

Healthy HAPPENINGS

April 2024/ Vol 04, Issue 04

Texas A&M AgriLife Extension Service Hidalgo County Family & Community Health

Welcome to the April 2024 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.

April is STRESS AWARENESS Month



April is Stress Awareness Month, an important time to reflect on managing the demands of daily life and promoting mental well-being. Whether it's due to work pressures, family responsibilities, health issues, financial challenges or other stressors, feeling stressed takes a toll on our bodies and minds over time. Chronic stress suppresses the immune system and increases inflammation, raising the risks of health issues like high blood pressure, heart disease, depression and anxiety. Small lifestyle changes like deep breathing, staying active, spending time outdoors, practicing gratitude, and seeking social support can go a long way in diffusing stress. This month, resolve to incorporate more stress-relieving activities into your routine to support both your mental and physical health.

Find us on  [CLICK HERE](#)

CORN & BELL PEPPER SALAD

by Dinner Tonight Healthy Cooking School

Light up your week with this bright and colorful salad! Looking to add more veggies to your meals? Try this Sunshine Corn and Bell Pepper Salad – the perfect summer side dish! Sweet corn and bell peppers make this the taste of sunshine on a plate!

Click below for the Recipe:
[Corn & Bell Pepper Salad](#)



**DINNER
TONIGHT**
TEXAS A&M AGRILIFE EXTENSION



Mindful Breathing Technique for Stress Relief



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.



FAMILY & COMMUNITY HEALTH

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STRETCH YOUR MUSCLES

Sitting for long periods can lead to muscle tension and soreness, so be sure to stretch your muscles regularly. Simple stretches like shoulder rolls neck rotations help increase flexibility, improve circulation and relieve physical and mental stress.

STAY HYDRATED

As temperatures rise in April, it's important to drink more water to stay hydrated. Carry a water bottle with you throughout the day and aim to finish it, since proper hydration supports overall health, energy levels, concentration and workout recovery.

Family & Community Health Programs

- Cooking Well with Diabetes
- Cooking Well for Healthy Blood Pressure
- Cooking Well with Friends
- Cooking Well: Exploring Cultures
- Food Handler Certifications
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Mental Health First Aid Certification (available upon request for groups)

Visit our redesigned website to learn more about the Family & Community Health Programs!



hidalgo.agrilife.org



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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.