



Wellness Newsletter

— from the school nurse

April is National Stress Awareness Month

Stress, we all experience it in one way or another. Stress can be physical, mental, or emotional strain or tension. According to the American Institute of Stress, “Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.”

Learning how to manage stress can improve your mental and physical well-being. Here are a few ideas to help cope with your stress.

- **Take Care of Yourself:** Exercise regularly, eat healthy, get enough sleep, and be kind to yourself.
- **Talk to Someone:** Share your problems and how you are feeling with a friend, family member, co-worker, counselor, etc.
- **Avoid Using Alcohol or Drugs:** Often these can lead to other problems and can increase stress.
- **Visit Your Doctor:** Recognize when you need professional help. Don't hesitate to make an appointment.

Today, I want you
to think of all that you are...
instead of all that you are not.

Spring Cleaning

Did you know that decluttering has health benefits? Surprising, but true! Clutter can be very overwhelming and drain your energy.

Here are a few benefits of decluttering

- Improved mood
- Greater ability to relax and practice self-care
- Reduces decision fatigue
- Better sleep
- Less anxiety and stress
- Increased energy and time
- Greater focus on priorities
- More peace

The thought of decluttering may be as overwhelming as the clutter itself. The best thing to do is to start small. Choose one area of your house or classroom. It could even be an area as small as a drawer. Try to get rid of anything that you don't really need or doesn't serve a purpose.

Less stuff can lead to less stress. Set some small manageable goals and you'll begin to feel the benefits.

Monthly Tip

— *balance* —

Limit your overall salt, sugar, and fat intake.

Even reducing these by small amounts can make you healthier.

monthly Recipe



CROCK POT ROAST WITH VEGETABLES

Serves 4

3 potatoes, peeled and diced
4 carrots, peeled and sliced
1 onion, cut into chunks
2 celery ribs, sliced
3 lb. chuck roast
salt and pepper
1 1/2 Tbsp. olive oil
3/4 cup water
1 Tbsp. Worcestershire sauce
1 tsp. beef bouillon granules
1 tsp. dried basil

Spray slow cooker with cooking spray. Place potatoes, carrots, onion and celery on the bottom of slow cooker.

Season roast with salt and pepper. Heat oil in a saucepan on medium-high. Brown roast on all sides and place on top of veggies.

Combine water, Worcestershire, bouillon and basil. Pour over meat and vegetables.

Cook on LOW for 10 hours, or until the beef is shredded very easily and vegetables are soft. Season with salt and pepper if needed. Enjoy!