

Healthy Happenings

April 2021

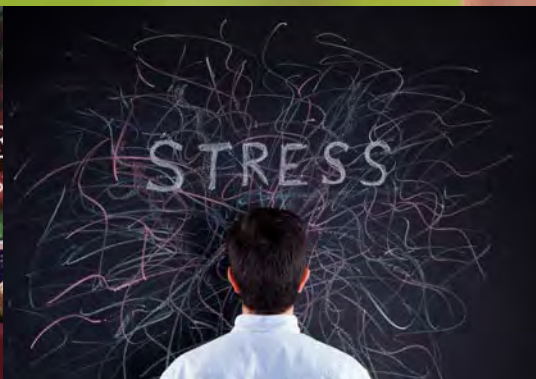
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FAMILY & COMMUNITY HEALTH

Welcome to the April 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.



STRESS AWARENESS MONTH

While stress is nothing to celebrate, this month we bring awareness to our stresses and what we can do to manage them.



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!

RASPBERRY STRAWBERRY SMOOTHIE

by *Dinner Tonight Healthy Cooking School*

We are thinking about foods that help our mental health this month and who doesn't love a great smoothie! Cool off during that afternoon heat with this yummy berry smoothie that is packed with antioxidants and Vitamin C. After one serving, this delicious treat is sure to be a household favorite!

Click below for the Recipe:
[Raspberry Strawberry Smoothie](#)



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



Tips to Cope With Your Stresses

April is
Stress Awareness
Month

- **Avoid negative people or situations:** if people, news, social media, traffic or other things cause you stress, try to avoid it. Although simpler said than done, removing something that is in your control to avoid, you can create a more positive environment
- **To Do List:** There will be times when the To Do list does not have to be completed. The room does not have to be cleaned today. Opt to take a walk outside, take deep breaths, or listen to the birds, even if it is only for a few minutes. Changing your mindset with something positive will help.
- **Learn to listen to your body:** Do you clench your jaw when stressed? Perhaps, your heart beats faster, or your thoughts are not focused. Take time to listen to your body, make a note of the things that affect you.
- **Meditate:** Learning how to quiet the mind and learning breathing exercises are two of the most popular methods to release stress
- **Exercise:** Dancing, gardening, jogging, walking, or anything that helps you get into a different mindset helps relieve stress. Even 5 minutes of activity can help.
- **Sleep:** Create a sleep routine that allows for some down time before bed; no phones, caffeine or other stimulants. During sleep, our bodies heal.
- **Nutrition:** Eating a healthy, well-balanced meals helps you think clearly and become alert.

As the daughter of a hard working farmer that lived to nurture our earth, Earth Day will always have a special place in my heart. April 22 is not only a day where we can bring our awareness to nature but perhaps we live everyday as Earth Day and take actions to protect and nurture our precious resources. Agriculture and nature, no matter how small or large, provides us with so many necessities that without them, we would not be able to live. I humbly ask you to give back to our earth on Earth Day. Plant a tree or plant, thank a farmer, take an appreciative walk in nature, breathe in the fresh air and smile to our Earth that takes care of us.

Thank you!



Upcoming Programs & Events

April 18-24: National Volunteer Week

April 22: Earth Day

April 29: TBA Mental Health First Aid Certification Course

Coming in May: **NEW** Stress Less with Mindfulness Class

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

National Volunteer
Week April 18-24, 2021

THANK YOU TO
ALL OUR
VOLUNTEERS!



Andrea Valdez, M.P.H.
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Extension Service-Hidalgo
County

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.