

# PROTECTING THE HEART: STRESS MANAGEMENT



**ils-meals**  
and nutrition counseling  
A Product of **INDEPENDENT Living Systems**  
Healthy eating never tasted so good!

We all know about how high cholesterol and high blood pressure can increase your risk of heart disease, but what about stress? Stress has been shown to drastically increase your risk of heart attack, stroke, and ventricular arrhythmias. In fact, in a study that took place between 1995 and 2013, it was shown that during the two hours after an outburst of anger, the risk of experiencing a heart attack or severe chest pain was 4.74 times higher, risk of stroke was 3.63 times higher, and the rate of abnormal arrhythmias during the first 15 minutes of an outburst was 1.85 times higher. That sounds like a lot to put at stake over something that won't matter in a few minutes, like traffic. It's important to keep things in perspective and keep a level head. Nothing is worth that risk.

### 1 RECOGNIZE ANGER

BE CONSCIOUSLY AWARE OF YOUR EMOTIONAL RECIPE FOR ANGER.

- TENSE MUSCLES
- GRINDING TEETH
- FLUSHED FACE
- CLENCHED FIST
- LOUD VOICE

### 2 REMOVE YOURSELF

I'M OKAY... JUST BREATHE... LET ME THINK THIS THROUGH RATIONALLY...

STEP AWAY FROM THE SITUATION AND TAKE A MOMENT TO CALM YOURSELF DOWN.

### 3 IDENTIFY TRIGGERS

WHAT EXACTLY TRIGGERED MY ANGER? WHY DID I RESPOND IN THIS WAY?

REFLECT ON WHAT JUST HAPPENED, AND ON WHAT WAS SAID OR DONE THAT MADE YOU FEEL ANGRY.

### 4 EVALUATE SITUATION RATIONALLY

IS THIS REALLY WORTH GETTING ANGRY ABOUT? HOW COULD I DEAL WITH THIS WITHOUT GETTING ANGRY?

CHALLENGE YOURSELF TO VIEW THE SITUATION IN A MORE HELPFUL AND BENEFICIAL WAY.

### 5 SELECT AN APPROPRIATE RESPONSE

YOU ALWAYS HAVE A CHOICE TO EITHER AVOID, CONTROL, RELEASE OR REDIRECT YOUR ANGER IN MORE OPTIMAL WAYS.

RELEASE   REDIRECT   AVOID   CONTROL

### 6 LEARN FROM YOUR EXPERIENCE

WHERE COULD I HAVE HANDLED THINGS BETTER? WHAT CAN I LEARN FROM THIS EXPERIENCE?

TAKE A MOMENT TO ASSESS HOW YOU HANDLED THE SITUATION.

<https://iqdoodle.com/control-anger/>



# SELF-EXAM

**TAKE A BREAK FROM WHAT IS STRESSING YOU OUT**—Even though your problems may seem like they're taking over your life, give yourself permission to step away. Even 20 minutes can make a difference.


**EXERCISE**—Don't forget exercise doesn't only happen in the gym. Taking a nice walk through a garden, or swimming for a few minutes during a beach trip is a fun and leisurely way to get in some physical activity.

**SMILE AND LAUGH**—When we are stressed, we tend to hold that stress on our faces. Try relaxing your face or smiling. This "fake it 'til you make it" approach can make you feel better fairly quickly.

**GET SOCIAL SUPPORT**—Call or text a friend or family member. Make sure it's someone you trust who can help you focus on the solution rather than the problem.

**MEDITATE**—Focus on your breath for 5 seconds. Think of one thing you are grateful for, then another, if you can. These kinds of thoughts can help us think clearly and face our problems head-on.

# STAR GAZING IN FEBRUARY

FEB 11: FULL MOON   
FEB 11: PENUMBRAL LUNAR ECLIPSE   
FEB 11: COMET WILL BE VISIBLE AT DAWN   
FEB 26: NEW MOON   
FEB 26- ANNULAR SOLAR ECLIPSE

**\*VALENTINE'S DAY IS ON A TUESDAY AND FEB 11TH FALLS ON A SATURDAY\***

Inhale. Exhale.  
Repeat.



## STRESS RELIEVING FOODS

**Nuts**— Stress uses up our stores of vitamin B, but nuts can help build them back up, which helps our bodies become better able to respond to stressors. We also tend to crave crunchy foods when we are stressed! Nuts can provide that needed crunch with the added benefit of filling fiber and nutrients.

**Red Peppers**—While oranges have the reputation for having lots of vitamin C, red peppers actually have twice as much in a 1/2 cup. People whose diets are higher in vitamin C recover faster from hormone surges caused by stress.

**Salmon**— The healthy fats in salmon can help reduce anxiety. In a study, "Brain, Behavior, and Immunity" people who took an omega-3 supplement with DHA and EPA (healthy fats in salmon) for 12 weeks reduced their anxiety by at least 20%.

**Spinach**— This leafy green has lots of magnesium. Most people have low magnesium, which makes them more prone to depression. Magnesium also helps with cortisol levels and high blood pressure. Since your body flushes it out when it is exposed to stress, it's vital that we get enough.

**Oatmeal**— Mix yourself up a warm, comforting bowl of oatmeal and your brain will thank you by producing more serotonin: a neurotransmitter responsible for helping you deal with stress and stabilizing our moods.

**Dark Chocolate**— Research from Journal of Proteome Research showed people who ate ~1.4 oz. of dark chocolate (at least 70% cacao) every day for two weeks had lower cortisol and fight or flight hormone levels.

**Sip Tea**— A study from University College London discovered that tea drinkers de-stressed faster and had lower cortisol levels than those who drank a placebo. Black tea was used in the study, which contains caffeine that jump starts the stress response, so herbal tea is best for de-stressing.

# Happiness



# TAKE YOUR CHILD TO WORK

## DAY 2019

Take your child to work day was a huge success this year! We made our way to the Doral Café around 11:00AM, and waited for parents to drop off their children. After a few minutes, the room was filled with the chatter of new friends as the girls from the Nutrition Department passed out activity sheets and pencils for everyone. The kids got to learn about what their parents do every day and we built our own healthy trail mixes together. The Nutrition Department set out a range of different ingredients like popcorn, nuts, mini marshmallows, chocolate chips, Cheerios, and dried fruit so they could mix and match or follow the recipes we provided. The marshmallows were a crowd favorite! We had lots of fun recipes too, like "S'more Trail Mix", "Fluffernutter", and "Peanut butter & Jelly Trail Mix". We also quizzed them on their knowledge of the healthy things found in the ingredients in trail mix. We learned about the antioxidants in chocolate, the fiber in nuts, and we learned that popcorn is a whole grain! After we built our trail mix snacks, we had lunch together, provided by the café. The lovely ladies from the café, Ana Alfonso and Suley Torres, created little lunch boxes for them so they could take their sandwiches and snacks with them.

All of the children participated in the activities we planned for them and were an amazing group overall. We all had a great time we look forward to seeing their smiling faces again next year! Thank you so much to those who were able to participate in this event.



# FEBRUARY MIAMI EVENT CALENDAR

## **From Brazil to the World: Feb. 1**

Enjoy cultural music and performances at From Brazil to the World at the Aventura Arts & Cultural Center. Tick-ets start at \$10.

## **Miami International Map Fair: Feb. 5-7**

Spark wanderlust at History Miami's 23rd annual Miami International Map Fair in Downtown Miami. Discover antique maps, globes and rare books at this three-day event. Tickets start at \$15 for general admission.

## **Art Wynwood: Feb. 11-15**

Explore art by more than 70 international galleries at the Art Miami Pavilion in Miami's colorful Wynwood neighborhood. An annual art fair, tickets to Art Wynwood start at \$25.

## **Coconut Grove Arts Festival: Feb. 13-15**

Check out more than 300 international artists in the eclectic seaside village of Coconut Grove. The annual Coconut Grove Arts Festival is held each year on Presidents Day Weekend and showcases live music, food by local chefs and, of course, lots of great art. Tickets start at \$15 and there's a \$5 discount for residents.

## **Kite Day Festival: Feb. 14**

The 24th annual Kite Day Festival will showcase hundreds of kites over Miami Beach at Haulover Park. Started by Skyward Kites at Haulover Park, the event is free and open to all ages.

## **Artopia: Feb. 18**

Celebrate Miami's best artists, musicians, fashion designers, chefs and mixologists at the 8th Annual Artopia Miami hosted by the Miami New Times, Miracle Mile and Downtown Coral Gables. Tickets start at \$20.

## **Virginia Key Grassroots Festival of Music and Dance: Feb. 18-21**

Enjoy roots rock, reggae, funk, Latin and more at the Virginia Key Grassroots Festival of Music and Dance at the Historic Virginia Key Beach Park. Featuring more than 50 bands, the festival will also feature dance, yoga and music workshops. Tickets start at \$25.

## **South Miami Rotary Art Festival: Feb. 20-21**

The 33rd annual South Miami Rotary Art Festival will take place in downtown South Miami along Sunset Drive. Listen to live music, hang out in the beer garden and view works by more than 150 artists. Admission is free.

## **Ranger-Led Tamiami Trail Triathlon: Feb. 21**

Discover the wild side of Everglades National Park and Big Cypress Nature Preserve on during the Ranger-Led Tamiami Trial Triathlon. Not your average triathlon, the event isn't a competition to beat the clock or other participants. Instead, it's a fun way to explore the Everglades by paddling, hiking and biking with park rangers. For more info and to sign up, visit [nps.gov](http://nps.gov).

## **SOBEWFF: Feb. 24-28**

Back in Miami for its 15 edition, the Food Network & Cooking Channel South Beach Wine & Food Festival Presented by Food & Wine (SOBEWFF) will dazzle your taste buds. Nosh on delicious eats crafted by celebrity chefs and attend glitzy late-night parties at this popular annual event. Ticket prices vary depending on event.

## **Miami International GuitART Festival: Feb. 24-28**

Hosted by the FIU School of Music, the Miami International GuitART Festival brings international guitarists from around the world for a series of concerts, master classes, lectures and more at WPAC Concert Hall. The music festival is led by Benjamin Verdery, from Yale University School of Music. Tickets start at \$20.

## **Walk for the Animals: Feb. 27**

The Humane Society of Greater Miami is hosting the 16th annual Walk for the Animals event in Downtown Miami's Bayfront Park. You and your pooch can participate in the walk as an individual, family or a pack and all funds raised will raise money to support homeless and abandoned animals.

