

ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

May 2017



Stress management: Relaxing your mind and body

Take a deep breath. Hold it for a moment, and then exhale. Feel more relaxed? Breathing exercises are one way to relax. Here you will learn about different ways to relax your mind and body. Being relaxed can help ease stress. It can also relieve anxiety, depression, and sleep problems.

To relax means to calm the mind, the body, or both. Relaxing can quiet your mind and make you feel peaceful and calm. Your body also reacts when you relax. For example, your muscles may be less tense and more flexible.

Here are some relaxation tips you may want to try—

Relaxing the mind

- Take slow, deep breaths
- Listen to soothing music

Relaxing the body

- Do yoga
- Take a walk or do something else active
- Have a warm drink without alcohol or caffeine in it, such as herbal tea or warm milk

Belly breathing



There are lots of breathing exercises that can help you relax. It's best to start with belly breathing if you never have done breathing exercises before. Try this anytime you need to relax or relieve stress!

1. Sit or lie in an easy position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.



Upcoming events

Wellness Webinar Series

Mindfulness Matters: Living in the Moment

May 16, 2017

9:00 AM, 11:30 PM and 3:30 PM CST

<http://go.activehealth.com/wellness-webinars>

Strawberry banana yogurt parfait



This healthy treat will add color to your parties.

Ingredients:

- 4 cups fat-free, no-sugar added vanilla yogurt
- 2 large bananas, sliced (about 2 cups)
- 2 cups fresh strawberries, sliced (or use thawed frozen fruit)
- 2 cups crumbled graham crackers
- ½ cup fat-free whipped topping (optional)
- 4 8-oz wine or parfait glasses

Directions:

1. Spoon 1 tablespoon of yogurt into the bottom of each 8-ounce wine or parfait glass. Top the yogurt with 1 tablespoon banana, 1 tablespoon sliced strawberries, and ¼ cup graham cracker crumbs.
2. Repeat the yogurt, banana, strawberry, and graham cracker crumbs.
3. Top with a rounded tablespoon of fat-free whipped topping, if desired.
4. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Source:
WeCan! Eat Right. Strawberry banana yogurt parfait. Retrieved April 22, 2017 from: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/voqurt-parfait.htm>



Webinar sweepstakes winner—



ANDREA MILLER

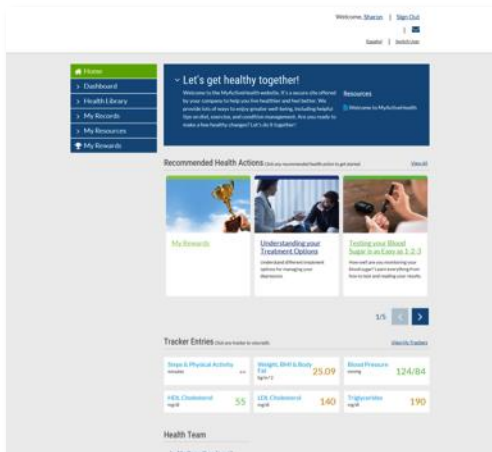
Andrea Miller works for the Mississippi Department of Health at the District VII office where she is the Disease Intervention Specialist Supervisor. Some of the activities that she enjoys doing include working in the yard and trying to keep up with her 17 year old daughter. But most of all, she enjoys spending time with family and friends.

“The ActiveHealth Management wellness presentation was just what I needed to keep me focused on eating right and staying active. Thank you so much!”

Check out MyActiveHealth

Exciting things are happening on the MyActiveHealth™ website. We’ve refreshed the look of our site to make it sleeker and better for mobile. The features are easy to use, and the layout is extra friendly. Log in from your smartphone, tablet or desktop to see our new look.

Sign up or visit myactivehealth.com/Mississippi today!



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