

Healthy Living Newsletter



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

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Tips to help manage your stress

1. Participate in daily physical activity
2. Practice meditation or mindfulness activities
3. Listen to music
4. Hangout with a friend or family member
5. Practice Tai Chi or Yoga
6. Try a new hobby
7. Get enough sleep
8. Practice gratitude

Stress can enter our life in different ways. Financial worries, losing a loved one, social isolation, injuries, and managing chronic illnesses are some of the many stresses that we have to face as we get older. These struggles can present themselves in numerous ways. Keep an eye out for some common warning signs: fatigue, frequent headaches, stomach issues, muscle tension and changes in appetite.

Chronic stress can lead to fatigue, higher blood pressure, depression and other serious illnesses. Do not let stress take away your happiness. As the list on the left shows, there are daily activities we can do to make sure we are managing the many stresses in life. Reach out to the Area Agency on Aging Senior HELP LINE for resources and programs that could help ease your mind.



Mindfulness Activity

Consistent mindfulness activities can rewire our attention and ability to live in the present. Even 5 minutes a day can have a significant effect on our stress, anxiety, and happiness. Start your day off right with this quick and simple breathing activity.

"4-7-8 Breathing Method"

Find a comfortable, seated position. While maintaining good posture, close your eyes. Close your mouth and inhale through your nose for 4 seconds. Hold your breath for 7 seconds and then slowly exhale through your mouth for 8 seconds. Repeat this process four to five times.



Tai Chi

Tai Chi can be an effective way to reduce stress and improve our fitness. The class is a series of gentle exercises and stretches connecting the mind and the body. Some of the benefits of this light physical activity program include improved balance, reduced anxiety and stress, increased flexibility, blood circulation, and better sleep quality.

Contact the Area Agency on Aging Health Promotion program to find an in-person or virtual workshop near you.



Chicken Noodle Soup

INGREDIENTS:

- 2 tbsp. butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 2 cups low-sodium chicken broth
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1/2 cup dried egg noodles
- 1/2 cup canned chicken, drained
- Salt and pepper to taste

DIRECTIONS:

Melt butter in a large pot over medium heat; cook onion, celery, and carrot, stirring, until softened, 4 to 5 minutes. Stir in broth, basil, oregano, and pepper. Bring to a boil, then reduce heat and simmer 10 minutes. Add noodles and simmer, stirring occasionally, until tender, 8 to 10 minutes. Stir in chicken and heat through. (Soup can be made up to 3 days ahead. Soup will thicken as it stands and noodles will absorb broth. Thin soup when reheating, if needed, with broth or water.)

For more information on Healthy Living:

Contact the Director of Health Promotion about Healthy Living workshops near you.

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