



Wellness Matters



SUMMIT ESC's WELLNESS PROGRAM

Energize, Socialize, Come Alive!

November 2020

In This Issue...

- November Focus- Stress Management
- Fall Wellness Challenge
- Pink Out Pics
- Walking Wednesdays are Back!
- Healthy Recipes



October Focus- Stress Management

What Is Stress?

Stress is the “psychological, physiological and behavioral response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health” (Palmer, 1989).

What are Symptoms of Stress?

Although we all experience stress differently, some common symptoms include:

- Difficulty sleeping;

- Weight gain or weight loss;
- Stomach pain;
- Irritability;
- Teeth grinding;
- Panic attacks;
- Headaches;
- Difficulty concentrating;
- Sweaty hands or feet;
- Heartburn;
- Excessive sleeping;
- Social isolation;
- Fatigue;
- Nausea;
- Feeling overwhelmed;
- and obsessive or compulsive behaviors.

[Click here for more information about the psychological and physical effects of stress.](#)

[Click here for 14 interesting facts about stress.](#)

What is Stress Management?

Put simply, stress management is:

“set of techniques and programs intended to help people deal more effectively with stress in their lives by analyzing the specific stressors and taking positive actions to minimize their effects” (Gale Encyclopaedia of Medicine, 2008).

What are Stress Management Techniques?

Click on each technique to learn more:

- [Meditation](#)
- [Beginner Meditation Technique](#)
- [Exercise](#)
- [Exercise Improves Mood](#)
- [Sleep](#)
- [Tips to Improve Sleep](#)
- [Proper Nutrition](#)
- [10 Best Food to Fight stress](#)
- [Viewing Nature](#)
- [Massage](#)
- [5 Minute Breathing Exercise to Reduce Stress at Work](#)
- [Relaxation Techniques](#)
- [Mindfulness](#)

[Fall Wellness Challenge](#)

The Summit ESC Wellness Committee is challenging you to join the Summit Metro Parks Fall Hiking Spree!

The logo for the Fall Hiking Spree features the words "FALL", "HIKING", and "SPREE" stacked vertically. "FALL" is in orange, "HIKING" is in green, and "SPREE" is in orange. The text is bold and sans-serif.

Click [here](#) for information and to register.

Once you have completed the Hiking Spree, submit your form [here](#) to be entered into a prize drawing.

Fall Hiking Spree Brochure

Take photos of your hiking adventures and send them to Tracie Collins at Traciec@summitesc.org. You might see yourself in our next newsletter or on our social media!



Summit ESC staff wore pink for a Pink Out day in support of breast cancer awareness.



Walking

Wednesdays

Put on your walking shoes!

EVERYONE WELCOME!

When: Wednesdays at 10:00am

Where: Meet at the Reception Desk. We'll walk outdoors (weather permitting) .
rainy.

Walking is a low-impact exercise that promotes cardiovascular health, can boost productivity, and improves mood.

Take a break, stretch your legs, enjoy the fresh air, and enjoy some social distanced social time!



Healthy Stress-Relieving Recipes

- [Stress Relieving Green Smoothie](#)
- [Purple Power Smoothie Bowl](#)
- [Blueberry Muffin Overnight Oats](#)
- [Granola Bars](#)
- [Grilled Stuffed Avocado](#)
- [Veggie Lovers Flatbread Pizza](#)
- [Easy Turkey Roll-Ups](#)
- [Lemon Butter Seared Salmon](#)



Kid-Friendly Healthy Recipes

- [Baked Chicken Strips](#)
- [Quick and Easy Chicken Noodle Soup](#)
- [Sheet Pan Fajitas](#)

- [Skillet Chicken Pot Pie](#)
- [Stovetop Mac & Cheese](#)
- [Easy Stuffed Pasta Shells](#)
- [Baked Chicken Quesadillas](#)

Summit Educational Service Center |
www.summitesc.org

