



# Stress Management Month

## 3 Types of Stress

1

Routine stress related to the pressures of work, family, and other daily responsibilities.

2

Change stress brought about by a sudden negative change, such as losing a job, divorce, or illness.

3

Traumatic stress experienced in an event like a major accident, war, assault, or a natural disaster where one may be seriously hurt or in danger of being killed.

Source: [ncch.nih.gov](http://ncch.nih.gov)

## Am I the Only One Stressed?

No, everyone experiences stress at times. Stress can be beneficial by helping people develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. However, the beneficial aspects of stress diminish when it is severe enough to overwhelm a person's ability to take care of themselves and family.

## Coping with Stress

Feel better by following these tips:



Talk to others

Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.



Take care of you

Put yourself first by: eating healthy, well-balanced meals, exercising on a regular basis, getting plenty of sleep, and giving yourself a break if you feel stressed out.



Avoid drugs

Drugs and alcohol may seem to help with the stress. In the long run, they create additional problems and increase the stress you are already feeling.

December 2016

# Recipe

This quick cooking dish is the perfect light main meal. It packs 15% of vitamin A and 94 calories. Recipe yields 4 servings. 1 serving = 1 C soup.

## Ingredients:

- 1 can (14 1/2 oz) no salt-added diced tomatoes
- 1 C jarred roasted red peppers, drained (or substitute fresh roasted red peppers)
- 1 C fat-free evaporated milk
- 1 tsp garlic powder
- 1/4 tsp ground black pepper
- 2 Tbsp fresh basil, rinsed and chopped (or 2 tsp dried)

Source: [Healthyeating.nhlbi.nih.gov](http://Healthyeating.nhlbi.nih.gov)

## Zesty Tomato Soup



## Instructions:

Combine tomatoes and red pepper in a blender or food processor. Puree until smooth.

Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.

Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.

Add basil and serve.

## Holiday Action Steps:



### Be Active

With balance and moderation, you can enjoy the holidays the healthy way. Find fun ways to stay active, such as dancing to your favorite holiday music.



### Eat Healthy

Choose fresh fruit, such as pomegranate, as a festive, and sweet substitute for candy. Limit fats, salt, and sugary foods.

