

everyday



health

www.fourcorners.ne.gov

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April 2020

4 Ingredient No Bake Peanut Butter Cookie Energy Bars

- 10 dates (or 3/4 cup + 2Tbsp dates packed)
 - 3/4 cup creamy peanut butter
 - 3/4 cup unsalted peanuts
 - 1 1/4 tsp vanilla extract
 - 1/4 tsp salt (optional)
1. Line a 9-inch square baking pan with parchment paper, greased foil or waxed paper. Set aside.
 2. Add dates and peanut butter to a food processor. Blend until you get a cohesive, sticky, and crumbly mixture, like chunks of wet sand/ dough. This will take about a

- minute. Scrape sides as needed.
3. Add in peanuts, vanilla, and salt (if using). Blend until the peanuts are fully incorporated and you get a soft, crumbly mixture, with a few small bits and pieces of peanuts still visible. It's ready when you can pinch the mixture between your fingers and it holds together.
 4. Pour this mixture into prepared baking pan. Press down and smooth into a tightly-packed, even layer.
 5. Freeze for 20-30 minutes, until very firm. Remove from freezer and slice into 18 bars. Enjoy!

Source: Yummly.com



Nutrition information per 2 bars: 210 calories, 170mg sodium, 16g fat, 8g protein, 12g carbohydrates, 3g fiber.

Ready in about 25 minutes. Serves 9



Take a Break! Imagine your ideal vacation. Think about, or actually look into, a special vacation destination. Thinking about it and planning it will move you closer to the actual experience. It also could help free your mind from stress and give you something to look forward to. Engaging in activities that calm us and reduce anxiety helps us continue to function and respond more rationally in difficult or stressful situations.

Source: <https://www.workplacestrategiesformentalhealth.com/newsletter/healthy-break-activities>

Physical Activity Idea: Gardening

Gardening is a great way to be active. It improves endurance, strength, balance, mobility, and flexibility. It's also good for our mental health. Gardening can be relaxing and has shown to reduce stress.

There are many ways to get active with gardening:

- Go for a walk in a garden with a friend.
- Create your own garden in a container or in your yard. Think about using raised beds.
- Join a community gardening group.
- Support a friend or neighbor by helping in their garden.
- Volunteer for a school or nursing home garden.

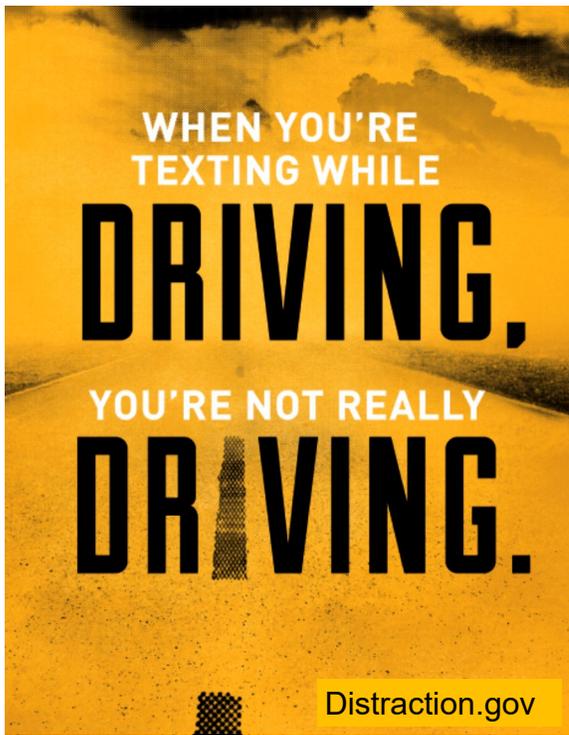
Tobacco quitting information sessions and classes are being offered through ZOOM. Call Four Corners to sign up!

WHAT IF
you got the help
you needed to
finally quit
tobacco?

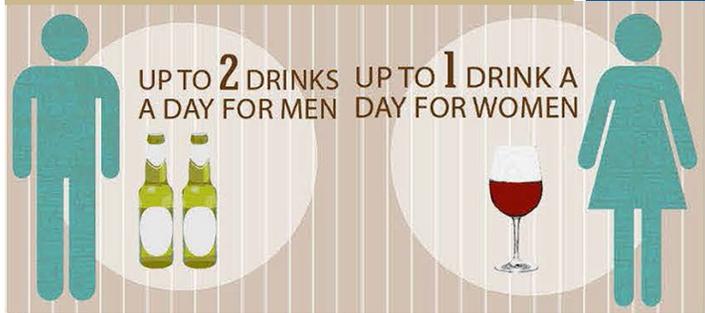


Four Corners is grateful to see everyone working together to keep their families and communities safe and healthy.

Each of us is needed to make a difference.
Thank you for doing your part.



Rethinking Drinking: Alcohol & Your Health
<https://www.rethinkingdrinking.niaaa.nih.gov/>
www.cdc.gov/alcohol/index.htm



App of the Month: Moodfit
 (Free for Android and iPhone)

Ways to use Moodfit:

- Track your mood.
- Reminders to reinforce positive messages.
- Understand how sleep and exercise affect you.
- Track your thoughts to help you think about something that is bringing you down.
- Keep a gratitude journal.
- Calm yourself with breathing exercises.
- Use mindfulness meditation to reduce stress.
- Track variables such as walking the dog, stressful moments, or foods you have eaten. Find the relationship between these variables and your mood.
- Understand how you are responding to medications.



Social Distancing

What Does It Mean?

Social distancing is limiting close contact between people to slow the spread of contagious diseases. Social distancing steps include no large crowds, canceling events and staying home.

AVOID	<ul style="list-style-type: none"> • Group gatherings • Sleepovers • Playdates • Concerts • Theater outings 	<ul style="list-style-type: none"> • Traveling • Athletic events • Crowded retail stores • Malls • Workouts in gyms 	<ul style="list-style-type: none"> • Visitors in your house • Non-essential workers in your house • Mass transit systems
KEEP YOUR DISTANCE	<ul style="list-style-type: none"> • Order takeout from a local restaurant • Visit grocery store • Pick up medications 	<ul style="list-style-type: none"> • Play tennis in a park • Keep at least 6 feet between yourself and others 	
SAFE TO DO	<ul style="list-style-type: none"> • Take a walk • Go for a hike • Yard work • Play in your yard • Clean out a closet 	<ul style="list-style-type: none"> • Read a good book • Listen to music • Cook a meal • Family game night • Go for a drive 	<ul style="list-style-type: none"> • Stream a favorite show • Call a friend or senior in your neighborhood • Group video chats



Stress Management Corner: Stress Less Habits

MAKE A ROUTINE
You can establish or re-establish a daily practice.

TREAT YOUR BODY
Get proper rest, nutrition, and maintain personal hygiene.

PRIORITIZE TASKS BETTER
Use a system to manage tasks. Put off what is not important until later if necessary.

TREAT YOURSELF
Do something you enjoy just for the sake of doing it – treat yourself well.

BE COMPASSIONATE
With yourself and with others.

EXERCISE
Never underestimate the power of exercise!

REACH OUT
And spend time with others!

WATCH YOUR ALCOHOL
Moderate use of alcohol and other substances.

PUT YOUR PHONE DOWN
Limit exposure to media or other triggers that seem to increase your stress levels.

TAKE A BREAK
If you are working, give yourself extra time and reduce demands.

Take regular breaks, since your ability to concentrate for long periods may be diminished.

RELAX
Do some yoga, meditation, etc.

HELP OTHERS
Helping others can be a way to keep busy and be pro-social.

Provided helping does not increase stress due to exposure to trauma.

FOR MORE HEALTHY HABITS RESOURCES, VISIT: ACADSA.CA/HEALTHY-HABITS