

Relax and De-Stress



Mental Health and Stress!

More and more US adults are dealing with stress, which can lead to mental health problems. In August 2022, more than 32% of US adults reported having symptoms of anxiety or depression in the previous 2 weeks. (cdc.gov)

Some tips to help you unwind and relax

Take Breaks! Even 10 minutes is enough to improve your mental health. Change what you're looking at, go outside, play with your pet, take a short walk, walk the dog.

Be active. Go dancing! Exercise - classes, gym, or things at home such as push-ups. Play ball with your child. Anything that gets you moving and your heart beating. Just GET UP and move.

Go for a walk. Find a nature trail or park, or if you have a quiet neighborhood, get out and walk. Take notice of the animals and other nature around you. Take time to enjoy the sensations of the breeze, smells, sounds.

Keep a thankfulness journal. Or write things on slips of paper and put them in a jar to read later. Make it a game: how many things was I thankful for today?

LAUGH! Laughter is the perfect mood booster! Laughter can come from almost anywhere; music, children, something you read, dad jokes, old photos of your hairstyle in high school, etc.

Listen to music you like. We all know music can lift moods and spirits. Find music you like to dance and sing to!

Stay in touch with friends and family. Having those personal connections help you feel valued and cared about. If you don't have family close by,

volunteer and give to others. Or create a friend/peer group around you: prayer group, sewing circle, book club, flower lovers, etc.

Reach out. When you do feel stressed, call a friend or loved one. If you need to, call a support line and talk to a professional.

Remember to eat right. Food can have an impact on mood and stress. That includes limited alcohol and smoking. It also means reducing caffeine and sugar!

Get enough sleep. No, not on the couch all afternoon. Create a regular schedule to go to bed and to get up.

Find breathing exercises or meditation techniques that work for you. Find a short breathing exercise that works for you. Take scheduled breaks to breath. Sometimes just stopping to take notice of where you are and what's around you. Notice the sounds, smells, colors you see, etc.

Start a new hobby. Ever want to learn something new? Find a class to join and learn. You'll have fun, meet new people, and learn something new.

Put that phone down! We all know that screen time, especially social media, can be a drain on our mood and increase our sense of isolation and detachment. If you have to, create a hard schedule. At a certain time each day, the screens are off.

Treat yourself. Had a rough week? Schedule a massage, spa day, or manicure for yourself. Maybe take your best friend and make it a fun and laughter day. Or, if you prefer to be alone, find your comfy spot and take an afternoon off to read that book you've been dying to get into.

Learn to say no! And mean it! We often create our own stresses by agreeing to do things we don't want or need to do. Then suffer until and through them.

Do those chore-like things now. Procrastinating often leads to stress because we worry and think about that thing. If it has to wait, set it aside. If it needs to and can be done, just get it done.

Hold hands with a loved one. Human contact is a great stress reducer. If a person isn't available, hold your pet. Pets give unconditional love and love the time you spend with them.

Sources: [cdc.gov/emotional-wellbeing/features/reduce-stress.htm](https://www.cdc.gov/emotional-wellbeing/features/reduce-stress.htm), [virtua.org/articles/10-quick-ways-to-de-stress](https://www.virtua.org/articles/10-quick-ways-to-de-stress), [healthline.com/nutrition/16-ways-relieve-stress-anxiety#The-bottom-line](https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#The-bottom-line)















May is National Strawberry Month!



May is a special time for fruit lovers, especially those who can't get enough of strawberries. It's National Strawberry Month, a whole 31 days dedicated to celebrating the sweetness and versatility of strawberries.

Source: daysoftheyear.com/days/national-strawberry-month/

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