



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



Stress Awareness Month

Signs of stress can be different for each of us, some may get a headache, and other may have emotional/behavioral reactions. Stress is not just for grown-ups. Children can experience stress as well. Here are some tips to reduce stress:

- **Breathing exercises:** Hold your breath for 4 seconds and release for 4 seconds. Do this for 5 minutes.
- **Sitting meditation:** Sit comfortably in chair, back straight, feet flat on the floor, and hands in your lap. Breathe through nose focusing on movement of breath in and out of your body
- **Walking meditation:** Find a quiet place 10-20 feet in length. Walk slowly. Pay attention to the movements needed to keep balance. Walk a length, turn around and repeat.

Before a test or other stressful event: Do neck and shoulder rolls, squeeze and relax hands and fingers, or do some simple stretches.

Resource: Healthy South Texas





Health Tips While on the Road

Podcast Episode 49:

The FABLOW team talked with Jana Osbourn about how she stays healthy while on the road visiting agents throughout south-central Texas.

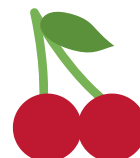
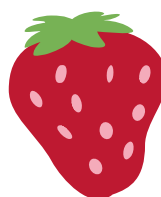
Build a Better Yogurt Parfait



- Choose low-fat yogurt. For extra protein, use low-fat Greek yogurt.
- Read the nutrition label and choose yogurt low in sugar (less than 7g per serving).
- Top your parfait with diced, fresh fruit instead of buying yogurt blended with fruit.
- Add some crunch with toppings such as low-fat and low-sugar granola.



TEXAS A&M
AGRI LIFE
EXTENSION



ATASCOSA



Dru Benavides - FCH Ext. Agent

County Events & Programs on
<https://atascosa.agrilife.org/>

BANDERA



Jessica E. Faubion- FCH Ext. Agent

County Events & Programs on
<https://bandera.agrilife.org/>

WILSON



Nicole Demmer - FCH Ext. Agent

County Events & Programs on
<https://wilson.agrilife.org/>

"Health is the greatest gift & Contentment the greatest wealth"



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2022 FABLOW
AgriLife

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!)