

STRESS FREE SKILLS

By Doctor Fred Luskin and Doctor Kenneth Pelletier - Stress Free for Good Book

Stress can activate the fight and flight response in the body creating a stress body response. These body responses create a risk for your body to potentiate cardiovascular, abdominal, metabolic, and inflammatory diseases. The following skills will assist you in managing stressful lifestyle changes.



1. Breathe from your belly for five to ten times a day, especially when you are upset, nervous or unable to go to sleep.
 2. Increased appreciation for the good things in your life like fifteen to thirty seconds full attention on someone you love or someone who has done an act of kindness to you.
 3. When talking to family member or friend, remember how much that person means to you.
 4. Think of places that evoke good memories, especially during difficult turmoil times to assist you in making good decisions and enjoy the beauty of nature.
 5. Reduce muscle tension by practicing relaxation exercises such as deep slow breaths. As you practice, repeat “I have all the time in the world” or “I am relaxed and at peace”. This exercise is helpful before going to bed and during long sitting times.
 6. Visualize success and take time to see specific positive outcome you desire to accomplish your goals and dreams. Repeat three times for any one problem.
 7. Slow down, when you feel impatient. Enjoy and savor your meals, pay attention to nature, loved ones, and look careful at every aspect of something – tastes, colors, shapes, and textures.
 8. Appreciate yourself for your talents and willingness to help such as listening to a friend, caring for your family and others. Remind yourself that you work hard and are worthy of praise, especially when you feel unappreciated.
 9. Smile because you care even during mundane tasks, and remember the loving reason behind all the good, especially when you feel discouraged or overworked.
 10. Stop doing what does not work, learn to recognize what you are doing is not successful and to stop, calm yourself.
 11. Remind yourself that you have choices, including option of saying no.
 12. Accept what you cannot change, remind yourself that to solve a problem you need serenity and wisdom, not anger or despair, especially during frustrating situations.
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ROAST CHICKEN WITH SPRING VEGETABLES

By Food Network

Ingredients

3 1/2 pounds skin-on, bone-in chicken
Kosher salt and freshly ground pepper
1 lemon, halved
3 tablespoons extra-virgin olive oil
1 pound fingerling or other small potatoes
2 bunches radishes
1 bunch scallions
1 bunch baby carrots
1/4 cup chopped fresh dill

Photo By: Antonis Achilleos



Directions

Preheat the oven to 500 degrees F. Rinse the chicken and pat dry. Season with salt and pepper then place skin-side up on a rimmed baking sheet. Squeeze 1/2 lemon over the chicken and drizzle with 1 tablespoon olive oil. Roast 15 minutes. Meanwhile, cut the potatoes and radishes in half and cut the scallions into thirds. Toss the potatoes, radishes, carrots and the remaining 2 tablespoons olive oil in a bowl; season with salt and pepper. Remove the chicken from the oven and scatter the vegetables around it. Continue to roast until the vegetables are tender and the chicken is golden and cooked through, about 20 more minutes. Squeeze the remaining 1/2 lemon over the chicken and vegetables. Top with the dill and season with salt.



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