



## National Mental Health Month

### Beating Stress

In the world we live in today, finding a moment of calm and peacefulness is a blessing and a rarity. For most people, the goal is to just get through the day with minimal damage. The truth is, however, that the more serenity and calmness you can incorporate into your life, the happier and healthier you will become.

And since this is mental health month, this seems like an ideal time to take a look at what you can do to disarm that rascal we call stress!

Your ability to handle stress, for the most part, is dictated by your overall natural disposition or temperament. Balance, however, is the key to lowering your stress level and keeping your life on an even keel. Learning how to inject

more calm and peaceful moments into your day will reduce your stress level, enhance your happiness quotient and improve the overall quality of your life. What follows are some suggestions:

- 1) **Get a good night's sleep** (set a routine).
- 2) **Learn how to say "NO"** before you get too overwhelmed.
- 3) **Laugh everyday:** it lowers blood pressure, reduces stress hormones & boosts

- your immune system.
- 4) **Eat healthier**
- 5) **Learn muscle relaxation**— alternately tense and relax your muscles
- 6) **Stay Positive:** keep a positive attitude by cutting back on negative thoughts
- 7) **Exercise daily**

*The bottom line is if you can find a way to defuse the stress in your life, you will live a longer, healthier life.*

Dr. John Sklare, eDiets.com



Arlene O'Rourke of the Clerk's Office with her family at Sunday's Kensington Walk

### Are you prepared? *sheltering.*

Whether it's due to a blizzard or just an electrical outage, are you prepared for any type of emergency?

Lansing's Emergency Management office wants you to be prepared. That is why they have come out with a **DO 1 THING** campaign. Each month we will discuss one topic to help you prepare. After 12 months, you will have a Family Emergency Preparedness kit and great information on how to be prepared should there ever be a disaster.

**This month is dedicated to**

**sheltering.** During a tornado warning, you should take shelter in a safe place. In a hazardous materials release you may be told to "shelter in place". If you have to evacuate your home you may go to a Red Cross shelter.

The attached pamphlet will help you identify the best shelter in your home or workplace, items to include in your emergency kit along with tips to cover your children at school and pets left at home alone.

Future months will cover topics such as food, medicines, clothing, etc. **So Be Prepared** do1thing.us

# Cooking Classes

## Top Mood - Lifting Foods

1. Chocolate
2. Tuna
3. Bananas
4. Eggs
5. Milk
6. Avocados
7. Whole Grains
8. Sweet Potatoes



## Cooking Classes

The Wellness Committee is sponsoring a "Sensational Spring Vegetable/Fruit" cooking class on Tuesday, May 16th at the MSU Extension Office from noon to 1pm. Sit back and watch this live demonstration; you will have the opportunity to taste fresh vegetables and fruits in various prepared recipes from soup, salad appetizers and desserts. Bring a healthy appetite and an open mind / food provided.

Call or e-mail Terry Lee (x8792) to register for this class (limit: 1st 40 responders).



## Old-Fashioned Applesauce Cake

- 1 c. flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 2 tsp. cinnamon
- 1/2 tsp. ginger
- 1/2 c. reduced cal. margarine
- 1/4 c. molasses
- 1/2 c. egg substitute
- 1 tsp. vanilla
- 1 c. SPLENDA
- 1/2 c. unsweetened applesauce

Preheat oven to 350 F. Spray 8X8 metal pan with cooking spray. Stir together flour, baking soda & powder, cinnamon & ginger. In a large mixing bowl, beat margarine and molasses on high speed for 1 minute. Add eggs and vanilla & blend for 30 seconds. Mixture will be very liquid. Add splenda and beat for 1 1/2 min. Add flour mixture & applesauce and beat on low speed for 45 seconds. Spread in pan and bake for 30 min. [www.splenda.com](http://www.splenda.com)

Many congrats to the Winning Cardio Team along with all participants—*everyone* did a great job of increasing their exercise level over the past six weeks. The winners are Jayme Halboth, Vicky York, Shannon Shelton, Mike L. Murphy, Nicole Otten, Vicki Lumley & Cory Rosenbergh with an avg. of 54 min. per day. **Wow !!!**



Employees and their families stopping to observe the 'pond creatures' along their walk at Kensington Park

**Notice: Our goal is to provide you with accurate information to help your general wellness. We are not health care professionals. All items should be considered informational only and should not be used as medical advice. You should consult a health care professional before embarking on any exercise or health program.**