

HEALTH AND HUMAN SCIENCE NEWSLETTER



BITE-SIZED WISDOM WITH AMANDA

STRESS AWARENESS MONTH: HEALTHY WAYS TO MANAGE STRESS

April is Stress Awareness Month, making it the perfect time to reflect on how stress affects our health. Chronic stress can contribute to various health problems, such as high blood pressure, fatigue, and weakened immunity. One way to manage stress is through your diet. Foods rich in omega-3s, antioxidants, and magnesium—such as salmon, spinach, and berries—can help reduce stress levels. Meanwhile, processed foods, caffeine, and sugar can worsen anxiety, so it's important to make mindful food choices.

Alongside a healthy diet, incorporating other stress management strategies can help you feel more relaxed:

- Practice mindfulness: Engage in deep breathing, meditation, or yoga.
- Exercise regularly: Physical activity helps reduce cortisol levels and boosts mood.
- Get enough sleep: Aim for 7-9 hours of quality sleep each night to manage stress better.
- Prioritize self-care: Take a few quiet moments each day to recharge with a calming activity or a cup of tea.

CURRENT/UPCOMING COMMUNITY PROGRAMS:

A MATTER OF BALANCE

APRIL 8,15,22,29, MAY 6, 13, 20.27
HENDRICKS CO. GOVERNMENT
BUILDING

WHY SLEEP MATTERS AND STRESS MANAGEMENT

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