

The Power of Exercise

Exercise can reduce anxiety and depression.

- 1 It can help you feel less anxious.
- 2 It can help you relax. One session can generate up to two hours of relaxation response.
- 3 It can serve as a distraction or coping mechanism.
- 4 It can help release stored energy.



Try One of These Activities



Aerobic Activity



Pilates



Yoga



Tai Chi



Recreational Sport

Meal Planning for Less Stress

Benefits of Meal Planning:

- **Financial:** Create a grocery list based on meals that have been planned out. This will save time and money at the grocery store. More meals eaten at home means less money spent eating out.
- **Physical:** Choose foods prepared in healthier manners than you would see in restaurants.
- **Mental:** The stress of trying to decide what to feed the family in a time pinch will no longer be a variable.



How to Meal Plan

- ✓ Pencil in a specific time each week to plan meals for the upcoming week.
- ✓ Check your calendar, and see which nights you have time to cook and which nights will need to be leftover nights.
- ✓ Look for sales, and plan your meals around those items to save even further.
- ✓ Check your pantry, and use up what you already have.
- ✓ Plan meals using seasonal fruits and vegetables for additional savings.
- ✓ Keep each week's meal plan, and recycle the menu throughout the year to save time.
- ✓ Allow each family member to choose one meal during the week.
- ✓ Be flexible!

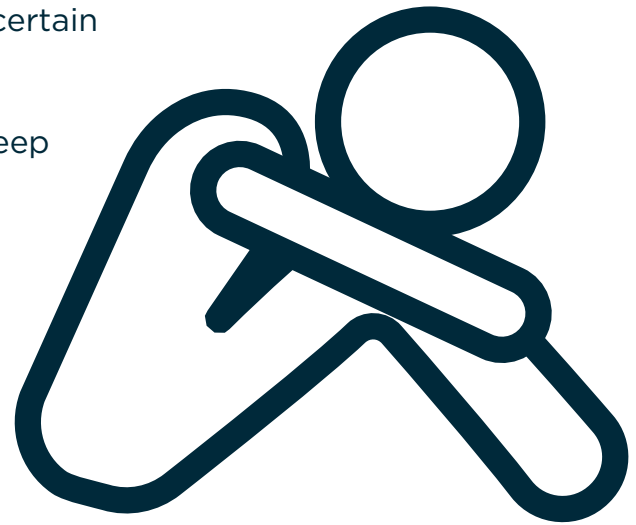
Understanding Anxiety

A certain amount of anxiety is a normal part of everyday life. It becomes a problem when we have intense, persistent worry and fear affecting multiple aspects of our life, impeding our peace and productivity.

Symptoms can include: restlessness; nervousness or tension; a sense of impending danger, panic or doom; increased heart rate; sweating; trembling; feeling weak or fatigued; trouble concentrating; insomnia; nausea or withdrawing from certain activities.

Listen to the signals your body is sending. Don't just keep pushing through. Take time to de-stress.

Anxiety is a symptom of unmanaged stress. Don't just treat the symptom. Work on the underlying cause.



anx·i·e·ty /aNG'zīədē/ **noun**

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Question:

Is anxiety affecting your quality of life? Has it taken your peace? Does it affect your productivity and relationships?

Goal:

Be a highly effective Human Being! Live in the present moment. Be aware. Be intentional. Be mindful!

Activity:

Complete the monthly challenge.