

Family & Community Health

Healthy Lifestyle

May 2024

Texas A&M AgriLife Extension Service Starr County Family & Community Health

Welcome to the April 2024 issue of "Healthy Lifestyle". This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Starr County.



May is Mental Health Awareness Month



Why is Mental Health Important for Overall Health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.





Eat Well for Life

Mediterranean Chicken Bowl

These Mediterranean Chicken Bowls are a delicious way to incorporate more vegetables and new spices into your meals.

- *Become more mindful of your body sensations of hunger and fullness. Being more mindful can help you enjoy eating, have a happier relationship with food, and help you move toward a healthy weight and better health.*

[click below for the Recipe:](#)

[Mediterranean Chicken Bowl](#)



DINNER
TONIGHT
Healthy Eating Made Simple



Physical Advantages of a Good Laugh

- Stimulates the immune system
- Relaxes tense muscles
- Speeds up oxygen to our bodies
- Helps regulate heart rate
- Increases endorphins
- Lowers blood pressure
- Lowers blood sugar
- Lowers stress hormones



Caring for your Mental Health

- *Take breaks to relax & do activities you enjoy.
- *Take care of your body with exercise and a healthy diet.
- *Stay connected with family, friends, & a trusted support system.
- *Ask for help if feelings become too overwhelming.



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Family & Community Health Programs

- Cooking Well for Healthy Blood Pressure
- Cooking Well with Diabetes
- Cooking Well with Friends
- Stress Less with Mindfulness
- Walk Across Texas

For more information on our programs, please contact me at 956-487-2306 or neida.martinez@ag.tamu.edu

