

APRIL 2021

Healthy Living

April is Stress Awareness Month

With demanding jobs, caring for family, and worries about everyday events, many people feel stressed on a daily basis. Chronic stress puts you at a higher risk of developing health problems such as heart disease, diabetes, immune system problems, and other issues. Although all stress can't be avoided, there are ways to manage stressors more effectively.

Change your response to stress by experimenting with some new strategies:

- **Take slow, deep breaths.** Practicing deep breathing can help calm the body's stress response.
- **Consider meditation.** Listen to soothing music in a quiet space to clear your mind. Try some guided meditations to get started.
- **Get up and move.** Exercise releases feel-good brain chemicals that can lower stress and anxiety, so try adding more movement into your daily routine.
- **Change your environment.** Attempt to get rid of or manage your exposure to things that cause stress.
- **Budget your time.** Make a "to do" list and rank items by importance. Focus on the tasks that have the biggest impact.
- **Learn to say "no".** Don't commit to doing too much at once in order to avoid burnout.
- **Unplug from electronic devices.** Set aside specific times during the day when you turn off your phone or avoid checking email.
- **Adjust your perspective.** View changes as positive challenges instead of obstacles.
- **Talk out troubles.** Sometimes a friend or family member can help you see a problem from another point of view.
- **Escape for a bit when you feel you are getting nowhere with a problem.** Take a walk, read a book, visit a museum, or go for a drive. Leaving a situation for a short time helps you develop new attitudes.
- **Make time for gratitude.** Reflect on the areas in life you're most grateful for to help shift your perspective.
- **Reward yourself with things that make you feel good.** Pick some flowers to brighten up your living space, picnic in the park, take a warm bath, or indulge in a spa treatment. Give yourself some "me" time and recharge.
- **Help others.** This takes the focus off of you and puts it on the needs of others. The positivity associated with good deeds is contagious—you'll feel better having helped someone in need.
- **Remember to ask for help if you need it.** Delegate tasks at work and home to take some of the burden off your workload.



FEATURED RECIPE

Charred Chicken with Sweet Potatoes & Oranges



Ingredients

- 4 skin-on, bone-in chicken thighs
- Kosher salt
- 4 garlic cloves, finely grated
- 3 tablespoons fresh lemon juice, divided
- 5 tablespoons olive oil, divided
- 1 large or 2 medium sweet potatoes, scrubbed
- 3 large sprigs rosemary
- 1 blood orange, thinly sliced, plus wedges for squeezing
- 1 (15-ounce) can chickpeas, rinsed
- 1/2 cup Castelvetrano olives, pitted
- 3 ounces feta, crumbled (about 1/2 cup)

Recipe serves 4.

Directions

1. Preheat oven to 450°F. Place chicken in a large bowl and season with salt. Add garlic, 2 Tbsp. lemon juice, and 2 Tbsp. oil and toss to combine. Let sit at room temperature at least 30 minutes or cover and chill up to 12 hours. Remove chicken from marinade, draining off any excess; discard marinade. Set chicken aside.
2. Prick sweet potato all over with a fork and roast on a small foil-lined rimmed baking sheet until tender, about 1 hour. Let sit until cool enough to handle.
3. Once potato comes out of the oven, start cooking the chicken. Heat 1 Tbsp. oil in a large skillet, preferably cast iron, over medium-high. Cook chicken, skin side down, until skin is very brown (it should get very dark; as long as you don't smell it outright burning it will be all the better with some char), about 5 minutes. Transfer to oven and roast, keeping skin side down, until cooked through, 18-22 minutes. About 1 minute before removing chicken from oven, toss rosemary sprigs into skillet. Place chicken, skin side up, on a plate along with rosemary sprigs. Set skillet over medium-high. Cook orange slices just until golden and slightly softened, about 30 seconds per side. Transfer to plate with chicken.
4. Toss chickpeas, olives, and feta with remaining 2 Tbsp. oil and remaining 1 Tbsp. lemon juice in a large bowl; season chickpea salad with salt.
5. Tear open sweet potato and arrange big sections of flesh on a large platter. Place chicken, along with any accumulated juices, around sweet potato, then top with orange slices, chickpea salad, and rosemary leaves. Squeeze orange wedges over everything when at the table.