Improve Your Mental Health

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For more information on ways to lead a healthier lifestyle visit our website GetHeathyCT.org
Like us on Facebook!

May 2017
Get Healthy Walk ‘n Talks was started as a way to provide free physical activity opportunities to our local communities.

In early 2016, Get Healthy CT partnered with the Bridgeport Department of Health and Social Services to host the first walks at Seaside Park. The walks were such a success that we decided to share the idea with surrounding towns. By word of mouth, these walking events have begun to spread to other CT towns.

Each walk consists of community residents walking with local healthcare professionals. During the walks, the healthcare professionals answer general health questions, while creating a safe, informal way to educate and connect with the community.

UPCOMING WALKS

NEW HAVEN
Saturdays, April-June at 9:00 AM, Farmington Canal Trail. Parking available at New Freedom Missionary Baptist Church, 280 Starr St.

BRIDGEPORT
Saturdays, May 6-June 10, 9:00 AM, Seaside Park. Meet at West Beach Bath House. Register at eventbrite.com, just search for “Walk ‘n Talk.”

MADISON
Saturday, May 6, there are 3 sessions, 9-10 am, 10-11 am and 11-12 at Greenway Trail. Call Ruth at (203) 214-3206 for more information.

STRATFORD
Saturday, May 13, 9:30 am-11 am, Stratford Seawall, 53 Beach Dr. Call Kelley at (203) 385-4090 for more information.

TRUMBULL
Sunday, June 11, 1:00 pm-3:00 pm, Twin Brooks Park. Call Sue at (203) 452-1031 for more information.

Want to learn how to host your own Get Healthy Walk ‘n Talk event in your city or town? Visit the “Our Programs” section of our website to download and print your free toolkit today!
Mental Health Awareness Month! Free & public events in Southwestern CT

**4 Fridays starting April 28, 9-12pm**

**Mental Health First Aid for Greenwich Municipal Employees**
Greenwich Police Department

**Monday, May 1, 11:30am**
*Cómo manejar el estrés/How to Manage Stress*
Norwalk Senior Center-South

**Monday, May 1, 6:30pm**
*Our Stories: Share Night*
Ferguson Library, Stamford

**Wednesday, May 3, 5:30pm**
Caring Network Film Series: Recognizing Your Child’s Mental Health Needs
Public Access, Channel 88

**Thursday, May 4, 1-3pm**
Mental Health Consumer Talent Show
Greater Bridgeport Community Mental Health Center (3rd Floor)

**Thursday, May 4, 5-8pm**
*Mindfulness & Reality Acceptance for Personal & Professional Practice*
Silver Hill Hospital, New Canaan
$455 (CEUs). To register, visit [www.behavioraltech.org](http://www.behavioraltech.org)

**Friday, May 5, 6-11pm**
Cinco de Mayo Fundraiser for Keystone House
Norwalk Inn. 2150. RSVP to Kcarter@keystonehouse.org

**Saturday, May 6, 10-11:30am**
Fairfield County Walks for Mental Health Awareness
Town Green, East Ave at Park Street, Norwalk
RSVP to info@swrmhb.org

**Saturday, May 6, 2-3pm**
Crafternoon
New Canaan Library

**Saturday, May 6, 7-8:30pm**
HOPE Concert
East Ridge Middle School, Ridgefield
Register at www.namict.org/choral

**Wednesday, May 10, 1-4pm**
Hearing Voices: An Experiential Training
Kennedy Center, Trumbull
RSVP to britt.bisson@ct.gov or 203-551-7418

**Wednesday, May 10, 6pm**
Caring Network Film Series: Young Adults and the College Years
Public Access Channel 88

**Tuesday, May 9, 7-9pm**
*New Tuesday, May 9, 9:15pm Dealing with Anxiety Support Group (open to community) & Tuesday, May 9, 12pm Dealing with Young Adults & Anxiety: Workshop for Clinicians*
Rsvp to [mhc@swrmhb.org](mailto:mhc@swrmhb.org)

**Thursday, May 11, 10am-1pm**
*Thursdays, May 4, 11, 18, 25, 9am-12pm Mental Health Information Table*
Government Center, Stamford

**Thursday, May 11, 12:30-1pm**
*Our Stories: Share Night*
Bridgeport Main Library, 926 Broad Street, Bridgeport

**Thursday, May 11, 7-9pm**
*Improving Mental Health: Four Secrets In Plain Sight* with Dr. Lloyd Jederer
Town Hall, Greenwich

**Saturday, May 13, 9am-5pm**
Emotional CPR: An Introductory Workshop
HSC Building, 1 Park Street, Norwalk
$25 recommended donation. Lunch provided.
RSVP to vero@brandon.com

**Monday, May 15, 7-8:30pm**
Book Discussion: *Beautiful Boy: A Father’s Journey Through His Son’s Addiction*
Chirst Church, Greenwich
RSVP to claudiodavila1213@gmail.com

**May 17, 7-9pm**
*Veterans Post 9/11 & Their Community*: A Community Conversation
Bigelow Center, Fairfield
RSVP: (203) 356-3166

**Tuesday, May 16**
Performance by Second Step Players at F5 Dubois Center
780 Summer Street, Stamford

**Wednesday, May 17, 12-2pm**
Annual Midsummer Potluck and Picnic
Keystone House, 147 Main St, Norwalk
RSVP to [vumiddletown@keystonehouse.org](mailto:vumiddletown@keystonehouse.org)

**Thursday, May 18, 11-12pm**
*New Date TBD*
Una conversación sobre la salud mental en la comunidad latina
Stamford
Para registar: info@swrmhb.org

**Friday, May 19, 4:30pm**
*Veterans Post 9/11 & Their Community*: A Community Conversation
Bigelow Center, Fairfield
RSVP: (203) 356-3166

**Friday, May 19, 9:30-10am**
**Mindfulness for Urban Professionals**
Stamford
RSVP to [lifedi@stamfordlibrary.org](mailto:lifedi@stamfordlibrary.org)

**Saturday, May 20, 11am-2pm**
Latino Outreach Services Presentation
Optimus, Stamford

**Saturday, May 20, 9-11am**
Veterans Post 9/11 & Their Community: A Community Conversation
Bigelow Center, Fairfield
RSVP: (203) 356-3166

**Saturday, May 20, 10am-11am**
Caring Network Film Series: Mental Health & Spirituality: Perspectives on Hoarding
Perkin Auditorium at Norwalk Hospital
RSVP to britt.bisson@ct.gov or (203) 551-7418

**Monday, May 21, 7-9pm**
Mindfulness Workshop for Program Participants
Laurel House, Stamford

**Saturday, May 20, 10am-11am**
"Ethical Decision Making for Caregivers & Families" with Michael Mackniak, Esq.
Community Fund of Darien, 30 Old Kings Hwy, 1st floor, Darien
RSVP to info@swrmhb.org

**Friday, May 26, 10:30-11:30am**
Mental Health Awareness Month! Free & public events in Southwestern CT

For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or [www.HealthyMindsCT.org](http://www.HealthyMindsCT.org)
Mental Health Awareness Month!
Free & public events in Southwestern CT

For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or www.HealthyMindsCT.org
What is sleep hygiene? "Sleep hygiene" is used to describe good sleep habits. Many of us don’t pay attention to our sleeping habits but they are essential.

Your Personal Habits

- Fix a bedtime and an awakening time: The body “gets used” to falling asleep at a certain time, but only if this is relatively fixed.
- Avoid napping during the day: Or make sure you limit the nap to 20-30 minutes.
- Avoid caffeine & alcohol 4-6 hours before bed.
- Exercise, but not before bed: Strenuous exercise within two hours before bedtime can interfere with your ability to fall asleep.

Your Sleeping Environment

- Use comfortable bedding: Find comfortable bedding and a good temperature to keep the room well ventilated.
- Block out all distracting noise: Also eliminate as much light as possible.
- Reserve the bed for the Three S’s: Sleep, sex, and sickness: Don’t use the bed as an office. Let your body “know” that the bed is associated only with the Three S’s.

Getting Ready for Bed

- Try a light snack before bed: Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you sleep.
- Use relaxation techniques and don’t take your worries to bed.
- Get into your favorite sleeping position: Don’t toss and turn in bed. If you think it’s been more than 30 minutes, get up, and do a relaxing activity (try light reading).

A Word About Electronics

Using electronics before bedtime is often a bad idea. They are engaging objects that tend to keep people awake. Some people find that listening to music helps them fall asleep since it is a less engaging activity.

Other Factors

- The goal is to rediscover how to sleep naturally.
- Several physical factors are known to upset sleep. These include sleep apnea, pain, arthritis, acid reflux with heartburn, menstruation, headaches and hot flashes. Many medications can cause sleeplessness as a side effect.
- Psychological and mental health problems like depression, anxiety and stress are often associated with sleeping difficulty.
Mental Health Myths and Facts

Can you tell the difference between a mental health myth and fact?
Learn the truth about the most common mental health myths.

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common. In 2014, about:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide.

Myth: Children don't experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24. Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

Myth: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact: People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

When employees with mental health problems receive effective treatment, it can result in:

- Lower total medical costs
- Increased productivity
- Lower absenteeism
- Decreased disability costs
Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

People with mental health problems can get better and many recover completely.

**Helping Individuals with Mental Health Problems**

Myth: There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

Fact: Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact: Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both. Many individuals work with a support system during the healing and recovery process.

Myth: I can't do anything for a person with a mental health problem.

Fact: Friends and loved ones can make a big difference. Only 44% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect, just as you would anyone else
- Refusing to define them by their diagnosis or using labels such as "crazy"

Myth: Prevention doesn't work. It is impossible to prevent mental illnesses.

Fact: Prevention of mental, emotional, and behavioral disorders focuses on addressing known risk factors such as exposure to trauma that can affect the chances that children, youth, and young adults will develop mental health problems. Promoting the social-emotional well-being of children and youth leads to:

- Higher overall productivity
- Better educational outcomes
- Lower crime rates
- Stronger economies
- Lower health care costs
- Improved quality of life
- Increased lifespan
- Improved family life

Source: https://www.mentalhealth.gov/basics/myths-facts/index.html
Address your stress for a healthier life

By Teddi Dineley Johnson

Picture this: You’re taking a relaxing stroll through your neighborhood. Turning a corner, you come face-to-face with a mountain lion. The sight activates a complicated stress response inside your body. Your nervous system sends a surge of adrenaline and cortisol into your bloodstream to activate the fight-or-flight response. Lucky for you, the mountain lion backs off.

Your body’s stress response serves an important purpose. Our ancestors — the ones who lived in caves — relied on the fight-or-flight response to avoid becoming snacks for saber-tooth tigers. But the modern predators we face today — traffic jams, unpaid bills, job burnout, parenting demands — rarely back off. As a result, many people live in a state of unrelenting stress, which takes a toll on our health.

Stress is your body’s reaction to the pressures of an ever-changing environment, and it’s a normal part of life. Not all stress is bad for you. Positive stress can make you more creative, alert and motivated. But unrelieved stress can cause a host of physical and emotional disorders, including headaches, ulcers, heart attacks, certain types of cancer, stroke, muscle aches, high blood pressure, depression and insomnia. Stress can impair your immune system, worsen skin conditions and interfere with your gastrointestinal system.

If you’re feeling stressed out, you’re not alone. According to the American Psychological Association, one-third of Americans are living with extreme stress, and nearly 48 percent of Americans say their stress has increased over the past five years, with money and work woes topping the list.

Signs that you are stressed out include shortness of breath, high blood pressure, back pain, muscle pains, depression, fatigue, relationship problems, insomnia, tension in your shoulders and neck, grinding your teeth, clenching your hands into fists, headaches, stomachaches, weight gain or loss, stiff neck, constipation or diarrhea, and anxiety.

People respond to stressful events differently, so it’s important to know your own optimal stress level. If you develop symptoms, you’ll know you’ve exceeded your stress level and you can begin to take steps to manage it.

If you think your symptoms are caused by stress, talk to your health care provider. You’ll also want to make sure that your symptoms aren’t being caused by other health problems.

Taking care of yourself makes a difference in how your body responds to stress, says David Shern, PhD, president and chief executive officer of Mental Health America. “Get enough rest and exercise and balance work with play,” Shern says.

FACTOID:

Finances are the No. 1 cause of stress for Americans

1 SAY YES TO LESS

Is it hard for you to say “no” to others’ requests? If so, you might find yourself up to your eyeballs in community projects, babysitting chores, driving demands or other activities that eat up what little time you have for yourself. Weigh the requests, but keep in mind that a well-thought-out and gently stated “no” shows that you respect yourself as well as those who are counting on you to give 100 percent.

2 GET A MOVE-ON

Regular exercise is a good way to relieve pent-up energy and tension. Try to exercise at least three times a week for a minimum of 30 minutes each time. Choose non-competitive activities that you enjoy, such as a brisk walk, a bike ride, jogging or swimming. Exercise releases natural substances called endorphins that help you maintain a positive attitude — and they will make you feel good, too. And as an added bonus, the exercise will be good for your health.

3 DO THE WRITE THING

Keeping a diary, journal or blog each day can be an effective way to counter stress, especially if a disability prevents you from engaging in yoga or aerobic exercise. Journaling at the end of the day can help you explore your thoughts and feelings, work through problems and find solutions. Think of your journal as a therapist with an attentive ear.

American Public Health Association

4 CALL A TIMEOUT

A few minutes spent unwinding each day can lower your stress level and improve your health and relationships. Listen to your favorite music, lose yourself in a good book or take up a hobby you love. Relaxation techniques such as meditation can reverse the physiologic effects of the stress reaction and cause your pulse to slow, your blood pressure to fall and your muscles to relax. Whatever you choose to do, remember this, Shern says: “It’s your time, so spend it doing something you enjoy.”

GET YOUR BEAUTY REST

Stress can make you feel extremely tired, and tired people don’t cope well with stressful situations. A few extra hours of shut-eye will help you feel better, more resilient and more adaptable to day-to-day events. Adults need between six and 10 hours of sleep each night, while children need 11 to 12 hours.

For more tips, visit www.mentalhealthamerica.net/go/stress or www.apa.org/topics/topicstress.html
Una vida más saludable sin estrés

Por Teddi Dineley Johnson

Imagine lo siguiente: Está dando un paseo relajante por su vecindario. Dobla en la esquina y se encuentra cara a cara con un puma. Esto activa una complicada respuesta de estrés en su cuerpo. Su sistema nervioso genera un repentino aumento de adrenalina y cortisol en el torrente sanguíneo para activar la respuesta de lucha o huida. Afortunadamente, el puma retrocede.

La respuesta de estrés de su cuerpo tiene un propósito importante. Nuestros antepasados que vivían en cuevas, confiaban en la respuesta de lucha o huida para evitar convertirse en la merienda de los tigres diente de sable. Sin embargo, los depredadores modernos a los que enfrentamos actualmente (embotellamientos, cuentas pendientes, agotamiento laboral, exigencias de la crianza de los hijos) rara vez retroceden. Por consiguiente, muchas personas viven en un estado de estrés constante que afecta nuestra salud.

El estrés es la reacción del cuerpo ante las presiones del medio ambiente en constante cambio y es una parte normal de nuestra vida. No todo el estrés es malo. El estrés positivo puede ayudarle a ser más creativo y estar más alerta y motivado. Sin embargo, el estrés continuo puede causar una gran cantidad de trastornos físicos y emocionales, entre los que se incluyen dolores de cabeza, úlceras, infartos, ciertos tipos de cáncer, derrames cerebrales, dolores musculares, presión arterial alta, depresión e insomnio. El estrés puede afectar su sistema inmunitario, empeorar el estado de su piel e interferir en su sistema gastrointestinal.

Si se siente estresado, no está solo. Según la Asociación Estadounidense de Psicología (American Psychological Association) un tercio de los estadounidenses viven con estrés extremo y casi el 48 por ciento expresan que su estrés ha aumentado en los últimos cinco años; las preocupaciones por asuntos de dinero y del trabajo encabezan la lista.

Los signos que indican que está estresado incluyen dificultad para respirar, presión arterial alta, dolor de espalda, dolores musculares, depresión, fatiga, problemas para relajarse, insomnio, tensión en los hombros y el cuello, bruxismo, cerrar los puños, dolores de cabeza, dolor de estómago, pérdida o aumento de peso, torticolis, estreñimiento o diarrea y ansiedad.

Las personas reaccionan de diferente manera a circunstancias estresantes; por lo tanto, es importante que sepa cuál es el nivel óptimo de estrés que puede tolerar. Si presenta síntomas, sabrá que ha sobrepasado su nivel de estrés y puede comenzar a tomar medidas para controlarlo. Si considera que los síntomas son consecuencia del estrés, comuníquese con su proveedor de atención médica. También querrá asegurarse de que los síntomas no sean causados por otros problemas de salud.

Cuidarse influye en cómo reacciona su cuerpo ante el estrés, afirmó David Shern, presidente y director general de Mental Health America. “Uno debe descansar lo suficiente, hacer ejercicio y mantener un equilibrio entre el trabajo y la diversión,” expresó Shern.

1 Digale que si a menos cosas
¿Le cuesta decir “no” a lo que le piden los demás? Si esto ocurre, es probable que esté agobiado de proyectos comunitarios, el cuidado de los niños, llevar a unos y otros en carro y otras actividades que consumen el poco tiempo que tiene para usted. Sopese las cosas que le piden, pero recuerde que un “no” bien pensado dará a sentirse bien. Además, como ventaja adicional, el ejercicio es bueno para su salud.

2 Póngase en movimiento
El ejercicio regular es una buena manera de liberar tensión y energía acumuladas. Intente hacer ejercicio al menos tres veces por semana durante 30 minutos como mínimo cada vez. Elija actividades que no sean de competición y que usted disfrute, tales como caminatas enérgicas, paseos en bicicleta, trote o natación. Al hacer ejercicio, liberamos sustancias naturales denominadas endorfinas que ayudan a mantener una actitud positiva y que también le ayudarán a sentirse bien. Además, como ventaja adicional, el ejercicio es bueno para su salud.

3 La escritura como terapia
Llevar un diario o boletín electrónico cada día puede ser una manera eficaz de contrarrestar el estrés, especialmente si alguna discapacidad no le permite realizar actividades tales como yoga o ejercicio aeróbico. Escribir un diario al final del día puede ayudarle a explorar sus pensamientos y sentimientos, analizar sus problemas y encontrar soluciones. Piense en su diario como un terapeuta que le escucha con atención.

4 Haga una pausa
Destinar algunos minutos para relajarse todos los días puede reducir su nivel de estrés y mejorar su salud y sus relaciones. Escuche su música favorita, déjese llevar por un buen libro o empiece un hobby que le guste. Técnicas de relajación como la meditación pueden disminuir los efectos fisiológicos de la reacción al estrés y hacer que su pulso sea más lento, que la presión arterial disminuya y que sus músculos se relajen. Haga lo que haga, recuerde lo siguiente, dice Shern: “Es su tiempo, por lo tanto, inviértalo en lo que usted disfruta.”

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Descargue copias gratuitas de Healthy You en www.thenationshealth.org
Building Strong Families

Warning Signs of Stress

This handout lists some of the warning signs that help you recognize stress in your own life. Please place a check mark next to any statement that is true for you. Are there other stress signals that are not listed here? If yes, add them.

- I am often irritated by other people.
- I easily become angry with others.
- My neck or back often feels tense.
- I have frequent headaches or stomach aches.
- I have trouble sleeping at night.
- I sometimes eat when I’m not hungry.
- I often lose my appetite.
- I often release anger in a destructive or aggressive way.
- I spend a lot of time worrying about things I cannot change.
- I often have diarrhea or constipation.
- I have high expectations for others and myself.
- I get upset when others or I don’t meet my expectations.
- I have increased my use of alcohol, drugs (even aspirin), coffee or cigarettes.
- I am short tempered with others.
- Music, laughter, noise, or people talking gets on my nerves.
- I often yell at other people.
- I have nervous habits, such as cracking knuckles, shaking a leg, scratching.
- I find it difficult to talk about a problem with the person who is involved.
- I have a hard time listening to another’s point of view.
- I don’t have a close friend or acquaintance with whom I discuss problems.
- I often “escape” by napping or daydreaming.
- I take long lunch breaks and/or coffee breaks.
- I take the “long way” to work.
- I feel rushed, but I’m getting nowhere fast.

Adapted from Roma Gay Adkins, Stress Level Questionnaire, Cooperative Extension Service, West Virginia University, Center for Extension and Continuing Education.
**Construyendo Familias Fuertes**

**Señales de aviso del Estrés**

Este circular lista algunas de las señales de aviso que ayudan a reconocer que en su vida hay estrés. Por favor marque las casillas que sean reales para usted. ¿Hay otras señales que no están en la lista? Si es así agréguelas.

- Me irrita la gente.
- Me enfado fácilmente con otros.
- Siento muy tensos mi cuello y mi espalda.
- Frecuentemente me dan dolores de cabeza y estomago.
- Tengo problemas para dormir en las noches.
- A veces como cuando no tengo hambre.
- Seguido pierdo el apetito.
- Seguido dejo salir mi coraje en una forma destructiva o agresiva.
- Pierdo el tiempo preocupándome por las cosas que no puedo cambiar.
- Seguido me da diarrea o estreñimiento.
- Espero grandes cosas de otros y de mi.
- Me deprime cuando otros o yo no alcanzamos nuestras expectativas.
- He incrementado el uso de alcohol, drogas (aspirina), café o cigarros.
- Tengo muy poca tolerancia para otros.
- La música, la risa, el ruido, o la gente hablando me pone de nervios.
- Seguido le grito a la gente.
- Cuando estoy nerviosa, me trueno los dedos, sacudo la pierna, me rasco.
- Me es difícil hablar de un problema con una persona que no este involucrada.
- Se me hace difícil escuchar el punto de vista de otros.
- No tengo un amigo cercano o alguien con quien discurrir mis problemas.
- Seguido “escapo” tomando siestas o soñando despierto.
- Tomo largos periodos de tiempo en el almuerzo o descansos
- Tomo la “ruta larga” al trabajo.
- Me siento desesperado, no llego pronto a ningún lado.

Adapted from Roma Gay Adkins, Stress Level Questionnaire, Cooperative Extension Service, West Virginia University, Center for Extension and Continuing Education.
Reaching out to someone who may be depressed

By Teddi Dineley Johnson

Feeling sad for a few hours or even for a few days is a normal part of being human, but when the feelings linger for several weeks or longer, it could be a depressive illness. If someone you know or care about seems depressed, there are ways you can help.

Depressive disorders are common — so common that among all medical illnesses, major depression is the leading cause of disability in the United States, affecting 15 million adults or about 5 percent to 8 percent of the adult population in a given year. Depression interferes with every aspect of a person’s life, including how they sleep, eat and feel about themselves.

Of the 35 million Americans ages 65 and older, more than 6.5 million suffer from depression. For reasons that are not known, women tend to have more depression than men.

“There are a couple of things depressed people hear routinely, such as ‘snap out of it,’ ‘pick yourself up by your boot straps,’ or ‘it’s all in your head,’” says Ken Duckworth, MD, assistant clinical professor of psychiatry at Harvard Medical School and medical director of the National Alliance on Mental Illness. “This is one way people dismiss or oversimplify this experience.”

To help someone who is depressed, you must first learn to recognize the symptoms of depression, Duckworth says.

Know the signs

For some people, depression is mild and temporary. For others, it can be severe and persistent, and feelings of sadness are common. Doctors use the term “major depression” to refer to the more severe type of depression. Sleep disturbances and problems thinking, remembering and concentrating are common. Though depression can affect people differently, other common symptoms include weight loss or weight gain, negative thoughts, anxiety, loss of energy, loss of interest or pleasure in doing things, anger and hostility, inability to make decisions, suicidal thoughts and feelings of hopelessness, emptiness, pessimism, worthlessness or guilt. Some people experience unexplained physical problems such as back pain, headaches and digestive disorders, and for many the loss of energy becomes so great that even the smallest task can seem daunting. Unfortunately, many people are reluctant to talk about their feelings.

Helping someone you know who shows signs of depression is an art, not a science, Duckworth says, noting that it’s important to lead with your loving relationships or feelings for the person.

It’s easier to help someone who is depressed when she or he acknowledges that they’re depressed, Duckworth says, because then it becomes a shared problem that the two of you address together. If the person doesn’t want to admit that she or he is sad or depressed “but it is obvious to everyone around them, that is a different challenge.”

Listen to what your friend or loved one is telling you, because talking through their feelings can help them see that they need help. Proceed gently, because many people feel vulnerable.

If a friend or loved one brings up an area that is problematic for them, such as sleeplessness, take advantage of the opportunity to suggest that an evaluation might be helpful. Primary care doctors are good at diagnosing depression, Duckworth says. If necessary, make the appointment for your friend and go with her or him to see the doctor. Help is also available from mental health specialists who work in community health centers or private clinics.

Offer emotional support, encouragement, patience and understanding. Try to bolster the person’s self esteem. Invite the person to take a walk or jog, or to accompany you on an activity they enjoy. Strive to be a good listener.

Never ignore comments about suicide. When in doubt, call 911 or the toll-free, 24-hour National Suicide Prevention Lifeline at 800-273-8255 to talk to a trained counselor. If necessary, contact family members, friends, a minister or other spiritual leader.

American Public Health Association

Talking to teens about depression

According to the National Institute of Mental Health, about 3 percent to 5 percent of the teen population experiences clinical depression every year. Depressed teens, however, tend to be more irritable than sad.

“Teens tend to become more agitated and they make more impulsive and bad decisions,” Duckworth says. “One thing to look for is when they lose interest in their friends. Teens who are depressed also don’t perform well in school. Are they interested in the same activities they used to be interested in? If those things are not happening, that is usually a sign that some help may be a good idea.”

Keep in mind that suicide is the third leading cause of death among 15- to 19-year-olds, which is why children and teens with symptoms of depression need to be evaluated by a health care provider.

Download free copies of Healthy You at www.thenationshealth.org
Cómo acercarse a alguien que puede estar deprimido

Por Teddi Dineley Johnson

Estar triste por algunas horas o incluso algunos días es una parte normal de la naturaleza humana, pero cuando los sentimientos permanecen durante varias semanas o más, podría ser depresión. Si alguien que conoce o alguien por quien se preocupa parece deprimido, existen diferentes formas de ayudarlo.

Los trastornos depresivos son muy comunes, tan comunes que entre todas las enfermedades, la depresión mayor es la causa principal de discapacidad en los Estados Unidos y afecta a 15 millones de adultos o aproximadamente del 5 por ciento al 8 por ciento de la población adulta en un año determinado. La depresión interfiere en todos los aspectos de la vida de una persona; esto incluye la forma de dormir, comer y los sentimientos hacia ellos mismos.

De los 35 millones de estadounidenses de 65 años o más, más de 6.5 millones sufren de depresión. Por motivos desconocidos, las mujeres tienden a sufrir más de depresión que los hombres.

“Hay ciertas cosas que las personas con depresión oyen periódicamente, como ‘deja la depresión atrás’, ‘levántate y no te dejes vencer’ o ‘todo está en tu cabeza’, dice el Dr. Ken Duckworth, profesor clínico y director médico de la Alianza Nacional contra la Enfermedad Mental (National Alliance on Mental Illness). “Esta es una forma en que la gente le resta importancia o simplifica demasiado esta experiencia.”

Para ayudar a alguien que está deprimido, primero debe aprender a reconocer los síntomas de la depresión, dice el Dr. Duckworth.

Conozca los signos

Para algunas personas, la depresión le ve y pasajera. Para otras, puede ser grave y persistente, y los sentimientos de tristeza son muy comunes. Los médicos usan el término “depresión mayor” para referirse al tipo de depresión más grave. Las enfermedades del sueño y los problemas para pensar, recordar y concentrarse son muy comunes. Aunque la depresión puede afectar a las personas de diferentes formas, algunos otros síntomas comunes son pérdida o aumento de peso, pensamientos negativos, ansiedad, pérdida de energía, pérdida de interés o placer en hacer ciertas cosas, enojo y hostilidad, imposibilidad de tomar decisiones, pensamientos suicidas y sentimientos de desesperanza, desolación, pesimismo, falta de valor o culpa. Algunas personas sufren problemas físicos inexplicables como dolor de espalda, dolor de cabeza y problemas digestivos, y para muchas la pérdida de energía se torna tan grande que hasta una tarea ínfima puede parecer sobrecogedora. Lamentablemente, muchas personas son reacias a hablar sobre sus sentimientos.

Ayudar a alguien que conoce que demuestra signos de depresión es un arte, no una ciencia, dice el Dr. Duckworth, destacando que es importante dejarse guiar por las relaciones de cariño o sentimientos hacia esa persona.

Es más fácil ayudar a alguien que está deprimido cuando esa persona admite que está depresiva, dice el Dr. Duckworth, porque se convierte en un problema compartido del cual ambos se pueden encargar. Si la persona no quiere admitir que está depresiva o triste “pero es obvio para todos a su alrededor, eso es un desafío diferente.”

Escuche lo que su amigo o ser querido le dice, porque hablar de sus sentimientos puede ayudarlo a ver que necesitan ayuda. Proceda con cuidado, porque mucha gente se siente vulnerable.

Si un amigo o ser querido plantea un área problemática, tal como insomnio, aproveche la oportunidad para sugerir que una evaluación podría ser útil. Los médicos de atención primaria son indicados para diagnosticar la depresión, comenta el Dr. Duckworth. Si es necesario, pida una cita para su amigo y acompañarlo al médico. También se dispone de ayuda por parte de especialistas de salud mental que trabajan en centros de salud comunitarios o clínicas privadas.

Oferzca apoyo emocional, ánimo, paciencia y comprensión. Trate de levantar la autoestima de la persona. Invite a esa persona a caminar o trotar, o a acompañarlo a realizar una actividad que disfrute. Esfuércese por ser un buen oyente.

Jamás ignore un comentario sobre el suicidio. Cuando tenga dudas, llame al 911 o al número gratuito, las 24 horas del día, de la Línea nacional de prevención del suicidio, 800-273-8255, para hablar con un consejero capacitado. Si es necesario, comuníquese con familiares, amigos, un pastor u otro líder espiritual. Y recuerde jamás dejar sola a una persona suicida.
10 tips
Nutrition Education Series

10 tips for affordable vegetables and fruits

smart shopping for veggies and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1. Celebrate the season
   Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer’s market is a great source of seasonal produce.

2. Why pay full price?
   Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3. Stick to your list
   Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You’ll have more of your food budget for vegetables and fruits.

4. Try canned or frozen
   Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.

5. Buy small amounts frequently
   Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6. Buy in bulk when items are on sale
   For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7. Store brands = savings
   Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8. Keep it simple
   Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

9. Plant your own
   Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

10. Plan and cook smart
    Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Go to www.ChooseMyPlate.gov for more information.
la buena compra de vegetales y frutas

10 consejos para economizar en vegetales y frutas

Es posible incluir vegetales y frutas en todo presupuesto. Tomar decisiones nutritivas no tiene que costar demasiado dinero. Comer estos alimentos en cantidades suficientes promueve la buena salud y puede ayudarle a reducir el riesgo de contraer ciertas enfermedades. Hay muchas maneras económicas de satisfacer sus necesidades de consumo de frutas y vegetales.

1. celebre la temporada
   Use frutas y vegetales frescos de temporada. Son fáciles de obtener, saben mejor y, por lo general, cuestan menos. Su mercado local es una fuente excelente de productos frescos de temporada.

2. no vale la pena pagar el precio completo
   Busque en el periódico local, en internet y en las tiendas las ventas especiales, cupones de descuento y ofertas que pueden reducir el costo de los alimentos. A menudo, puede comprar más por menos en supermercados (o tiendas de descuento, si están disponibles).

3. mantenga una lista de compras
   Planifique sus comidas por adelantado y haga una lista de compras. Ahorrará dinero al comprar sólo lo que necesita. No vaya de compras cuando tenga hambre. Ir de compras después de comer hará que sea más fácil pasar por alto los bocadillos tentadores. Tendrá más dinero disponible en su presupuesto para comprar vegetales y frutas.

4. prube productos enlatados o congelados
   Compare el precio y la cantidad de raciones de las variedades frescas, enlatadas y congeladas de los mismos vegetales o frutas. Los artículos enlatados y congelados pueden ser menos costosos que los frescos. En el caso de artículos enlatados, elija frutas envasadas en 100% jugo de fruta y vegetales con etiquetas que indican “bajo en sodio” o “sin sal adicional” (“low in sodium” o “without added salt”).

5. compre cantidades pequeñas frecuentemente
   Algunos vegetales y frutas frescas no duran mucho. Compre cantidades pequeñas con mayor frecuencia para garantizar que pueda comerlos y no se echen a perder.

6. compre a granel cuando los artículos estén en venta especial
   En el caso de los vegetales y las frutas que usa con frecuencia, las bolsas más grandes son más económicas. Las frutas y vegetales enlatados y congelados duran más y se pueden comprar en cantidades grandes cuando están en venta especial.

7. las marcas de las tiendas = ahorros para usted
   Si es posible elija comprar las marcas de las tiendas. Obtendrá un producto idéntico o similar a un precio módico. Si su supermercado tiene una tarjeta de descuento para miembros, inscríbase para ahorrar aún más.

8. mantenga las cosas simples
   Compre los vegetales y las frutas en sus formas más simples. Los alimentos pre cortados, pre lavados, listos para el consumo y procesados son convenientes pero a menudo cuestan mucho más que si se compran en sus formas frescas.

9. cultive sus propios vegetales y frutas
   Cultive alimentos frescos, económicos y sabrosos, en el huerto, jardín, o en el balcón, para añadir a sus comidas. Para los principiantes, las hierbas, los pepinos, pimientos o tomates son buenas opciones. Busque en su biblioteca local o en línea para obtener más información sobre cómo sembrar un huerto.

10. planífiyse y cocine de manera astuta
    Prepare de antemano y congele sopas, guisos u otros platos con vegetales. Eso le ahorrará tiempo y dinero. Agregue restos de vegetales a cazuelas, o mézclelos para hacer sopa. Las frutas maduras son excelentes para hacer batidos o para hornear.

Stop Stress Eating Today

Stress eating plays a role in many people's battles with weight management. Fortunately, there are many ways to cope with stress without overeating. Here are a few ideas…

Do something just for you.
- Listen to music.
- Take a long bath.
- Get a massage.
- Go out with some friends.
- Buy yourself some flowers.
- Get a haircut.
- Take a new exercise class.

Find reasonable alternatives to deal with stress without overeating.
- Purchase books or magazines. Go to the library to read them and avoid eating.
- Join a health club. Make a commitment to exercise 3-5 times each week.
- Take a class and learn a new craft. This will keep your hands busy while you watch TV, surf the web, or talk on the phone.
- Leave the house to avoid excess eating.
- Take a couple of laps around the mall before or after dinner.
- Mow the lawn.
- Weed the garden.
- Clean the house.
- Consider buying a piece of home exercise equipment. Exercise while you watch TV.

Take steps to manage your stress.
- Be aware of your stressors.
- Reduce your emotional reaction to stress. Take a deep breath and try to relax.
- Practice how to deal with major stressors in your life.
- Learn what you can change. Decide what is worth fighting for.
- Build up your physical reserves. Take care of yourself by:
  - Cutting back on caffeine consumption during times of stress.
  - Eating healthful meals. Be sure you are meeting your nutritional needs. Visit www.choosemyplate.gov if you aren’t sure about what you should be eating.
  - Getting enough sleep. If you have difficulty sleeping, see a professional.
  - Having some fun. Take vacations and leave your stresses at home.
  - Learning to say no. It's ok to take care of your own needs.
  - Including friends and family in your life, regardless of how busy you are.
  - Setting realistic goals for yourself.
  - Expecting some bumps in the road. Things will get better over time.

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5 WAYS EXERCISE CAN IMPROVE YOUR MENTAL HEALTH

ARE YOU TIRED, ANXIOUS, OR FEELING A BIT DOWN?
Consider exercising instead of turning on your favorite television show or delving into the latest book you bought. Over the past decade scientists have been studying the impact exercise can have on improving your mental health. Below are five ways that exercise may be able to help lift your mood:

1. **It relieves stress.**
   Exercise can reduce fatigue, improve alertness, and enhance overall cognitive function.

2. **It releases endorphins.**
   Endorphins are often known as your body’s natural pain relievers. These neurotransmitters reduce pain and increase your feelings of euphoria and well-being.

3. **It can reduce anxiety.**
   Researchers have found that individuals who are physically active have lower rates of anxiety and depression than those with a sedentary lifestyle.
   A brisk walk can deliver several hours of relief.

4. **It helps control addiction.**
   Exercise sparks dopamine production in your brain, which improves mood, motivation, and feelings of wellness and attention.
   It rebuilds toxic damage to the brain while also reducing anxiety and depression, and enhancing self-esteem.

5. **It inspires creativity.**
   One great workout can boost creativity for up to two full hours.

Although studies have shown that exercise can reduce symptoms of depression and anxiety, it should never take the place of consultation with a mental health professional. If you are experiencing symptoms of major depression or generalized anxiety, consider talking with your counselor about adding exercise to your treatment plan.


Desk Moves
Got 10 minutes? Try these seated moves to improve your fitness.
By Lindsey Wahowiak | Illustrations by David Preiss

1. **GET READY.** Focus on posture: Sit on your sitz bones (if you sit on your hands, you can probably feel them) rather than your tailbone. Tighten your belly (think about bringing your belly button toward your spine), lift the rib cage, hold your neck long and straight, and tuck your chin down and back so you feel a long stretch on the back of your neck. “Feel like you have a string pulling up from the top of your head,” suggests Mary Ann Wilson, RN, an ACE-certified trainer and host of Sit and Be Fit on PBS for almost 27 years. Breathe from the belly (you want your stomach to expand, not just your chest).

2. **MARCH IN PLACE.** While you’re holding an upright posture, march in place with your seat firmly planted. Swing the opposite arm as you march each foot forward. Anne Pringle Burnell, an ACE- and Aerobics and Fitness Association of America–certified trainer and founder of Stronger Seniors, suggests alternating marches with toe taps and heel taps. “An easy choice for [adding] aerobics is when you reach and tap one toe forward, reach hands forward at the same time,” Burnell says. “You can reach higher and higher, or do a little boxing maneuver with jabs, uppercuts, a cross punch, and a hook.” If you’re new to exercise, marching in place with arm movements for 20 minutes will get your heart rate pumping to aerobic levels.

3. **SEATED JUMPING JACK.** Nicole Nichols, an ACE-certified personal trainer and fitness expert at sparkpeople.com, recommends the seated jumping jack. Start with knees bent and arms resting at your sides; then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center. Repeat for several minutes. “It does actually elevate the heart rate and give you an aerobic benefit, but the key is to do it long enough—at least 10 minutes or so,” Nichols says.

4. **DO THE “PEEKABOO.”** This will work your entire upper body, says LeeAnn Langdon, an ACE-certified personal trainer. Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat as long as you can hold proper form. Your back, chest, and arms will get a workout.

Brought to you by nrg.

A national sponsor of National Get Fit Don’t Sit Day™ and Wellness Lives Here™, an American Diabetes Association® initiative designed to inspire and fuel our nation’s healthful habits at work and beyond.
RELEASE SOME TENSION. “Take a little back break during the day!” Burnell says. With the best posture you can muster, stretch and reach your arms overhead so that you’re lengthening your spine. Alternate moving your hands as though you’re climbing a rope, pulling yourself up. You’ll notice that you’re getting movement in your rib cage and spine. “This is a great exercise to get people to not squish their spines,” Burnell says.

MOVE YOUR JOINTS. “We need to lubricate the joints, which means moving those joints in a gentle way,” says Wilson. She says to get synovial fluid (the liquid that protects joints) moving, picture a sponge between each joint. When you flex it, you wring it out, and when you relax it, liquid is let back in. Shoulder rolls are great for this because they make four major muscle groups meet. Bring your shoulders forward, up to your ears, back, and then relax. Repeat as long as it feels good. Before you switch to roll your shoulders backwards, Wilson suggests letting your arms hang and swing gently, like pendulums. “It’s great for the rotator cuff,” she says.

FOCUS ON EXTREMITIES. Work the wrists first. Hold your arms straight in front of you and flex the wrist, as though you’re saying “Halt!” Then rotate your palm so your fingertips point toward the floor. Repeat until you feel the stretch. When working the ankles, draw letters of the alphabet with each foot.

GET HEAVY. Adding some light exercise weights (dumbbells, weighted balls, or even a soup can) or resistance bands is an important way to gain strength. Nichols suggests getting a resistance band (found at some discount stores for as little as $3) and anchoring it by sitting on it. Now you can work your entire upper body—holding the ends of the band in your hands, try starting with bicep curls.

Talk to your doctor before making any big change in your exercise plan.

If you put all of these moves together, you can work up to the recommended 30 minutes of exercise per day. But if you have too little time for a full workout, don’t fret. You can exercise in 10-minute chunks.

Brought to you by the American Diabetes Association. For answers to your questions about prediabetes and diabetes, call 1-800-DIABETES (1-800-342-2383).

www.WellnessLivesHere.org

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Beets & Peas, Potato Salad
Serves 6-8 people

Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, LLC offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) developing and executing an intensive culinary training program for inspiring food entrepreneurs. She also provides CCGB’s network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama’s Let’s Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens and making eating healthy a lifestyle.

Ingredients:
3 or 4 beets, washed and trimmed
3/4 -1 pound of potatoes, peeled and cut into medium dice
2-3 eggs, shell on
½ cup of frozen green peas, thawed
For herb vinaigrette:
1 bunch of fresh flat-leaf parsley or basil
2 or 3 cloves of garlic
Olive oil, as needed
Salt & pepper, as needed

Directions:
1. In a large pot boil beets until fork tender. Approximately 35-45 minutes. Drain water and set beets aside to cool.
2. Refill pot with cold water. Add potatoes and gently lay eggs on top. Bring to a boil. Remove eggs and place in a bowl, cover and allow to steam for 10 minute. When potatoes are fork tender drain water and return potatoes back to pot. Place the cover on to remove excess water/allow steaming for 5 minutes then uncover.
3. Once cool enough to handle, peel the eggs and chop them into large chunks. Set aside. Peel the beets and cut into large chunks similar to the potatoes. Set aside.
4. Make vinaigrette: In a blender add parsley, garlic and olive oil until you get a thick, but spoonable dressing. Season with salt and pepper.
5. In a large bowl add potatoes, peas, beets, eggs and eggs. Dress with vinaigrette and carefully toss. Adjust seasoning with salt and pepper as needed and enjoy!

Chef Raquel Rivera-Pablo
A Pinch of Salt, LLC
www.apinchofsalt.com
Raquel@apinchofsalt.com
Remolachas y Guisantes, Ensalada de Patatas
Sirves 6-8

Chef Raquel se graduó con honores en el programa culinario en el Instituto de Educación Culinaria después de terminar su pasantía en Le Bernardin en Nueva York. En 2009, el chef Raquel creó A Pinch of Salt, LLC ofrece instrucción práctica de cocción se centra en la preparación de sana, alta cocina, sin embargo, las comidas prácticas y de bajo costo. Actualmente, el Chef Raquel se asocia con The Council of Churches of Greater Bridgeport (CCGB) desarrollando y ejecutando un programa de entrenamiento culinario intensivo para inspirar a los empresarios de alimentos. También proporciona la red de CCGB de despensas de alimentos y programas de comidas comunitarias de educación de cocina extensa. Chef Raquel también ofrece educación de extensión y cocina para el Bridgeport Farmers Market Collaborative, FreshConnections y Hall Neighborhood House. Esto se basa en su compromiso con la iniciativa Let's Move de la Sra. Obama y su experiencia con Wellness in the Schools, una organización sin fines de lucro con sede en Nueva York que se enfoca en proveer a los estudiantes de escuelas públicas comidas nutritivas que se refuerzan a través de la cocina educando en las aulas y jardinería. El Chef Raquel es un apasionado de educar a grupos juveniles, familias, personas mayores y comunidades sobre la importancia de cocinar sano, entender la información nutricional, estirar los dólares de los alimentos, utilizar los mercados de los agricultores y jardines comunitarios y hacer que la alimentación sea un estilo de vida saludable.

Ingredientes:
- 3 o 4 remolachas, lavado y recortado
- ¾-1 libras de patatas, pelada y cortadas en dados medianos
- 2-3 huevos, cáscara en
- ½ taza de guisantes verdes congelados, descongelados

Para vinagreta de hierbas:
- 1 manojo de perejil fresco de hoja plana o albahaca
- 2 o 3 dientes de ajo
- Aceite de oliva, según sea necesario
- Sal y pimienta, según sea necesario

Direcciones:
1. En una olla grande hervir las remolachas hasta que la horquilla esté tierna. Aproximadamente 35-45 minutos. Drene el agua y ponga las remolachas a un lado para que se enfríen.
2. Rellene la olla con agua fría. Agregue las papas y coloque suavemente los huevos en la parte superior. Llevar a ebullición. Retire los huevos y colóquelos en un recipiente, cubra y deje que se vaporice durante 10 minutos. Cuando las patatas son el agua de drenaje de la bifurcación y las patatas de la vuelta de nuevo al pote. Coloque la cubierta sobre para eliminar el exceso de agua / dejar vapor durante 5 minutos a continuación, descubrir.
3. Una vez que se enfrie lo suficiente como para manejar, pelar los huevos y picarlos en grandes trozos. Dejar de lado. Pelar la remolachas y cortar en trozos grandes similares a las patatas. Dejar de lado.
4. Prepara vinagreta: En una licuadora, añada el perejil, el ajo y el aceite de oliva hasta obtener un aderezo espeso, pero con cuchara. Condimentar con sal y pimienta.
5. En un tazón de fuente grande agregue las patatas, los guisantes, las remolachas, los huevos y los huevos. Vestido con vinagreta y cuidadosamente lanzar. Ajuste el condimento con sal y pimienta según sea necesario y disfrute!

Chef Raquel Rivera-Pablo
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El reto del mes - Prensa con Pesas

¿Te gustaría fortalecer los músculos del hombro y del tríceps? Usted puede comenzar haciendo prensas con pesas de pie para mejorar sus músculos. A medida que realice este desafío, sus hombros y tríceps se fortalecerán, lo que le permitirá levantar pesas más pesadas y construir músculos.

¿Cómo realizar la prensa con pesas de pie perfectamente?

1. De pie con los pies separados por el hombro, tome una pesa en cada mano. Levante las pesas a la altura de la cabeza, los codos a 90 grados. Esta será su posición inicial.

2. Manteniendo la técnica estricta sin la impulsión de la pierna o inclinándose hacia atrás, extienda a través del codo para levantar las pesas juntas directamente sobre su cabeza.

3. Haga una pausa y devuelva lentamente las pesas a la posición inicial.

* Si no tiene pesas, una botella de agua completa o una lata de sopa son un buen sustituto para las pesas.

* Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, siga las instrucciones difíciles (D).

Abreviación utilizada para "repeticiones" es "reps"

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<td>13 (F) Rest (D) Rest</td>
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<td>34 (F) 6 reps of 13 (D) 6 reps of 18</td>
<td>35 (F) Rest (D) Rest</td>
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Monthly Health Challenge - Standing Dumbbell Press

Would you like to work and strengthen your shoulder and triceps muscles? You can start with the standing dumbbell press to enhance shoulder muscles. As you perform this dumbbell challenge, your shoulders and triceps will get stronger enabling you to lift heavier weights and build muscle.

How to perform the perfect standing dumbbell:

1. Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, the elbows out and about 90 degrees. This will be your starting position.
2. Maintaining strict technique with no leg drive or leaning back, extend through the elbow to raise the weights together directly above your head.
3. Pause, and slowly return the weight to the starting position.

*If you don’t own dumbbells, a full water bottle or a can of soup are good substitute for weights.

For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C).

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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