

Health & WELLNESS



May 2021



7 Ways Christians Should Deal with Stress and Anxiety

Published by Aaron Loy, March 2020 from Relevant Website.

As Christians, we are not exempt from experiencing anxiety and stress, it is a silent menace and for Christians it can be difficult to acknowledge because it can make us feel weak in an area that others appear to be strong.

Click [here](#) to keep reading!

DAILY STEPS TO LESS STRESS

Wellness Coaching

The Daily Steps to Less Stress Program was developed to give you a better understanding of what stress is and how it impacts your life. It provides enjoyable and effective skills to help you better cope with life's day-to-day ups and downs. By better managing your stress you can improve your state of mind, blood pressure, and weight. And, if you have diabetes, learning how to manage your stress can help you gain better control over your diabetes.

Click [here](#) to see Highmark's Daily Steps to Less Stress flyer or call a Wellness Coach at 1-800-650-8442.

Tips to Boost Your Mental Health

Smile! It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

Take 30 minutes to go for a walk in nature! Being in nature can increase energy levels, reduce depression and boost well-being.

Whats Trending!

Moon Milk is a relatively new trend to many people, but it actually has its roots in ancient herbal medicine tradition. It is made of warm milk and a soothing blend of spices and adaptogens that are held to resist the damaging effects of stress and anxiety, and promote normal physiological functioning. It may help you relax, making it a perfect treat right before you go to bed. You can even create your own moon milk blend by experimenting with a wide array of ingredients!

Click [here](#) for recipe!



EPC Staff Recipes

Healthy Meatloaf

(Recipe was recommended by an EPC church staff member and noted it was a family favorite! Thank you for sharing!)

1 1/2-pound ground turkey
1 cup tomato juice, spicy vegetable juice or barbecue sauce
3/4 cups Quaker Oats, quick or old-fashioned, uncooked
1 egg or 2 egg whites, lightly beaten
1/4 cup chopped onion
Handful finely shredded carrots if desired
Salt & pepper to taste
Worcester sauce to taste
Garlic powder to taste
Hot sauce to taste

Glaze:

Mustard and brown sugar/honey or barbecue sauce

Preheat the oven to 350 degrees.

Combine all ingredients, mixing lightly but thoroughly.

Press into an 8-by-4-inch loaf pan.

Bake for 1 hour, spread on glaze, return to oven for 15 minutes. Let stand for 5 minutes before serving.

Please send April.hair@epc.org any nutritious family favorite recipes that you would like to share in our next month's Health & Wellness Newsletter! I would love to share yours!

"OH, MY ACHING BACK!"

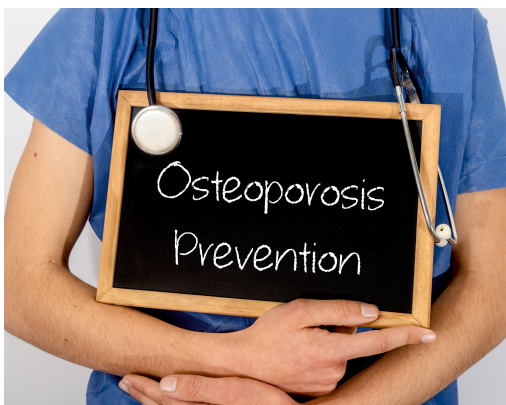


Home Remedies for Back Pain

1. Exercise
2. Use heat and cold
3. Stretch
4. Pain relief cream
5. Switch shoes
6. Workstation changes
7. Sleep
8. Manage or reduce stress

Read full article [here](#) from [Medicalnewstoday](#).

Medically reviewed by Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC, CHT — Written by Jennifer Berry on January 27, 2020



Did you know...

If you are a women, age 65 an older, and enrolled in our medical plan then you can get an Osteoporosis (Bone Mineral Density) Screening every 2 years! This is part of your preventative care with little to no cost sharing when using an In-Network provider!

See the Preventative Screening Schedule [here](#) to take advantage of the preventative care services available to you.