

# WICKED WELLNESS



## April is Stress Awareness Month!

Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being and minimize exacerbation of health-related issues.

Commit to taking 10 to 15 minutes today to do something for yourself. Here are some ideas from the Centers for Disease Prevention and Control (CDC) to get started:



Get Outside



Embrace Self-Care



Practice Gratitude



Be Active



Laugh



Try a new hobby



Practice Relaxation



Connect with Friends



Seek counseling

## FOOD FOR THOUGHT!



Do you eat enough Magnesium rich foods? Magnesium is a mineral that is responsible for over 300 reactions in our bodies that affect blood sugar, blood pressure, digestion, muscle relaxation, migraine headaches, anxiety & sleep. Here are the top 5 foods:



- Seeds (pumpkin, chia)
- Nuts (almonds, cashews)
- Greens (spinach, chard)
- Beans (lima, black)
- Soy (milk, edamame)

## SNAP PEA & RED CABBAGE SLAW

- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1/2 medium head red cabbage, shredded
- 8 oz sugar snap peas, diced
- Salt & pepper to taste, herbs of choice

Whisk together oil, lemon juice, mustard and season with salt & pepper. Add the snap peas, red cabbage and any fresh herbs. Toss to combine. Dressing and slaw can be prepped ahead: refrigerate separately and combine just prior to serving.

## MOVE MORE!

STRETCH TO DE-STRESS!



Forward Fold



Neck Rolls



Cat-Cow Stretch



Seated Spinal Twist



Shoulder Stretch



Child's Pose



## ATTENTION CENTERING TECHNIQUES



To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION



BREATHING



VISUALIZATION