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| **Hopewell Area School District** |

**Health Happenings Newsletter**

***By: The Hopewell Area School Nurses***

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## April Programs

* **Monday April 16th & Tuesday April 17th –Kindergarten Screening** at Independence Elementary.
* **Friday April 20th- Kindergarten Screening** at Hopewell Elementary**.**
* **Wednesday, April 18th Blood Lipid Program for Grade 7 & any interested staff members** at the Junior high School. Please email Adriane Prickett if interested.
* **![myplate_blue[1]]()“What’s on your plate?” Healthy Foods Expo** at Hopewell High School on: **Thursday, April 19th from 6pm-8pm.** sponsored by Hopewell Service Learning.

## Health Topic of the month:

## STRESS

## We all have stress sometimes. For some people, it happens before having to speak in public. For other people, it might be before a first date. What causes stress for you may not be stressful for someone else. Sometimes stress is helpful - it can encourage you to meet a deadline or get things done. But long-term stress can increase the risk of diseases like depression, heart disease and a variety of other problems.

## *Click on the link below to view the tutorial on managing stress*

## <http://www.nlm.nih.gov/medlineplus/tutorials/managingstress/htm/index.htm>

## 2 Minutes to a Happier You

### *Next time you need a pick-me-up, try one of these little instant mood-lifting tricks.*

#### 1. Flip through Old Photos

##### When you're feeling down, break out your kids' baby albums or pics from your favorite vacation.

It may actually make you feel happier than a square of Godiva chocolate would! That's what researchers at the United Kingdom's Open University found after they examined how much people's moods rose after eating a chocolate snack, watching TV, listening to music, or looking at personal photos.
The music and chocolate left most people's moods unchanged; watching TV a slight increase (1%), but the winner by a long shot was viewing pictures, which made people feel 11% better. To keep your spirits high at work, upload your favorite pics to your computer and set them as a rotating screensaver. Or splurge on a frame that flips through digital photos.

#### 2. Munch on Nuts

##### For a mood-lifting snack, stash walnuts in your desk drawer.

Or sneak salmon into your salad for lunch. They're both packed with omega-3 fats, which may make people less prone to depression, and easier to get along with, say researchers from the University of Pittsburgh. They measured the blood levels of omega-3 fats (a reliable indicator of consumption) of 106 healthy adults and gave them psychological tests. Those with the highest omega-3 blood levels scored 49 to 58% better on the tests than those with the lowest blood levels.

#### 3. Inhale a Calming Scent

##### Fill your office with a fragrant candle or diffuser to calm down during a deadline-packed day.

In an Austrian study, researchers wafted the smell of oranges before some participants and lavender before others. The two groups felt less anxious, more positive, and calmer when compared with participants who were exposed no fragrance at all. Add a few drops of either oil to a room diffuser and use in your office on stressful days.

#### 4. Open Your Shades

##### To feel happier in seconds, let the sunlight stream in when you first wake up.

One study of more than 450 women found that those who got the most light, particularly in the morning, reported better moods and sleep.
Got more time? Eat breakfast near a window that gets plenty of daylight, and put exercise equipment near a bright view. Some researchers speculate that combining exercise with morning light exposure may amplify light's beneficial effects on mood, sleep, and alertness, says Anthony Levitt, MD, a University of Toronto light researcher.

**5. Walk around the Block**

##### If you work in a windowless office, make sure you step out to see the sun a few times throughout the day.

"A couple of studies show that people who get more light exposure during the day have fewer sleep problems and less depression, and evidence suggests that light can keep you alert and productive," says Daniel Kripke, MD, a University of California, San Diego, light and sleep expert.
If you have more time, a longer bout of exercise may also spark a smile. "Lots of people skip working out when their moods aren't ideal because they don't have the mental energy to switch gears," says mental health and exercise expert Jack Raglin, PhD, of Indiana University. "But the trick lies in finding the right workout to match the mood you're in." When you're battling blues, try something low-key and mindless. "Studies have shown that even mild exercise, about 40% of your max heart rate, can lift your mood," says Raglin. "So if you're not up for the usual high-energy stuff, do some leisure activity you enjoy, such as digging in your garden or walking in a park. View it as mental recreation, not exercise."If you're angry, pick something that makes you focus. "As tempting as it may be, skip the kickboxing," Raglin advises. "You can't punch away anger. Instead, do something that involves your mind and keeps you from focusing and ruminating on what has you angry. Play racquetball, or take an aerobics class you've never tried. Learning new moves will free your mind from what's upsetting you."

#### 6. Clear Away Clutter

##### Disorganized heaps of paper in your cube or on the kitchen counter can make you anxious.

For some, "clutter is a reminder of things that should be getting done but aren't," says Elaine Aron, PhD, author of *The Highly Sensitive Person*. "It can make you feel like a failure." For a quick fix, straighten up a few surfaces in your office or in the areas of the house where you spend the most time. "It's when every bit of space is messy that it's most disturbing," says Aron. Don't bother to organize unless you have a chunk of time. Instead, arrange papers, books, and other detritus of daily living in neat piles or store them in baskets. "Just the illusion of order is enough to ease the mind," she says.

#### 7. Think Fast

##### Turn your thoughts into a race'it can lift the blues in minutes, says Princeton University psychologist Emily Pronin, PhD.

For example, when your mother-in-law is driving you crazy, give yourself 30 seconds to make a list of all the ways she's been helpful to you in the past, you'll feel better fast. (If nothing nice comes to mind, quickly jot down other ways she bugs you; speed thinking negative thoughts can still improve your mood, Pronin found.) Researchers believe that rapid thinking may release feel-good brain chemicals-or it could just be a helpful distraction.

#### 8. Cue Up YouTube

##### A hearty laugh produces a chemical reaction that instantly elevates your mood, reduces pain and stress, and boosts immunity, studies show

Stanford University researchers literally saw this on fMRI scans, where they traced changes in brain activity to a region called the nucleus accumbens (NAcc), which rewards behaviors such as eating (and laughing) by releasing dopamine, a natural opiate. When stress builds up or you feel as though you may snap at any minute, make yourself giggle: Watch a funny video clip online, or stop by the office of a wisecracking pal for a quick chat. Also, keep an eye out for the unexpectedly silly side of daily life to combat negative thoughts.

#### 9. Rethink Your Retail Therapy

##### Before you plunk down that credit card at the mall to feel better, read this.

To get more happiness for your dollar, splurge for experiences instead of stuff. Psychologist Miriam Tatzel, PhD, of Empire State College surveyed 329 shoppers and found that "experiencers"-consumers who are easygoing about spending on a great meal out or a concert, for example-are happier than those who lavish their money on material goods such as clothes or jewelry. Added bonus: Experiences allow you to spend quality time with family and friends; a new pair of shoes is a solo endeavor.

**10. Put On a Happy Face**

##### There's good evidence that just smiling and looking like you're happy will make you sunnier.

Studies show that even muscular changes in your face can elevate your happiness, as can good posture, says Lyubomirsky. Call it the blush effect: To apply blush to your cheekbones properly, you need to smile. Smiling works, she says, because "if you act like you're a happier person, you can experience all these positive social consequences. You make more friends. People are nicer to you. And these things can have real consequences."

<http://www.prevention.com/health/emotional-health/2-minutes-happier-you/10-put-on-happy-face#ixzz1qbexJ7AT>

**NUTRITION CORNER**





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| **Meal** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/white_line.jpg | **Ingredients** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/white_line.jpg | **Calories/Serving** |
| **Breakfast** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | **Egg White Omelet, Pineapples, 100% Grapefruit Juice** **Omelet**6 egg whites¼ cup pepper and Vidalia onions, chopped¼ cup artichokes, diced¼ cup mozzarella cheese, part-skim 1 slice whole wheat bread, toasted (1 tsp jelly or jam)½ cup pineapple chunks½ cup (4 oz) 100% grapefruit juice | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 396 calories |
| http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line.jpg |
| **Lunch** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | **Hummus, Apple & Spinach Wrap, Carrots, String Cheese**  **Wrap**1- 8” whole wheat tortilla½ cup hummus½ medium apple, sliced½ cup spinach leaves¼ cup dried cranberries1 cup baby carrots1 string cheese, low-fat16 oz water | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 560 calories |
| http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line.jpg |
| **Dinner** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | **Steak, Pineapple-Apple Greens w/Feta, Rice Pilaf, Milk**  3 oz lean steak, grilled or broiled (w/low-sodium seasonings)½ cup brown rice pilaf (choose low-sodium mixture or[see our recipe](http://www.fruitsandveggiesmorematters.org/recipe?iRID=1104)) [Pineapple-Apple Greens w/Feta](http://www.fruitsandveggiesmorematters.org/recipe?iRID=589)Boston lettuce tossed with pineapple chunks, red delicious apples, red onion, and crumbled feta cheese, and coated with a balsamic and honey mustard dressing—ready in 15minutes! [See Recipe](http://www.fruitsandveggiesmorematters.org/recipe?iRID=589) 1 cup (8 oz) skim milk | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 655 calories |
| http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line.jpg |
| **Snack #1** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 2 cups popcorn (popped) lightly salted and buttered16 oz water  | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 68 calories |
| http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line.jpg |
| **Snack #2** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | **Fruit Crisp w/Vanilla Ice Cream** [Fruit Crisp](http://www.fruitsandveggiesmorematters.org/recipe?iRID=355)Blueberries and peaches topped with a crisp almonds, pecan, oat, and date crust—baked for 40-45 minutes. [See Recipe](http://www.fruitsandveggiesmorematters.org/recipe?iRID=355) ½ cup vanilla ice cream, low-fat  | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 354 calories |

 

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| **Total Calories: 2,033** |    |    |
| % Fat: 25%% Saturated Fat: 7%% Carbohydrate: 54%% Protein: 21% | Sodium: 2,169 mgCholesterol: 122 mgFiber: 38 gVitamin A: 184%Vitamin C: 209%Calcium: 117%Iron: 71%  | Grains: 6 ½ ozVegetables: 3 cupsFruit: 4 cupsMilk: 3 cupsMeat & Beans: 12 oz  |

 Visit [MyPlate.gov](http://www.myplate.gov/) to determine your daily calorie recommendation.

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**Quotes**

Easter spells out beauty, the rare beauty of new life.  ~S.D. Gordon

April is a promise that May is bound to keep.  ~Hal Borland

I love spring anywhere, but if I could choose I would always greet it in a garden.

 ~Ruth Stout



**Happy Easter!!!!**