

Healthier happens together™

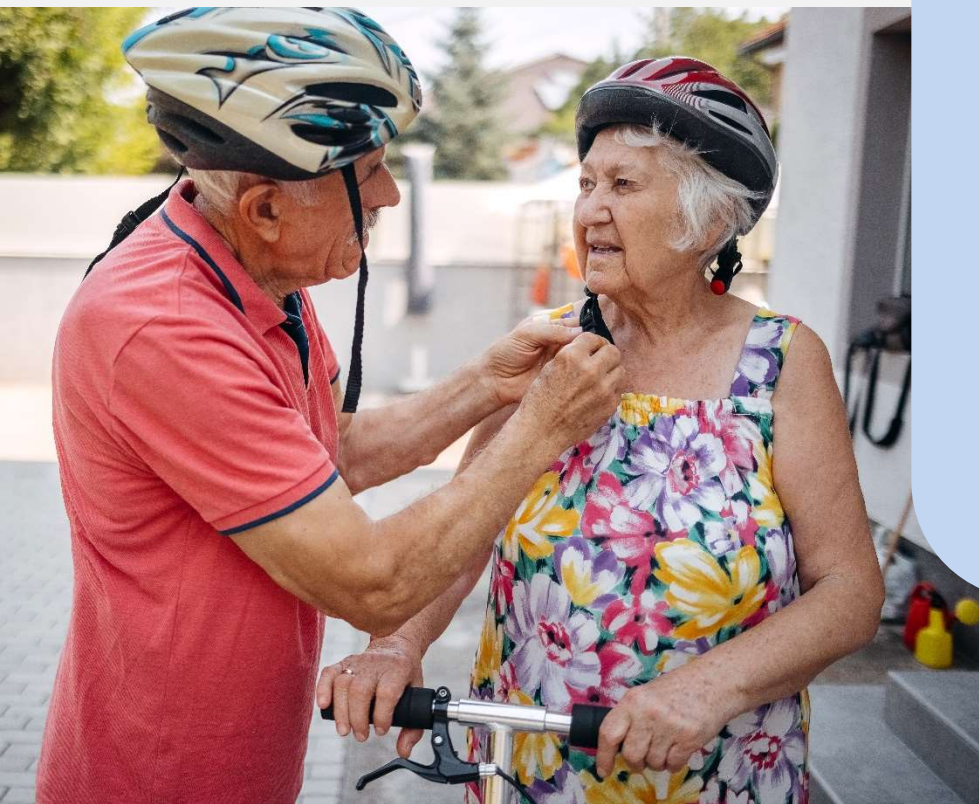
April 2025

This issue:

- Earth Day | **Tuesday, April 22nd**
- Stress Awareness Month
- Team Family: Getting Active Together
- Recipe: Grilled Chicken Tacos Slaw & Lime Crema

*“Try to be a
rainbow in
someone
else’s cloud.”*

*-Maya
Angelou*



Earth Day is an annual event on April 22 to demonstrate support for environmental protection.

First held on April 22, 1970, it now includes a wide range of events coordinated globally through earthday.org including 1 billion people in more than 193 countries.

**OUR POWER
OUR PLANET**

**HAPPY
EARTH DAY**
APRIL 22



Earth Day | April 22nd

PROTECTING OUR PLANET STARTS WITH **YOU**



**BIKE MORE
DRIVE LESS**



**reduce
REUSE
recycle**

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



**PLANT
A TREE**



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.



Buy less plastic and bring a reusable shopping bag.



**Don't send
chemicals
into our
waterways.**

Choose nontoxic chemicals in the home and office.



Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



**Long-lasting
light bulbs
- ARE A -
BRIGHT
IDEA**

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!



Feel your best, without stress

Don't let it get the best of you

If you've ever felt stressed, then you know what it's like. It happens in moments where you're handling a lot. And although some stress is normal, having too much can hurt your health. That's why it's vital to keep it in check.

What happens when you're stressed?

Your body goes into fight-or-flight mode. Your heart races, your breath quickens and your energy is at a high level. These feelings can cause physical problems like headache, stomachache, back pain or a weakened immune system.

The good news? You can learn to manage your stress to keep your health protected.



Tips to ease stress

The best way to manage your stress is to learn healthy coping techniques. But not everyone will use the same ones. Find what works best for you.



Work it out

Take a walk. Regular exercise is one of the best ways to manage stress.



Write it down

Keep a journal. It can help to write about the things that are bothering you.



Let it out

Talk, laugh, cry — express your feelings. Do it with someone you trust, if you need to.



Relax your body

Ease off. Try aromatherapy, yoga, breathing exercises and muscle relaxation exercises like tai chi or qigong.



Do something you love

What makes you happy? A hobby can bring joy and help you relax. Volunteering can be a great stress reliever, too.



Focus on the present

Meditate or listen to music. Try to look for the humor in life. Laughter really can be the best medicine.

Chill out

Tips to reduce your stress at work



Make a list of your projects and deadlines.

- Keep track of what's important and most urgent.
- Decide what matters most and what can wait.
- Learn to say "no." Try not to overcommit yourself — it's a recipe for stress!



Give some of your projects to others.

- Sharing your workload can be a big help.
- It's not always important to have complete control.



Focus on one thing at a time.

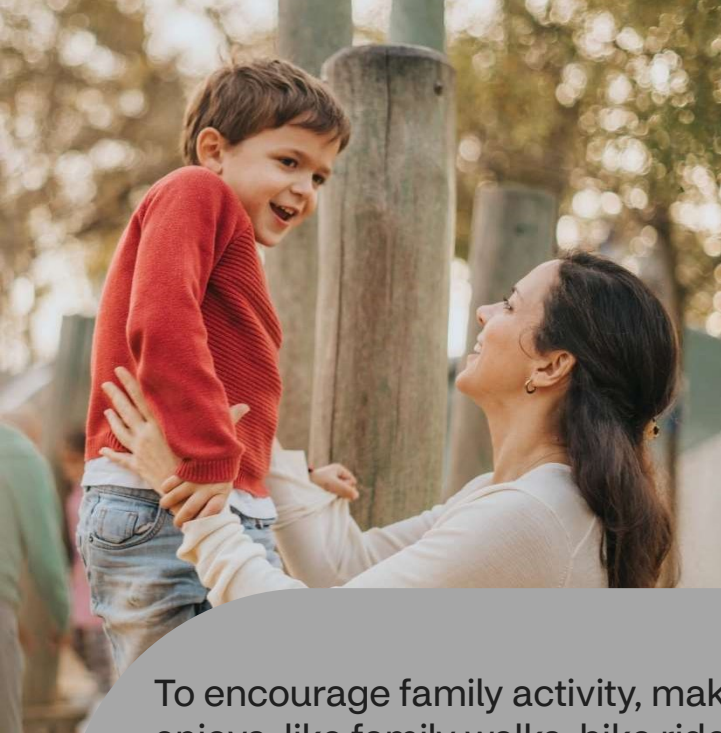
- In some cases, you can do two things at a time. But if you start to feel stressed, go back to doing one thing at a time.



Try to limit distractions and interruptions.

- Ask others to give you a block of time when you're not to be disturbed.





Team Family: Getting Active Together!

To encourage family activity, make it fun by incorporating activities everyone enjoys, like family walks, bike rides, or dance parties, and make it a priority by scheduling regular time for physical activity.

Here are some ideas for getting families active together:

Outdoor Activities:

- Hike a local nature trail or ride a bicycle path:** Explore the great outdoors and enjoy nature together.
- Go for a walk or bike ride:** Make it a regular part of your evening routine or weekend plans.
- Play sports:** Organize friendly family competitions with sports like soccer, basketball, or volleyball.
- Set up a backyard obstacle course:** Encourage physical activity and teamwork.
- Go to the park:** Enjoy playgrounds, picnic areas, and other recreational facilities.
- Plant a garden:** Caring for plants gives your children a reason to get outside each day.

Indoor Activities:

- Have a dance party:** Turn on some music and get moving.
- Do yoga or tai chi together:** Practice mindful movement and improve flexibility.
- Play games:** Tag, hide-and-seek, or board games that require movement.
- Do chores together:** Rake leaves, shovel snow, or do other home-maintenance projects as a family.
- Make active chore cards:** Let each family member draw a card each day with a different active tasks listed.

Grilled Chicken Tacos with Slaw & Lime Creama



Ingredients

- 3 cups thinly sliced red cabbage
- 1 cup matchstick carrots
- ½ cup thinly sliced scallions
- 4 tablespoons fresh lime juice, divided
- 1 teaspoon salt, divided
- ⅓ cup reduced-fat sour cream
- ¼ cup chopped fresh cilantro, plus more for garnish
- 8 chicken tenders (about 1 pound)
- 1 ½ tablespoons olive oil
- 1 tablespoon chili powder
- 8 (8 inch) corn tortillas, warmed
- 1 jalapeño pepper, thinly sliced
- Lime wedges, for serving

Directions

1. Combine cabbage, carrots and scallions in a large bowl. Add 2 tablespoons lime juice and 1/2 teaspoon salt; toss to coat. Combine sour cream, cilantro and the remaining 2 tablespoons lime juice in a small bowl.

2. Heat a grill pan over high heat. Brush chicken tenders evenly with oil; sprinkle with chili powder and the remaining 1/2 teaspoon salt. Coat the hot pan with cooking spray. Add the chicken to the pan; cook, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 7 to 8 minutes.

3. Divide the chicken among warm tortillas. Top with the cabbage slaw, the lime crema and jalapeño slices. Garnish with cilantro and serve with lime wedges, if desired.