

FABLOW AgriLife



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

Stress Awareness Month

Stress Awareness Month is observed to promote the importance of coping positively with and reducing stress. An accumulation of stress over years can lead to chronic stress and this affects our bodies negatively.

Over time, chronic stress continually releases hormones that prevent our bodies from returning to a normal heart rate and normal breathing. An increase in heart rate can lead to an increase in blood pressure and blood sugar in our bodies as the liver releases more sugar, increasing the risk of type 2 diabetes.

Something that can reduce stress can be found all around us in nature. Spending time in the green spaces like parks and gardens or blue spaces like rivers, lakes, and beaches can have a great impact on our physical and mental wellbeing. According to the American Psychological Association, “people who spent at least two recreational hours in nature during the previous week, reported significantly greater health and well-being.”

An infographic for Stress Awareness Month. It features a kingfisher perched on a stem with red poppies and blue cornflowers. The background is a soft-focus green field. Text elements include "AWARENESS Stress MONTH" in a green leaf-like shape, "4 tips to reduce stress" in large orange and black text, and a list of outdoor stress relievers. The Texas A&M AgriLife Extension logo is in the bottom left corner.

AWARENESS
Stress
MONTH

4 tips to reduce stress

Outdoor Stress Relievers

- **gardening**
- **connecting with nature**
- **taking long breaths**
- **hiking / walking**

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EXTENSION

Stress can appear in our bodies in a variety of ways like feelings of worry or frustration, changes in energy or appetite, trouble concentrating or sleeping, headaches, neck pain and back pain, or in stomach problems. When feeling the effects of stress, try spending some time outdoors. Even just spending 10 minutes outdoors can benefit your health.



More Tips to Reduce Stress & Stay Healthy

Eat Healthy Foods

Choose fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Sleep

Get at least 7 hours of sleep per night.

Move More

Get 30 minutes of exercise a day, 5 days a week.

Drink Wisely

Drink water instead of sugary and alcoholic drinks to reduce calories

Source: Chronic Disease Center (NCCDPHP) | CDC

WILSON



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