

In The Spotlight



Date: 3/26/15



According to Winona State's "Seven Dimensions of Wellness,"

SPIRITUAL WELLNESS

includes having a set of guiding beliefs, principles, or values that give meaning and purpose to life and is an important part of one's character. Possessing the capacity to love, have compassion for others and leading a life that is in harmony with oneself and others helps you to live a better life as well as improving the lives of those around you.

12 FOODS THAT FIGHT STRESS

1. Asparagus
2. Avocados
3. Berries
4. Cashews
5. Chamomile Tea
6. Dark Chocolate
7. Garlic
8. Green Tea
9. Oatmeal
10. Oranges
11. Oysters
12. Walnuts

13 Foods That Fight Stress. (n.d.). Retrieved March 25, 2015, from <http://www.prevention.com/mind-body/emotional-health/13-healthy-foods-reduce-stress-and-depression/walnuts>

WINONA HEALTH EDUCATION

SESSION: HEADACHES

When: Tuesday, March 31st
Time: 3:00-4:00pm
Where: IWC 145

Speaker: Travis Kramolis, DPT from Winona Health

*Raffle prize yet to be determined

FAMILY ROCK CLIMBING EVENT

When: Sunday, April 12th

Time: 2:00 pm

Where: Sugar Loaf

To Bring: Non-Restrictive Clothing

RSVP by Thursday April 9th at 5 pm:

Name and number of attendees to Jennifer Drews at jdrews11@winona.edu

DID YOU KNOW?

YOGA FIGHTS STRESS AND FINDS SERENITY

Yoga is a mind-body practice that combines stretching exercises controlled breathing and relaxation. Fun Fact: yoga can help reduce stress, lower blood pressure and improve heart function. Yoga enhances your mood and overall sense of well-being. It also improves your fitness, improves balance, flexibility, range of motion and strength. It focuses on breathing which signifies your vital energy. By controlling your breathing you can control your body and quiet your mind.

Stress management. (n.d.). Retrieved March 25, 2015, from <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/yoga/art-20044733>

STRESS FACTS

1. 3/4 of the human population undergoes stress in varying levels in a 2 week period.
2. Stress is one of the main causes of insomnia and other sleep disorders.
3. Laughter is usually the best natural medicine.
4. Chewing gum eases stress.
5. Stress causes chest pain, high cholesterol, cardiac problems, depression and various other problems.
6. Stress can trigger blood vessels to close and cause a blood clot.
7. Approximately 5 million people are stressed in their jobs.
8. Stress poses a great threat for diabetes and heart attack by altering blood sugar levels.
9. Cocoa and chocolate have been known to reduce stress.

20 Interesting Facts about Stress. (n.d.). Retrieved March 25, 2015, from <http://examinedexistence.com/20-interesting-facts-about-stress-2/>

~from American Diabetes Association~

Turkey and Avocado Wrap

1/2 avocado

2 tablespoons plain fat-free greek yogurt

4 large low-carb tortillas

12 ounces low-sodium, deli-style turkey breast

4 teaspoons sunflower seeds

1 tomato, sliced

1 cup shredded lettuce

1. In a small bowl, mix together avocado and greek yogurt
2. Spread avocado mixture evenly onto 4 tortillas
3. Top each tortilla with 3 ounces turkey, 1 teaspoon sunflower seeds, 2 slices tomato and 1/4 cup of lettuce.