

# Healthy Happenings

June 2022

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## FAMILY & COMMUNITY HEALTH

Welcome to the June 2022 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.



## HURRICANE PREPAREDNESS

June 1 marks the start of the 2022 hurricane season. Are you prepared? If you need some resources to get prepared, please visit [texashelp.tamu.edu](http://texashelp.tamu.edu) for information on how to prepare you and your family for any natural disasters!

## Prayers for Uvalde, Texas

### HEAVY HEARTS

Our hearts are with the Uvalde community as they suffered an imaginable tragedy with the loss of 21 lives. Please keep the victims, their families and the Uvalde community in your thoughts and continued prayers.

## FLATBREAD PIZZA

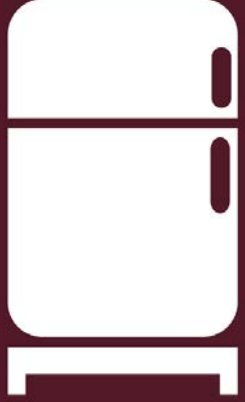
*by Dinner Tonight Healthy Cooking School*

We are lucky enough to have plenty of veggies in season this month and this Flatbread Pizza is a easy and kid friendly recipe to get some veggies! With already prepared Naan bread, this pizza is tailorable to toppings and can be made in the oven or in the airfryer. Try this recipe with your kids this summer!

Click below for the Recipe:  
[Flatbread Pizza](#)



### WORKPLACE REFRIGERATOR SAFETY



- USE A FRIDGE THERMOMETER TO ENSURE THE TEMPERATURE IS 40 DEGREES OR BELOW
- KEEP RAW MEATS ON THE BOTTOM SHELF
- FOODS LEFT IN THE TEMPERATURE DANGER ZONE (40° F TO 140° F) ARE NOT SAFE TO EAT
- CLEAN AND SANITIZE WEEKLY
- KEEP LEFTOVERS FOR 3-4 DAYS ONLY

# Coping After Mass Violence

Mass violence incidents, where several people are injured and killed, affect everyone in the community. Coping with mass violence can be very stressful. It can be difficult to figure out where to begin when trying to understand what happened. Over time, most people begin to feel better and return to normal routines, but knowing about the impact of mass violence can help you take care of yourself and others.

### After mass violence, many may experience some of these reactions:

- Not being able to fall or stay asleep, not getting restful sleep, having nightmares
- Having trouble concentrating and paying attention at work, not getting anything done, feeling in a fog or dazed
- Feeling sad, angry, confused, or afraid that the mass violence will happen again
- Feeling isolated, or numb, like friends and family don't understand, or feeling distant from them
- Being unable to get rid of thoughts, images, or visions of the mass violence event
- Not caring about things that used to matter or were important
- Experiencing headaches, stomachaches, a racing heart, or a change in appetite
- Having sights, sounds, people, places, or other things remind you of the violence
- Feeling jumpy, irritable, or on guard for danger all or nearly all of the time

### Taking Care of Yourself:

- **Limit Media and Social Media Exposure:** After mass violence, media and social media coverage is constant. You may be tempted to stay glued to your phone, but this can cause even more distress. Try to disconnect from the news and social media at least for several hours every day.
- **Practice Healthy Habits:** This is a good time to establish a daily schedule that includes eating regular, healthy meals and snacks, exercising, and trying to get as close to a full night of sleep as possible. Turning off electronics at night will help you accomplish this.
- **Have Fun:** It's okay to disengage from tragedy. Give yourself permission to have fun. Consider doing something you really enjoy every day such as going for a walk or spending time with your pets.
- **Connect with Others:** Find ways to connect with your family, friends, and other people who make you feel more relaxed. Don't cut yourself off from loved ones. Finding ways to connect with others often leads to feeling better.

Source: The National Child Traumatic Stress Network



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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](mailto:andrea.valdez@ag.tamu.edu).