

April Showers

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MANAGING STRESS

Most of us have felt "stressed out," from time to time, but when this feeling persists, stress becomes chronic and can negatively impact our careers, quality of life, and our bodies.

April is stress awareness month.

To manage stress, try these tips:

- Pinpoint stressors
- Know your limits
- Alter stressful situations
- Try changing the reaction
- Nurture yourself for improved health
- Increase your resistance to stress.

Stress is defined as mental, emotional, or physical tension or strain and too much can negatively impact health.

Stress depletes the body's storage of vitamin B. Pennsylvania State researchers have found that increasing your consumption of foods high in potassium can lower blood pressure and reduce the body's strain from stress.

POTASSIUM RICH FOODS:

Pistachios, white potatoes, acorn squash, bananas, cooked broccoli, sweet potatoes, raisins, salmon, avocado's, leafy greens, watermelon, and tomato juice.



Tips for safely decorating, cooking or hiding eggs.

- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs.
- Inspect eggs before purchasing them.
- Store eggs in the original cartons in the refrigerator.
- When hiding eggs, consider hiding places carefully - avoid areas where the eggs come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
- Find all the eggs you've hidden and then refrigerate them. Discard cracked eggs.
- As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat.
- Refrigerate hard-cooked eggs in their shells and use them within 1 week.