



TEXAS A&M
AGRILIFE
EXTENSION

*Improving Lives
Improving Texas*



April 2015

Understanding Stress in your Life



Inside

- Plan of Events
- Management Tips
- Stress
- One Nutritious Recipe
- Stress & Alcohol Awareness Month
- Diabetes class

Be aware of Blood Alcohol Concentration (BAC) in order to avoid alcohol poisoning that causes death.

Sign up by April 9th for *“Do Well Be Well with Diabetes Classes”* at

<http://brazos.agrilife.org/files/2011/03/DWBW-2014-16-Brochure.pdf>

Stop Stressing & Start Living

Stressors are disruptions that make you worried or anxious as you go throughout life, which can cause your heart rate to rise up, oxygen intake increases, and sugars and fats rush into your bloodstream making the body react. Stress is usually related to physical, emotional and social issues, but many people can overcome by changing the way they react to stress. There are effective ways to cope with managing your stress. For instance, being physically active regularly or trying to meditate with breathing exercise techniques can help clam the stress reaction. Be aware of how very unhealthy stress can be when your body experiences a fight or flight state, which can lead into serious health issues in the future.



Follow me to Page

2



Avocado Mandarin *Tossed Salad*



Prep Time: 10 minutes
Chill Time: 30 minutes
Cost per serving: \$0.46

Avocados provide a few health benefits and contain about 20 essential nutrients.

What you need:

Utensils:

- Can opener
- Sharp Knife
- Cutting board
- Large mixing bowl
- Mixing spoon
- Measuring cups and spoons
- Salad bowl

Ingredients:

- 1/2 cup green onion, thinly sliced
- 1 can (11ozes) mandarin oranges, drained
- 1/3 cup coarsely chopped pecans
- 1/8 teaspoon pepper
- 1 medium ripe avocado, peeled and sliced*
- 4 cups torn salad greens*
- 1/4 cup fat free Italian salad dressing

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and slice onion.
4. In a bowl, combine the onion, oranges, pecans and pepper.
5. Refrigerate for 30minutes.
6. Just before serving, wash, peel and slice avocado and tear salad greens.
7. Place the greens in a salad bowl.
8. Top with orange mixture and avocado slices.
9. Drizzle with dressing before serving.

Nutrition Facts

Serving Size 1 cup
 Serving Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 60

%Daily Value*

Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A 50%	Vitamin C 40%
Calcium 2%	Iron 4%

By Artheria Brown
Intern for Family &
Consumer Sciences Spring
2015



For BLT/ Nutrition Classes please contact Flora Williams at Texas A&M AgriLife Extension Service Brazos County Office 2619 Hwy. 21 West Bryan, TX 77803 (979)823-0129

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. A member of the Texas A&M University System and its statewide Agriculture Program.