



FABLOW AgriLife



FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.

MAY CHALLENGES

We're kicking-off "Mindful Living" & "100 by Summer" for the month May! So get these handouts to keep track with the daily posts, tips, and tasks.

Mindfulness is a way of living and a method intended to pave the path for a complete awakening. Each week we will cover a mindful topic with daily goals. Use this calendar as a guide to your "Mindful Living."

100 by Summer is a challenge to complete 100 miles of cardio! We want you to complete at least 20-30 minutes of cardio every day. More details on the handout. **Join the Facebook Group: 2021 Walk N Talk - FABLOW AgriLife**

Find us on Facebook!



2021

Mindful Living

MINDFUL MAY

Each week we will cover a mindful topic with daily goals. Use this calendar as a guide to your "Mindful Living."

Week 1: Healthy Eating

Week 2: Exercise

Week 3: Parenting

Week 4: Digital Awareness

Week 5: Coping with Stress

SUN	MON	TUE	WED	THU	FRI	SAT
1. Mindful Eating: When eating, focus on the taste, texture, and smell of your food. Turn off TV, music, and screens to avoid distractions.	2. Mindful Eating: When eating, focus on the taste, texture, and smell of your food. Turn off TV, music, and screens to avoid distractions.	3. Mindful Eating: When eating, focus on the taste, texture, and smell of your food. Turn off TV, music, and screens to avoid distractions.	4. Mindful Eating: When eating, focus on the taste, texture, and smell of your food. Turn off TV, music, and screens to avoid distractions.	5. Mindful Eating: When eating, focus on the taste, texture, and smell of your food. Turn off TV, music, and screens to avoid distractions.	6. Mindful Eating: When eating, focus on the taste, texture, and smell of your food. Turn off TV, music, and screens to avoid distractions.	7. Mindful Eating: When eating, focus on the taste, texture, and smell of your food. Turn off TV, music, and screens to avoid distractions.
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100 BY SUMMER

We have challenged you all to completing 100 miles of cardio! We want you to complete at least 20-30 minutes of cardio every day. (That's only 2% of your day - you can do it!) Any cardio activity like jogging, running, biking, swimming, dancing, jump roping and any additional movement you add to your day that makes you move. By definition, cardio means an exercise that elevates your heart rate and keeps it there for a sustained period of time.

Get Moving!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

You Did It!

KEEP TRACK OF YOUR MILES ON
WALK ACROSS TEXAS!
<https://walkacrosstexas.org>



Just Joss'ie. Time to Up.

Mindful Living

MINDFUL MAY

Week 1: Healthy Eating

Mindful Eating can be described as making intentional choices of what and how much we are eating; and being aware of what is motivating us to eat.

We know that even a modest reduction in body weight has been shown to reduce risk of chronic diseases like heart disease, high blood pressure, and diabetes; so becoming more aware of our food intake as well as what motivates us to eat can help us achieve better health.

Try to:

- Determine motivation behind eating... sometimes environment and emotions suggest we eat when we aren't hungry.
- Before tasting, observe your food with all your senses
- Eat slowly and without distraction



Week 2: Exercise

Practicing mindfulness could help eliminate issues or thoughts that often act as barriers to a healthier life. Being mindful for exercise means to use our awareness of our body and thoughts to have enjoyable, safe and beneficial exercise. Regular exercise or 150 minutes of moderate to vigorous activity per week, has long been touted as a key factor of healthy living, especially to decrease risk of chronic diseases, like heart disease, high blood pressure, and diabetes.

Try to:

- Take a moment to assess your body for pain and aches, and adjust your workout goals if needed.
- Remember that exercise is self-care.
- Use proper posture during exercise and everyday activities to prevent injury.
- Focus your attention on your movement or your breathing pattern.



Week 3: Parenting

Parent child conflict and stress is induced when parents are less available especially when they are busy, stressed, tired, overwhelmed, or preoccupied with other thoughts. Practicing these mindfulness skills will enable healthy parent-child relationship and improve psychological health and emotional wellbeing for parents and children.

- Listen with full attention.
- Accept the traits and behaviors of yourself and your child.
- Be supportive of your child's emotions (even if they are negative).
- Attend to his or her needs with love and kindness.
- Accept the fact that parenting can be challenging.
- Be aware of emotional triggers (feelings or judgments from parent's own childhood).
- Establish family rules and rituals to encourage parent-child bonding.
- Avoid worrying about your to-do list and allow for your own personal time and time for your child.



Week 5: Digital Awareness

Use of technology changed the way we approach our work and daily activities. Time spent on digital devices replaced our time spent exercising, bonding, and being creative. A digital detox will help you unplug and disconnect from technology and to reconnect with friends and family. Try one!

- Start your morning routine without your phone or other digital devices.
- Allow at least an hour each day of screen free time.
- Turn off social media notifications
- Take breaks from social media to go outdoors
- Encourage screen free family meals to reconnect with family members
- Avoid screens in your bedroom
- Use paper and pen for note taking instead of using digital devices
- Stretch your body every 30 minutes while sitting or using your computer.
- Avoid talking or texting while driving

Mindful Living MINDFUL MAY



Week 6: Coping with Stress

Will finish week 5 in June

Stress can affect our bodies and minds in powerful ways; from raising our blood pressure, to causing muscle pain. Becoming mindful and being able to identify how stress is affecting our thoughts and body is the first step in learning how to cope with stress healthfully.

- Mindfulness starts with breathing. Try to only focus on your breathing for a few minutes. Acknowledge sounds or thoughts without judgement and then return your focus to your breathing.
- Try a Body Scan. Focus on one part of the body at a time for several moments. Focus on your toes then gradually moving your attention to the soles of your feet, then up your legs and body.
- Speak to yourself kindly. Think of someone for whom you have unconditional love. Then address yourself as if you were talking to that person.

DIABETES PROGRAMMING

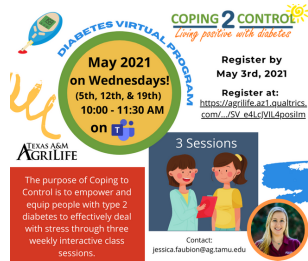
Wednesday Classes

May 5th, 12th & 19th
10 - 11:30 AM on TEAMS

Register by May 3rd:

https://agrilife.a21.qualtrics.com/_/SV_e4LcVIL4posim

Contact Jessica



Are you ready to take challenge of 832 miles?

Recruit your team of 8 & sign-up at
howdyhealth.tamu.edu

Walk Across Texas!
Adult - Diabetes Edition
League Code:
watL-210409-56517

Save the Dates!
May 21st - July 15, 2021

Join Coping to Control, it's an online diabetes program that helps empower and equip people with type 2 diabetes to effectively deal with stress through three weekly interactive class sessions.

Thursday Classes

May 6th, 13th & 20th

12:00 PM on ZOOM

Register at:

<https://forms.office.com/r/4SksUFKDdY>

Contact Dru & Jocelin



FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- **Podcast:** FABLOW AgriLife is on 11 different platforms (find us!)
- **Blog/Main Hub:** <https://fablowagrilife.weebly.com>
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)



Listen to Podcast Episode 38:
Mindful Living with Dru & Jocelin



Contact Us:

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