

everyday health



www.fourcorners.ne.gov

2101 N. Lincoln Ave., York, NE

(877) 337-3573

October 2023

Apple Nachos

- 1/3 C dried unsweetened cranberries or raisins
- 1/4 C sliced unsalted almonds
- 2 Tbsp unsalted shelled sunflower seeds
- 3 medium green or red apples (Granny Smith or Red Delicious), cored and thinly sliced into about 12 wedges each
- 1-2 tsp fresh lemon juice
- 2 Tbsp boiling water
- 1/2 C smooth low-sodium peanut butter
- 1 Tbsp honey

1. In a small bowl, stir together the cranberries, almonds, and sunflower seeds.
2. Layer half of the apples on a large plate or platter. Sprinkle the lemon juice over the apples to keep them from browning.
3. Add the boiling water to the peanut butter and honey, stirring until smooth.
4. Using a spoon, drizzle half the peanut butter mixture over the apple wedges. Sprinkle with half the cranberry mixture. Continue layering with remaining ingredients.

Source: American Heart Association
<https://tinyurl.com/brahnu7u>



Nutritional Information Per Serving:
 Calories 167, Fat 7.5g (Saturated Fat 1g), Cholesterol 0mg,
 Sodium 66mg, Carbohydrate 22g (Sugar 15g), Fiber 4g,
 Protein 4g

Serves 6; Ready in minutes!

PEDESTRIAN SAFETY TIPS

Keep your **eyes up**, and your phone down.



Look **left, right and left again** before crossing the street.



Always walk on sidewalks. If there are no sidewalks, walk facing traffic as far to the left as possible.



Wear **bright-colored clothing** or reflective gear if walking at night.



Make **eye contact** with drivers before crossing the street.



Do not run or dart out into the street or cross between parked cars.



Take steps towards a stress-free day.

Mindful walking helps you stay both active and relaxed.



#MoveItMonday

MoveItMonday.org



STOP BULLYING

PHYSICAL BULLYING

VERBAL BULLYING

SOCIAL BULLYING

CYBER BULLYING



Bullying is an aggressive behavior where someone purposefully or continuously hurts someone. It can take the form of physical contact, words, or subtle actions. About 1 in 5 high school students report being bullied on school property. 1 in 6 reported being bullied electronically.

How can we prevent bullying?

- Avoid the instigators
- Find an ally and/or friend
- Be strong and confident
- Seek help
- Check with your school—there may be a helpful bullying text line

Source: Boys Town

<https://tinyurl.com/3jknhcs>



#1 Thing everyone should know about domestic violence is that it can affect anyone, at anytime, and in any relationship.

If you feel like you are experiencing abuse, reach out to an Advocate”

- Hope Crisis Center (Seward / York Counties)
877-388-4673 <https://hopecrisiscenter.org/>
- Center for Survivors (Butler / Polk Counties)
800-658-4482 <https://www.centerforsurvivors.org/>

Upcoming Events

- **Stepping On**—Seward (\$20). Classes start October 3rd in Seward.
- **Improving Skills for Youth Experiencing Autism** (Free) - October 5th Online.
- **Tobacco Quitting Info Session** (Free) - October 5th in York.
- **Improving Skills for Youth Experiencing Depression & Anxiety** (Free) - October 12th Online.
- **Building a Healthier Community: Addressing Mental Health Stigma** - November 2nd in York.
- **Adult Mental Health First Aid** (Free) - November 9th in David City.

For more information, or to register for any of these events, visit <https://fourcorners.ne.gov/community-ed-training/upcoming-events-workshops/>, or contact Four Corners at info@fourcorners.ne.gov or 402-362-2621.

WAYS TO REDUCE YOUR BREAST CANCER RISK



#Cancer

Learn more about the signs, symptoms, and screening by visiting: <https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/breast-cancer-signs-and-symptoms.html>

Take a free confidential screening and receive recommendations to determine the next steps to feeling better.

<https://bvvh.net/>



Within 48 hours of quitting, your sense of smell and taste begin to improve. For help, visit QuitNow.ne.gov or 1-800-QUIT-NOW.

Why should you take care of your mental health?

Positive mental health allows you to:

Source: <https://www.betterup.com/blog/mental-health-in-the-workplace>

Cope with difficulties in life

Recognize, express, and regulate emotions

Empathize with others

Have basic cognitive and social skills

Cope with changing roles, responsibilities, and challenges

Flourish in your role

Manage stress

Boost resilience

Reach your highest potential

Check out **The Virtual Hope Box**, a mobile app designed for patients and their behavioral health providers in addition to treatment. The app has tools to help with coping, relaxation, distraction and positive thinking using personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes and coping statements. <https://www.militaryonesource.mil/resources/mobile-apps/virtual-hope-box/>