

# APRIL 2022

# Healthy Living

*April is Stress Awareness Month*



## How stress can affect your health

Everyone has stress in their lives. But when high levels of stress go on for too long, it takes a toll on the body. Is stress taking a toll on your health? If it is, don't ignore it. This is a chance to find healthy ways to tackle stress before the problem becomes worse.

### **The following are some “red flags” or signs that your stress levels may be too high:**

- Muscles feel tense and sore. You have a sore back or neck. You are getting tension headaches or migraines.
- Your heart feels like it's beating faster. Your palms are sweaty.
- You are breathing shallow, quick breaths.
- You have more heartburn or acid reflux than usual.
- Your stomach feels upset or you have vomiting or diarrhea.

Other effects of stress are harder to notice. Stress can affect reproductive hormones, which can disrupt a woman's period. In men, it can cause reduced fertility. Both men and women may have lower sexual desire. Stress can also raise your risk of a heart attack if it's ignored for too long.

If you notice warning signs of stress, it's a sign that you need some extra care. Talk to someone you trust, your doctor or a mental health professional.

## Did you know that April 7<sup>th</sup> is World Health Day?

World Health Day is a global awareness day celebrated every year on April 7th under the sponsorship of the World Health Organization (WHO). The WHO began observing the date in 1950, with the goal of drawing worldwide attention to a subject of major importance to global health each year.

The theme for 2022 is “Our Planet, Our Health”, which focuses on the connection between the health of our planet and fellow human beings. The WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes.

To learn more about the mission, visit

[www.who.int/campaigns/world-health-day/2022](http://www.who.int/campaigns/world-health-day/2022)





## FEATURED RECIPE

# Spring Asparagus Salad



## Ingredients

- 1 ½ pounds fresh asparagus, trimmed and cut into 2-inch pieces
- 2 small tomatoes, cut into wedges
- 3 tablespoons cider vinegar
- ¾ teaspoon Worcestershire sauce
- ⅓ cup sugar
- 1 tablespoon grated onion
- ½ teaspoon salt
- ½ teaspoon paprika
- ⅓ cup canola oil
- ⅓ cup sliced almonds, toasted
- ⅓ cup crumbled blue cheese or goat cheese, optional

## Directions

1. In a large saucepan, bring 1 cup water to a boil. Add asparagus; cook, covered, until crisp-tender, 3-5 minutes. Drain; place in a large bowl. Add tomatoes; cover and keep warm.
2. Place vinegar, Worcestershire sauce, sugar, onion, salt and paprika in a blender; cover and process until smooth. While processing, gradually add oil in a steady stream. Toss with asparagus mixture. Top with almonds and, if desired, cheese. Available to serve warm or cold.