



# FLIP NEWSLETTER

OCTOBER 20th



## Healthy Ways to Cope with Stress!

NAMI, the National Alliance on Mental Health, says that finding the right coping mechanism can make a tremendous difference in how you feel day-to-day. The next time you feel stressed or anxious, try one of these evidence-based coping mechanisms to encourage healthier habits when it comes to your mental wellbeing. See below!

### Radical Acceptance

- This is defined as “completely and totally accepting something from the depths of your soul, with your heart and your mind,”
- Included in this definition is the idea that no matter what, you cannot change a situation.

### Deep Breathing

- This gentle repetition sends a message to the brain that everything is okay. Try the “5-3-7” Technique:
  - Breathe in for 5 seconds
  - Hold the breath for 3 seconds
  - Breathe out for 7 seconds

### Opposite-To-Emotion Thinking

- This is where you act in the opposite way your emotions tell you to act.
- For example, if you’re feeling upset and you have the urge to isolate, opposite-to-emotion tells you to go out and be around people—the opposite action of isolation.

### Mental Reframing

- Taking an emotion or stressor and thinking of it in a different way.
- Reframing getting stuck in traffic might look like, “This traffic is bad, but I’ll still get to where I’m going rather than “I’m going to be late because of this traffic. Why does this always happen to me?”

### The Five Senses

- Instead of focusing on a specific object, with “The 5 Senses” you run through what each of your senses is experiencing in that moment.
- Stop! Look around you. See the movement of a clock’s hands. Feel the chair beneath you. Listen to your teacher’s voice. Smell the faint aroma of the chalkboard. Chew a piece of gum.

### Emotion Awareness

- Once we recognize what we’re feeling, we can tackle it or whatever is causing it.
- For example, if you’re feeling anxious, let yourself be anxious for a couple of minutes—then meditate.

# VARY YOUR VEGETABLES

## Why are Vegetables Great?

- Eating vegetables has many health benefits - eating lots of vegetables is an easy way to improve health and well-being
- Vegetables are full of nutrients such as fiber, vitamins, minerals, and antioxidants which protect your body from unstable molecules created during normal cell function and UV radiation.
- Antioxidants are found in broccoli, brussels sprouts, carrots, spinach, kale, red peppers, and squash as examples. **Eat Your Colors!** Deeply colored vegetables as a rule have more antioxidants!



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## Super Vegetables

- All vegetables contain healthy amounts of dietary fiber, minerals and vegetables but some are more exceptional than others:
- Spinach - vitamins A, K, C, magnesium, folate, iron, and calcium
- Broccoli - vitamins C and K, calcium, potassium
- Carrots - betacarotene - converted to vitamin A in the body and is good for health eyesight
- Other great super vegetables: peas, sweet potatoes, garlic, onions, bell peppers, cauliflower, eggplant, beets



## How do I eat my vegetables?

- All sources of vegetables can be good ones - raw or cooked, fresh or frozen, or canned - Be sure to READ YOUR LABELS! Avoid added sugar and salt.
- Best vegetables to eat raw: kale, broccoli, green bell peppers
- Cook vegetables in the way that you like best but try to avoid frying. Try steaming, sautéing, roasting, and grilling!
- Some vegetables that are healthier when cooked: tomatoes, asparagus, spinach, carrots
- Commercially flash-frozen vegetables retain much of their nutrients - convenient in winter!
- However you eat your vegetables, the important thing is that you do!

## How much vegetables should you eat?

- The American Heart Association says we should eat 8 or more servings of vegetables each day!
- How much vegetables each day?
  - Children - 1 to 2 cups
  - Women - 2 to 3 cups
  - Men - 3 to 4 cups

## Recipes to try this month!

### Oven Roasted Ratatouille

Rich and comforting, this classic French dish is made of thinly-sliced stewed vegetables



### Autumn Kale and Sweet Potato Salad

Slightly sweet and savory maple tahini dressing completes this hearty salad of seasonal fall vegetables



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