

Family and Community Health “Communications” in Tom Green County

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Celebrate National Wellness Month-Let's Make Well-Being a Priority All Year Long

Every day should be a wellness day, and August is the month that focuses on National Wellness . Focus on habits that can be tools to build a healthier, happier you.

Choices that you make allow you to feel your best may look different for each person, but here are ways to wellness that are considered universal. Focus on each habit not only throughout the month of August, but also for the rest of 2022. The following information can be applied to **adults, youth and families.**

Drink Plenty of Water! Hydration is the key to optimal health and happiness. Besides quenching your thirst, water lubricates the joints and helps your body transport the nutrients it needs for energy and healing.

Strive for Better Sleep! Practice good sleep habits by avoiding alcohol or caffeine late at night, refrain from viewing screen at least an hour before bed, and set enough time to complete your sleep cycles. Even a few extra minutes of shut eye each day can lead to positive changes in energy, mood, appearance and overall health.

Strive for Less Sugar! The average American consumes 22 tablespoons of sugar per day. Most of the sugar is hidden in deceptively healthy items like fruit juices, pasta sauces, alcohol and even salad dressings. This excessive amount of sugar leads to heart disease, diabetes and is one of the leading causes of that nasty afternoon crash that leaves you tired and testy. There are healthier sources of sugar like fresh fruits and low-fat yogurt.

Exercise! Even if you can not do it well, some type of exercise is crucial to wellness. Just 30 minutes of moderate activity for adults, 60 minutes for youth each day has amazing benefits for your physical and mental health, helps you become more fit, can reduce chronic pain and helps you become a more fabulous you.

Calm Your Mind! Everyone has stressors and it varies how much we let the stressors stress us. There are ways such as meditation, relaxation response and yoga that works. But there are other ways such as knitting, baking, walking, swimming. Anything that is peaceful and quiet. Do what makes you feel relaxed.

Stress Less with Mindfulness

Stress Less with Mindfulness is a program developed by West Virginia University Extension Service. It is a five-class series that introduces participants to the experience and practice of mindfulness to reduce stress.

The goals of this program increase participant flexibility in responding to stress. Provide an alternative way to relating to everyday life experiences, including thoughts, emotions, physical sensations, and events.

For more information about this program: contact your Family and Community Health Agent about this program.

This curriculum is educational, and the content is informational. It is not a substitute for medical care, counseling or treatments. This is designed as a preventive education.

Source: tamu.edu/resources



Source: Dreamstime.com

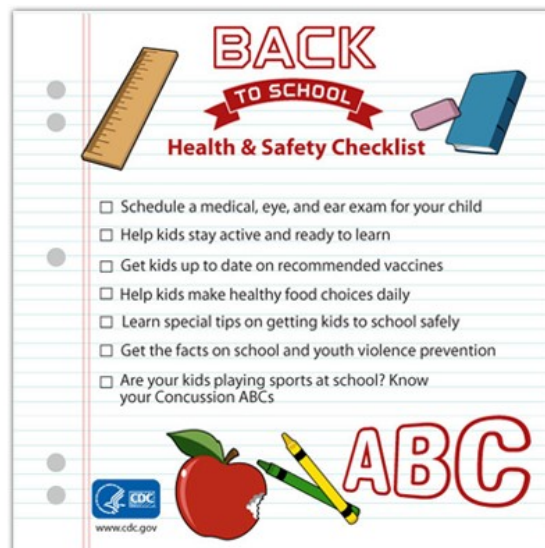
Family News!

Head Back to School Safer and Healthier this Year!

Heading back to school is an exciting time of year for students and families. As students go back to school, it is important that they eat healthy and stay active, are up to date on their immunizations, and know the signs of bullying for a healthier and safer school year.

Suggestions by Centers for Disease Control and Prevention-

⇒ **Eat healthy and stay active**— children spend the vast majority of their day at school, so this place has a big impact in all aspects of their lives. Schools can help students learn about the importance of eating healthier and being more physically active, which can lower the risk of becoming obese and developing related diseases. Eating a healthy breakfast is associated with improved cognitive function. Young people ages 6-17 should participate in at least 60 minutes of physical activity every day.



Back to School Food Safety Tips

- **Make sure lunch bags and coolers are clean before packing.** Pack moist towelettes so children can clean hands before and after eating.
- **Use an insulated lunch bag or cooler and at least two cold sources**, such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food safely cold at 40°F or below until lunch time.
- **If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot.** Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food at 140°F or above.
- For safety, instruct children to **discard all leftover food and used food packaging**.

⇒ **Get vaccinated**—Getting your children and teens ready to go back to school is the perfect time to make sure they are up-to-date with their immunizations. Vaccination protects students from diseases and keeps them healthy.

⇒ **School hygiene-**

Phone Hygiene: Clean your mobile phone at least once a day. Be sure it is unplugged, wipe it down with a lint-free cloth slightly dampened with soap and water.

Source: Federal Communications Commission



⇒ **Heads Up: Concussions-** Each year, U.S. emergency departments treat an estimated 173,285 sports and recreation related traumatic brain injuries, or TBIs, including concussions, among children and teens, from birth to 19 years. Concussion symptoms may appear mild, but the injury can lead to problems affecting how a person thinks, learns, acts, and/or feels. Concussions can occur outside of sports or during any sport or recreation activity, so all parents need to learn the signs known as the ABC's of concussions: **Assess** the situation, **Be alert** for signs and symptoms, and **Contact** a healthcare professional.

⇒ **Bullying-** is a form of youth violence and can result in physical injury, social and emotional distress. Victimized youth are at increased risk of mental health problems, including depression and anxiety, psychosomatic complaints such as headaches, and poor school adjustment. The ultimate goal is to stop bullying before it starts.

Source: <https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/dpk/back-to-school/>

Parents and families play a critical role, often being the first to help their children develop skills to recognize and manage emotions, establish and maintain positive relationships, and make responsible decisions. When families and schools work together, they can help create a healthy and supportive environment for children and adolescents to learn these skills at home and at school.



Calm Back-to-School Worries: DIY Worry Monsters Craft

Back to school jitters is usually experienced by most children. Worries consume their mind along with stomach ach, anxiety, and worries if their classmates and teacher will like them. Stress can be eased by addressing and talking with out children about their fears before school begins and here is a fun way to do it!

The Worry Monster– this friendly monster will eat worries that are written on slips of paper and put into it's mouth. The purpose of this is NOT for your child to push away feeling of fear, but rather acknowledge them to practice letting go of the ever consuming thoughts that can escalate anxiety.

All you Need Is: Tissue Box, glue, scissors, acrylic paint and pretty much anything around the house that you can use to decorated with.

Directions: Paint box (thinner boxes are easier to paint). Paint box with acrylic paint or you can even use spray paint, (make sure to use rubber gloves if you choose this method). Draw eyes or even use googly eyes, cosmetic sponges cut in half for teeth, and pipe cleaners are great for antennas. Let your child be as creative as they can.



Next: have your child write down their worries of fears about school or anything they want on a slip of paper. Next, your child can feed their worry to the "Worry Monster" to eat or hold for them.

A few additional tips about Back to School worries:

-Talk about what it feels like to be scared so your child can identify how they know when they are scared. You can ask questions like, "Where do you feel worry in your body?" or "How do you know you are scared?"

- Source: howdoesshe.com/back-to-school-worries-diy/

Banana Smoothie

What you need:

Utensils:

- Measuring cups & spoons
- Stirring spoon
- Blender

Ingredients:

- 4 very ripe, medium bananas, sliced
- 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1½ cups instant non-fat dry milk
- 1 cup crushed ice

What to do:

1. Wash your hands and clean your cooking area.
2. Wash, peel, and slice bananas.
3. Put all ingredients into a blender and blend until smooth.
4. Serve immediately or store in the refrigerator. If stored in the refrigerator use within 24 hours. Stir before serving.

Prep Time: 10 minutes

Cost per serving: \$0.45

Nutrition Facts

Amount Per Serving	
Serving Size 3/4 cup	
Servings Per Container 4	
Calories 250	Calories from Fat 5
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Sugars 38g	
Protein 16g	
Vitamin A 20%	Vitamin C 20%
Calcium 50%	Iron 2%

Serving suggestions: If very ripe bananas are not available, you may substitute 1-16 ounce bag of frozen fruit or 1-16 ounce can of fruit (package in its own juice/no sugar added). If using frozen or canned fruit, a blender will be required.



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Dinner Tonight's

FRIDAY FAMILY FUN ACTIVITY
GET ACTIVE AND BURN OFF YOUR SNACKS

SNACK



1 cup sliced strawberries - 53 calories



1 cup fresh chopped carrots - 50 calories



Medium fast food fries - 378 calories

ACTIVITY

Based on 155lb person



Play frisbee for 15 minutes - 56 calories



Jump Rope for 5 minutes - 62 calories



Walk at moderate (4mph) speed for 60 minutes - 356 calories



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Facebook:

<https://www.facebook.com/TomGreenCountyFCH/>

TomGreenCountyFCH/

INSTEAD OF:

A Casserole or mixed food



Picky eaters get overwhelmed by so many different foods mixed together and will likely refuse to try

TRY:

Serving food buffet style



Picky eaters will be more likely to engage and try foods when they're separated first.

@YOURKIDSTABLE

HELPING KIDS EAT VEGGIES

What parents may try:



-No foods they love on the plate

-Large portions of new foods overwhelm kids

What actually helps:



- A food they love on the plate

-May eat a smaller piece of a new food

@KIDS NUTRITION

TEEA News!

Veribest EEA Meeting

September 13, 2022

At 9:00 a.m.

Hello Breakfast

At Dunbar East

Reminder:

Yearly TEEA Dues

Will be \$27**

Family & Community Health "Connections" is provided by these Texas A&M AgriLife Extension Service Family and Community Health Agents:

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