

Healthy Happenings

May 2021

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FAMILY & COMMUNITY HEALTH

Welcome to the May 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.



NATIONAL MENTAL HEALTH AWARENESS MONTH- STRESS LESS WITH MINDFULNESS

Register for our FREE Stress Less with Mindfulness Class starting on May 17, 2021! Learn basic mindfulness techniques to help you cope with upsetting thoughts or stresses! [Click here to register!](#)



DO YOU HAVE A HOME EMERGENCY PREPAREDNESS PLAN?

Hurricane season starts June 1 and it is never too early to start preparing! See page 2 for Steps to creating your "Grab-and-Go" Box and click the link for more resources on how to build your home preparedness plan.

CHICKEN CAPRESE SPAGHETTI SQUASH

by *Dinner Tonight Healthy Cooking School*

Trade in your pasta for a fun take on noodle night! Try a spaghetti squash in place of pasta noodles for an extra serving of vegetables that can be eaten right out of the squash! Spaghetti squash is nutrient dense and is a good source of fiber, Vitamin C and Vitamin B6. Try it out today, it won't disappoint!

Click below for the Recipe:
[Chicken Caprese Spaghetti Squash](#)



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION





Here are some tips to elevate your psychological resilience:

1. **Be effective at work.** Working remotely during this time can be especially challenging. Keeping a morning routine, setting up a dedicated workspace in your home, **creating to-do lists** and following set office hours can help.
2. **Adopt a healthy lifestyle.** Adopt **good nutrition** and an exercise plan. Remember to nurture your social connections despite physical distancing.
3. **Recharge.** Quiet time is helpful to simply relax. You also can use **mindfulness** techniques.
4. **Get sufficient sleep.** Beth Malow, professor of neurology and pediatrics at Vanderbilt University Medical Center, says that **being mindful of your actions** throughout the day can help you sleep better in the midst of the pandemic.
5. **Address your stress.** Uncertainty can be unsettling. **Try keeping a journal** or just a few minutes of meditation to cope with stress.
6. **Accept help.** Look to your medical team who could provide counseling, **coaching**, critical incident stress management or resilience skill training.
7. **Sharpen parenting skills.** Managing different areas of life all at the same time can be stressful. Connect with **parenting groups** to sharpen your skills.
8. **Know your well-being resources.** The **Texas A&M AgriLife Extension Service** offers nutrition and mental health courses among many others for free at <http://agrilifelearn.tamu.edu>.

8 TIPS
FOR BUILDING
Resilience

DURING
MENTAL HEALTH
AWARENESS MONTH

Are You Prepared for Hurricane Season?

Build a Grab-and-Go Box!

Hurricane season starts June 1 and given recent natural disasters, we would like to emphasize the importance of emergency preparedness! Everyone should have individual and family evacuation plans in place. Here are some steps to creating your "Grab and Go" box in case of emergency.

Step 1: Place papers in sealed, waterproof plastic bags. Store in a durable, sealed box. (A portable, fireproof and waterproof backpack is recommended.)

Step 2: Store box/backpack in a secure, easily accessible location.

Step 3: If you must evacuate:

- Grab box and take with you
- Keep the box with you at all times
- Do not leave box unattended in your car.

For more information on what to include in your Grab-and-Go box: [Click here](#)

Upcoming Programs & Events

May 17-21, 2021: NEW Stress Less with Mindfulness Class
Click [here](#) to register today!

Coming Soon! Cooking School for Emergencies with Hidalgo County on June 9, 2021

Mental Health First Aid Certification
(Also available for groups on request)

Happy Mother's Day to all the Moms out there!
We love you!



Andrea Valdez, M.P.H.
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Texas A&M AgriLife
Extension Service-Hidalgo
County

Welcome to the new "Healthy Happenings!" You have received this newsletter because you have registered or attended an AgriLife Extension Program in Hidalgo County. Thank you so much for your support of our educational programs and I hope you enjoy this newsletter. 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.