

April 2014

April Is Stress Awareness + Management Month

We've all felt stressed before, but when this feeling is ongoing stress can impact everything, from our careers and relationships to our health and mental state. The first step to beating stress is to focus on identifying our stressors. Sometimes we fail to notice our own stress-inducing thoughts, feelings and behaviors, but once we are aware of our stressors there are some great ways to manage them. Check out the tips below on how to kick those pesky stressors to the curb!

Know your limits:

- Learning to say no is an important part of knowing limits and sticking to them.
- Manage your time. Give yourself time to get things done; set your watch so you have more time to prepare for an event.

Try changing how you react:

- Adapting to stressful situations can help regain your sense of control by altering your expectations and attitude.
- Try to view stressful situations from a more positive perspective.
- When you're down, reflect on all the things you appreciate in your life, including your own positive qualities and talents.

Nurture yourself:

- Set aside time to relax daily.
- Do something you enjoy, whether it is playing the piano, going for a walk, calling a friend or reading.

Increase your resistance to stress:

- Exercising regularly and eating a healthy diet can help combat stress.
- Start your day with a healthy breakfast and keep your energy up and your mind clear with balanced, nutritious meals and snacks.
- Take 15–20 minutes every day to sit quietly and reflect. Learn and practice relaxation techniques like yoga or deep breathing.

Tips provided by the [University of Nebraska–Lincoln Extension](#) & [WebMD](#).

Move of the Month

The [legs-up-the-wall staff pose](#) allows the nervous system to relax, and it reroutes blood and lymphatic circulation. It also grounds you and brings you back to the present.

1. Lie down with your backside at the wall (or at least as close as possible).
2. Extend your legs up the wall. Flex your toes toward you and work on getting your knees straight by extending the hamstrings.
3. Stay in this position for a minute or two.



Recipe of the Month

Creamy Fettuccine With Brussels Sprouts + Mushrooms

Source: [EatingWell](#)



Ingredients:

- 12 ounces whole-wheat Fettuccine
- 1 tablespoon extra-virgin olive Oil
- 4 cups sliced mixed Mushrooms such as cremini, oyster and/or shiitake
- 4 cups thinly sliced Brussels sprouts
- 1 tablespoon minced Garlic
- ½ cup dry Sherry or 2 tablespoons sherry Vinegar
- 2 cups low-fat Milk
- 2 tablespoons all-purpose Flour
- ½ teaspoon Salt
- ½ teaspoon freshly ground Pepper
- 1 cup finely shredded Asiago cheese, plus more for garnish

Preparation:

Cook pasta in a large pot of boiling water until tender, 8 to 10 minutes. Drain, return to the pot and set aside.

Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, until the mushrooms release their liquid, 8 to 10 minutes. Add garlic and cook, stirring, until fragrant, about one minute. Add sherry (or vinegar), scraping up any brown bits; bring to a boil and cook, stirring, until almost evaporated, 10 seconds (if using vinegar) or about one minute (if using sherry).

Whisk milk and flour in a bowl; add to the skillet with salt and pepper. Cook, stirring, until the sauce bubbles and thickens, about 2 minutes. Stir in cheese until melted. Add the sauce to the pasta; gently toss. Serve with more cheese, if desired.