

# Celebrate! *A Healthy You*

*A newsletter devoted to helping individuals of every size live in a healthy body.*

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## More Healthy Advice for Dealing with Stress

University of Wyoming Extension Specialists Randy R. Weigel and Suzanne Pelican recently wrote an article “Eating and Activity for Health and Pleasure” (University of Wyoming Cooperative Service Extension publication B1124-3) that points out how a fast-paced lifestyle adds to stress and makes it harder to take care of oneself. To read the entire article, go to <http://ces.uwyo.edu/PUBS/B1124-3.pdf>

They point out there are many causes of stress in our lives today and it takes a toll on what we eat, when we eat and how we eat. Family eating patterns have changed. Busy schedules conflict with time for family meals. We eat out more—often fast food—or use convenience foods because they are quick and easy. Such meals tend to fall short in terms of good nutrition and good flavor.



Weigel and Pelican have some helpful ideas about stress and its effect on our eating and drinking habits.

### Eating and stress

**Caffeine.** Too much can make you jittery and cause sleep problems. If you drink regular coffee, limit yourself to 2 to 3 cups per day. And remember that some types of tea, soft drinks, and over-the-counter pain medications also contain high levels of caffeine.

**Alcohol.** Think before you drink. Alcohol never solves problems and only hides stress temporarily. Consider healthier actions such as taking a walk or a swim, going for a bike ride, doing some gardening, or riding a horse. Try an activity that gives you a different perspective about the stress you face.

**Skipping meals.** Without regular meals and snacks, you may become light-headed and anxious. These feelings can increase your level of stress. Try to plan for times you know you'll be hungry. Carry snacks like crackers, fruit, juice, and jerky.

**Multi-tasking.** Eating while you drive, watch TV or work at a computer can add to your stress and increase your food intake. Instead, develop a mental presence while you eat. Make it an enjoyable and relaxing experience.

Busy schedules tend to squeeze out time for physical activity. This makes it almost impossible to avoid gaining weight and still eat enough to supply all our nutritional needs.

Physical activity is a proven way to cope with stress, yet time pressures can make it hard to do. Weigel and Pelican had some ideas about finding ways to be more physically active.

### Building physical activity in unlikely places

**Shopping.** Walk the mall before starting to shop. Climb the stairs instead of using the escalator. Park the car at the far end of the parking lot and walk to the grocery store.

**Vacationing.** Plan trips to destinations that will include walking. Possible destinations include zoos, museums, botanical gardens, theme parks, national monuments, and historic sites.

**Volunteering.** Volunteer for activities that not only contribute to others' well being but that keep you healthy as well. Run errands for those who can't get out of their homes. Coach a youth sports team (and do the same exercises as the players). Clean up park or highway.

**Visiting.** Take a family walk before and after the holiday meal. Organize a physical game during the family reunion. Start an active family tradition—touch football, volleyball, and bike riding are just a few of the healthful options.



**Waiting.** Be proactive when you have to “hurry up and with,” whether it's in a doctor's office, airport terminal, concert hall, or government building. Find out how long the delay will last, and then walk around the building or through the terminal. Climb the stairs.

## Words to Consider

“Speak when you're angry, and you'll make the best speech you'll ever regret.” —Lawrence J. Peter

“Our attitude toward life determines life's attitude towards us.” —Earl Nightingale

## Make Cooking Simple

Many schools in our part of the country will soon be back in session. Students may prefer to take their lunch from home for many of the same reasons adults do. They can take their favorite foods and save money.

You may not be going back to school, but still find carrying your own lunch to be better for your budget and health. This month's handout on Super Sack Lunches will give you many tips and delicious suggestions for tasty, healthy and low-cost foods to pack in your lunch box.

**Tip:** Many lunch and snack foods are sold in individual servings, but they can be expensive. Consider investing in small plastic containers with snap-on lids to package up your own individual portions of pudding, fruit, raw vegetables, etc.

**Make-ahead Mexican Roll-ups** and a piece of fruit make a great lunch. Add a few carrot strips and milk for even better nutritional value. Filling may also be served on lettuce or spinach for a salad, or use as a dip with low-fat tortilla chips.

## Make-ahead Mexican Roll-ups

- 3 cups cooked brown rice
- 1 15 ounce can beans (black, pinto chili, etc)
- 2 cups frozen corn or 1 15-ounce can whole kernel corn
- 2 cups shredded cheddar, Monterey jack, or hot pepper cheese (8 ounces)
- 1 cup salsa
- 8 10-inch or burrito-size tortillas



Prepare rice according to package directions, allowing about 15 minutes for instant rice or about 45 minutes for regular brown rice. Cool completely.

Place beans in a colander or strainer, and rinse to reduce sodium. Transfer to a large bowl. Thaw frozen corn in microwave; drain and add to bowl. Stir in rice, cheese, and salsa.

Spoon about ½ cup filling on each tortilla. Roll or fold up.

**To freeze for future use:** Wrap each in plastic wrap and place in pan in freezer overnight. When completely frozen, place in freezer weight plastic bag. Seal, label with date, and return to freezer. Use within 6 to 8 weeks for best quality.

For carried lunch, place frozen roll-up in insulated bag with frozen gel pack or ice. Roll-up should thaw by lunchtime and can be eaten cold, or heated in microwave for about 1 minute.

*Makes 8 servings. Nutrition information per serving: 370 calories, 15g protein, 13g fat, 53g carbohydrate, 6g fiber, 780mg sodium.*

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## New Class to Help Deal with Stress.

University of Missouri Extension will be offering a new class this fall called **Taking Care of All of You.**



Good intentions to be more physically active, to eat better or to take other steps toward healthier living can be pushed out of reach by all the demands on your time and attention. You may overextend yourself trying to meet the needs of others, to face daily responsibilities or to live up to expectations. These

demands can lead to feeling stressed out, worn out and burned out.

**Taking Care of All of You** offers practical, effective strategies and experiences to help you better deal with the challenges in your life. Managing life's demands in a healthy way allows you to take better care of yourself and to improve your overall health.

See the enclosed brochure for more information and program details.