

NEWSLETTER

APRIL 2024

Stakeholders April 11th

We can't control the winds, but we can
adjust our sails"

Join us April 11th, 2024 at Mayo
Clinic Health Systems Event
Center in Mankato for an
educational event focused on
Mental Health. There will be
speakers, recovery stories,
games and vendors.



April is recognized as
National Stress Awareness
Month to bring attention to
the negative impact of
stress. Managing stress is
an essential component of
a healthy lifestyle. Knowing
how to manage stress can
improve mental and
physical well-being as well
as minimize exacerbation
of health-related issues.
cont. on page 2



As recent months have demonstrated, stress is unavoidable. Now more than ever, it's important to understand stress and how we can manage it. While stress can be beneficial, too much of it can be harmful.

Stress affects women and men differently. Many conditions associated with stress such as post-traumatic stress disorder, depression and anxiety are more common in women than men.

APRIL — — STRESS — AWARENESS — MONTH

Recognize and counter signs of stress. Your body sends signals that it's stressed, including difficulty concentrating, headaches, cold hands, tight muscles, a nervous stomach, clenched teeth, feeling on edge, fidgety, irritable or withdrawn. Knowing how your body communicates can help you deal with stressful moments.



It's critical to recognize what stress and anxiety look like. Here are several tips to help recognize stressors that may be affecting your health, and ways to help you build resilience:

Recognize and counter signs of stress. Your body sends signals that say "I'm stressed out!" These can include difficulty concentrating, headaches, cold hands, tight muscles, a nervous stomach, clenched teeth, feeling on edge, fidgety, irritable or withdrawn.

Take time for yourself. Make taking care of yourself a daily routine. It's not selfish or self-indulgent — and it might require saying "no" to requests or prioritizing yourself along with your responsibilities. Start with small changes in your routine to help build resilience to stressful circumstances.

Try new routines. From scheduling bath and bedtimes to blocking off time to plan and prioritize tasks, additional structure can provide a daily framework that allows you to attune to your body's signals. Then, you can take steps to potentially manage stress earlier than you once did.

Stay connected and make new friends. Stay in touch with family, friends and groups in your life — technology makes this easier than ever.

See problems through a different lens. Experts call changing the way we think about and respond to stress "reframing." View sitting in traffic or around the house as an opportunity to enjoy music, podcasts or pleasant views. Reduce anger in response to rude or aggressive behavior by imagining what might be happening in that person's life.

Seek help with problems. Many people experience the same day-to-day strains related to caregiving, relationships, health, work and money. Look to friends and family, as appropriate, or other trusted individuals or resources for tips and information.

Chicken Pot Pie with Biscuits

★★★★★

This Chicken Pot Pie with Biscuits is the perfect comfort meal. The juicy chicken and flavorful vegetables are enveloped in a creamy sauce and topped with tender biscuits. It's also budget-friendly and fast, the perfect weeknight family meal!

Course Dinner

Cuisine Southern

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 6

Author I Heart Recipes

Ingredients

- 3 cups cooked shredded chicken
- 2 10.5oz cream of chicken soup
- 3 cups frozen vegetables
- 2 tsp minced garlic
- 1/2 tsp ground black pepper
- 1 cups shredded mild cheddar cheese
- 1 cup shredded mozzarella cheese
- 16 canned biscuits
- 2 tbsp butter melted

Instructions

1. Preheat oven to 375°F.
2. Spray a 13x9-inch baking dish with nonstick spray.
3. In large bowl, combine the chicken, cream of chicken soup, frozen vegetables, and shredded cheeses.



April Activity Highlights



- April 2nd- National PB&J day! Come and enjoy a pb&j @ 9:30am All ingredients will be provided!
- April 9th- L.A.C 1pm @ County Connection
- April 11th- Stakeholders, leave CC at 10:50am. Box lunch, speakers, mental health resources, prize drawings and more!
- April 17th- Soup lunch at the CC followed by 10 county outing to Pinball Arcade in New Ulm. Lunch provided by CC
- April 18th- Mankato Shopping and lunch, leave at 10:30am
- April 24th- Spider Plant potting

Activity Reminders: Please sign up at least two days before an activity, staff will contact you with a pick up time.

Please be sure to throw trash away when getting out of the van, we have had a lot of wrappers and bottles left in the van lately.

Name: _____ Date: _____

Coping With Stress

L P U Z F L I E G T F G N Y N Y W
V F S G K L F T B V O H O L I S M
M W O I H I E E A T H E A L T H Y
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V A O O H A V E F R I E N D S T C
E M U B R A V O I D A L C O H O L

MAKE EXERCISE AVOID ALCOHOL HAVE FRIENDS
LOVE YOURSELF MENTAL HEALTH EAT HEALTHY
BE POSITIVE SLEEP WELL MEDITATION
MOTIVATION LIFESTYLE HOLISM