Alternate the "worry thought" with these perspective-changers.

1. Visualize the thought as words on a giant-screen TV. Now zoom out in your mind, until the words become tiny and then disappear.

2. Sing the words of your thoughts to a simple tune, like "Happy Birthday." This reminds us that thoughts are only words like the lyrics to a song and can sound pretty silly when we do this.

3. Surf your thoughts. Like a hot flash, thoughts come and go. Often you don't need to do anything except notice that you are having a thought.

When you have an upsetting thought:

Notice how you feel in your body – where are you feeling tense? Acknowledge (by saying aloud), "I'm having the thought that . . . Breathe into that thought; make room for it. Say a number from 1 to 10 to show the intensity of upset. Watch as the wave rises, crests, and falls. Like all waves, it

will peak and pass. Say a number again, noticing that it decreases as you notice your breath and time passes. It can help to remind yourself: "It's only a thought, just words in my head." Remember, the aim is not to "feel good" or to get rid of "bad" thoughts.

The aim is to learn to notice and accept thoughts and feelings without getting caught up in stressful emotional reactions. It can be very powerful to realize that you don't have to listen to every thought your brain produces. As you realize that thoughts are not the truth, do not need to be obeyed, and do not need to be avoided or even debated, you can focus on what's really important in your life. Challenge: Try to use these techniques between 5 and 10 times each day. They take only seconds. There will be times you forget to use these skills. That's okay and perfectly normal; just realize that you've been caught in the net of unhelpful thoughts and use one of these techniques to unhook yourself. Like any skill, the more you practice, the better you get.

WHAT'S YOUR FAVORITE COLOR?

In honor of National Nutrition month, we are eating foods of every color of the rainbow. Try your favorite color foods today!

COLOR YOUR PLATE WITH FRUITS AND VEGETABLES

RED	ORANGE YELLOW	GREEN	BLUE PURPLE	WHITE BROWN
Tomatoes	Carrots	Asparagus	Eggplant	Cauliflower
Red peppers	Yellow pears	Zucchini	Purple cabbage	Mushrooms
Watermelon	Yellow peppers	Artichokes	Black beans	Onion
Strawberries	Corn	Broccoli	Blueberries	Parsnip
Cranberries	Winter squash	Avocado	Blackberries	Radish
Raspberries	Sweet potatoes	Green peppers	Purple grapes	Jicama
Cherries	Oranges	Green beans	Plums	Garlic
Red cabbage	Peaches	Spinach	Prunes	Shallots
Apples	Papaya	Kale	Figs	Leeks
Beets	Cantaloupe	Kiwi	Dates	Black-eyed peas
Red onions	Apricots	Cabbage	Raisins	Bananas

Upcoming Programs & Events

March 2, 9, 16, 23, 30, 2021:
Stress Less with Mindfulness Program (Online) Register TODAY!

April 29: TBA Mental Health First Aid Certification Course

Mental Health First Aid Certification (Also available for groups on request)

March 2021

"You must do the things, you think you cannot do"

-Eleanor Roosevelt

**International Women's Day
March 8, 2021**



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Welcome to the new "Healthy Happenings!" You have received this newsletter because you have registered or attended an AgriLife Extension Program in Hidalgo County. Thank you so much for your support of our educational programs and I hope you enjoy this newsletter. If you have any questions or would like more information on our programs please contact me at 956-383-1026 or andrea.valdez@ag.tamu.edu.

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