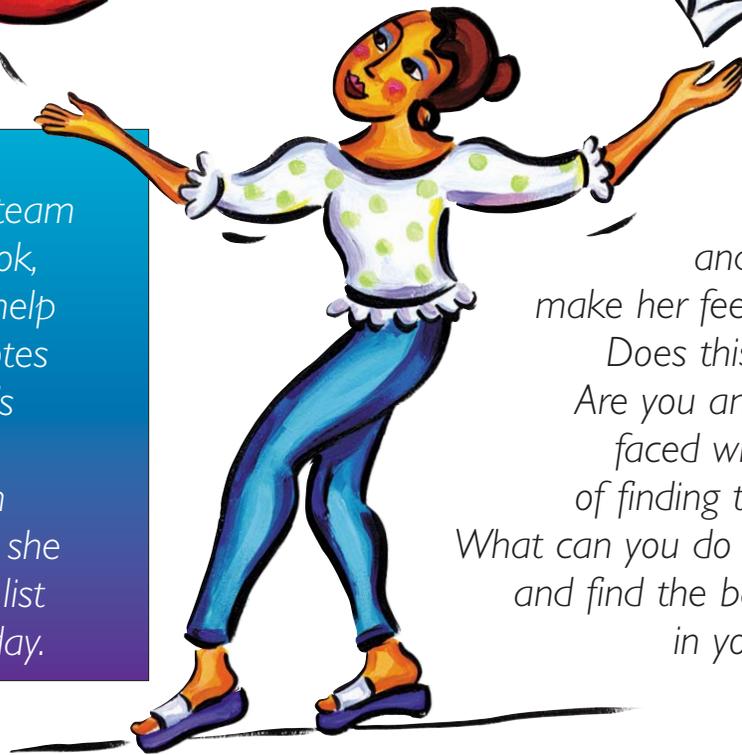


# RELAX, RECOVER, REVENUE

## Everyday Solutions TO REVITALIZE EVERYDAY HEROES

It's 4:30, she's stuck in traffic, she has a soccer team to cheer on, dinner to cook, a math ace who needs help with long division, and notes to prepare for tomorrow's big meeting. She is an **Everyday Hero**, and from work to family to friends she has a seemingly endless list of responsibilities every day.



Juggling all of these roles and obligations can make her feel out of balance. Does this sound familiar? Are you an **Everyday Hero**, faced with the challenge of finding time for yourself? What can you do to let go of guilt, and find the balance you need in your everyday life?

## STRESS IS MORE THAN JUST A FEELING

For women of all ages, feeling stressed can impact diet, sleep and activity patterns, which in turn affects overall health and well-being. The body responds to stress in a variety of ways, including headaches, emotional irritability, insomnia, high blood pressure, depressed immune function and muscular tension. All of these things can zap energy and interfere with your ability to get it all done. As lives become more hectic — juggling family, friends and career — it is essential for women to find balance in their lives.



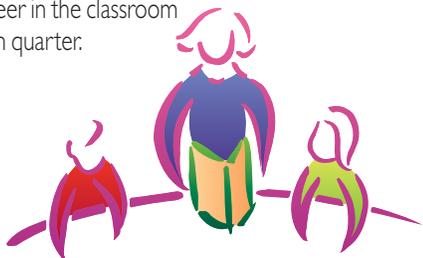
### SIMPLIFY

Don't be afraid to ask for and accept help. Many friends, family and coworkers are happy to help out. And, **learn to delegate** and share chores. The most obvious tasks to give up are laundry, dishes, garbage, shopping and pet care. Remember, once chores have been delegated, don't take them back! **Plan simple meals** and involve the whole family in preparation. Spend time discussing the day's events as you toss a salad or set the table together. **Look for convenient meal solutions in your local grocery store.** Many of these new products are delicious, nutritious and fit easily into a healthful diet. Plus, they provide home-style taste after just 10 minutes in the microwave.



### PRIORITIZE

What can you, the **Everyday Hero**, do to decrease stress, increase your energy level and lead a fuller, healthier life? Decide which parts of your life are most important and which parts require less of your attention. **Learn to say no and, if necessary, let go of, or cut back on, some of your commitments.** Others will understand; we are all limited by the number of hours in a day! Volunteering once a week? Why not change your schedule to once a month? Just don't have time to be a homeroom mother this year? Be sure to contact the teacher and let her know you would be happy to volunteer in the classroom once each quarter.



### BE ACTIVE

Regular movement is essential for physical and emotional health. It is believed that any type of physical activity can relieve stress, improve sleep and enhance overall health. **Simply aim for 30 minutes of activity each day.** Don't have 30 minutes? Don't worry — break it down into short bursts of activity. Just make sure it adds up to 30 at the end of the day. When you exercise, your body releases endorphins or "feel good" hormones. Endorphins are thought to reduce anxiety and improve mood.<sup>3</sup> Engaging in physical activity during times of excessive stress not only helps you deal with the physical aspects of a stress reaction, but also redirects your attention, allowing you to regain positive energy and a better perspective.



Chronic stress can impact overall health and well-being.

In fact:

- An estimated 75-90 percent of all visits to primary care physicians are for stress-related problems.<sup>1</sup>
- An estimated 1 million workers are absent every day due to stress.<sup>1</sup>
- 86% of women feel finding ways to relax and reduce stress is very important, but only 32% feel they do a good job of relaxing.<sup>2</sup>
- 80% of women feel there is just too much to get done everyday, and consequently, 79% feel drained of energy at the end of the day.<sup>2</sup>



### 7 Tips to Reduce Stress and Increase Energy

#### PRIORITIZE

Decide which parts of your life are really important and give them priority.

#### SIMPLIFY

Simplify your menu! Switch to foods other family members can cook, or foods that practically prepare themselves. Look for new convenient products like heat-and-serve pot roast or beef stew, shredded cheese and bag salad.

#### BE ACTIVE

Take a walk, try a new sport, go dancing with your friends or husband. You'll be amazed at how much better you feel!

#### EAT A BALANCED DIET

Enjoy all foods! Avoid the nutritional cost of stress; re-energize yourself by mixing up your menu with a variety of nutrient-rich foods.

#### SHARE YOUR FEELINGS

Take time every day to share your feelings. And remember, laughing is good for your health!

#### AVOID GUILT

Look for simple solutions to everyday stressors. You're too busy for guilt. Give it up, relax and focus on the things that make you feel good.

#### GET SOME REST

Get up and go to bed at the same time every day. A regular rhythm fosters a healthy sleep cycle, making it easier to cope with the world.

### EAT A BALANCED DIET

Eating a balanced diet boosts your immune system. Make sure to eat a combination of foods, such as whole grain breads, colorful fruits, leafy green vegetables, lowfat dairy products and lean beef, all of which are packed with nutrients.

Follow MyPyramid and include a variety of foods from each group every day.



### SHARE YOUR FEELINGS

Talking with an understanding friend, coworker or family member allows you to vent and diminish stress. Time spent with loved ones often includes laughter, which provides additional health benefits.

Laughing has been shown to reduce pain, strengthen immune function and decrease stress. So spend some time everyday giggling your way to better health.



### AVOID GUILT

Guilt is an emotional health and balance robber! It takes a positive attitude to believe in yourself, overcome everyday challenges and positively impact others. Don't let guilt affect your perspective. Set realistic and attainable goals to help you feel good about your abilities. Your new "guilt-free" attitude will make downtime more relaxing and enjoyable. The first step to finding the well-being you are looking for is to identify the stressors in your life.

One of the daily challenges and leading stressors for most Everyday Heroes is finding time to prepare a healthy dinner. What can you do to make dinner less stressful? When you do have time to cook, make a double batch and freeze the leftovers. Use these "homemade" microwave dinners on the busiest weekday evenings. Plan an "old fashioned Sunday dinner" for one day each week. Have the whole family help with preparation, and then sit down to share a relaxing meal. Make dinner time fun. Try making breakfast for dinner. Breakfast foods, like omelets, are quick to fix and by including meat, cheese and vegetables, with a side of fresh fruit and whole wheat toast you have a complete, balanced meal.



Many Everyday Heroes struggle to find time for exercise. But there are a lot of ways to incorporate physical activity into the things you do every day. Get off the bus one stop early and enjoy a brisk walk to the store or your office. Instead of sitting in the stands at your children's sporting events, walk the sidelines as you cheer on your favorite athletes.



Everyone responds to stress differently, and consequently there is no single recipe for stress management. Small changes in your daily routine can make a big difference in your overall health. To better manage your stress every day, be sure to include laughter, physical activity, good nutrition and time for you!

Iron and zinc are especially important to the immune system, which is often compromised in stressful times. Lean beef is an excellent source of zinc and a good source of iron.<sup>4</sup> It also provides other key nutrients like protein and several B vitamins, including vitamin B<sub>6</sub> and B<sub>12</sub>, that are essential for good health.



### 15-Minute Pot Roast with Savory Potatoes

Total preparation and cooking time: 15 minutes

1 package fully-cooked boneless beef pot roast (1<sup>3</sup>/<sub>4</sub> to 2<sup>1</sup>/<sub>2</sub> pounds)

#### Savory Potatoes

1 cup milk  
2<sup>2</sup>/<sub>3</sub> cups frozen mashed potatoes  
1/2 cup prepared French onion, vegetable or green onion sour cream dip

1. Prepare pot roast according to package directions.
2. Meanwhile in medium saucepan, heat milk over medium heat 3 minutes or until steaming. (Do not boil.) Add potatoes. Cook and stir 5 minutes. Remove from heat. Add dip; stir to combine. Let stand, uncovered, 2 minutes.
3. Carve pot roast into slices. Serve with potatoes.

Makes 6 servings.

**Nutrition information per serving:**  
313 calories; 33 g protein; 17 g carbohydrate;  
12 g fat (5 g saturated fatty acids);  
644 mg sodium; 89 mg cholesterol;  
4.5 mg niacin; 0.4 mg vitamin B<sub>6</sub>;  
4.3 mcg vitamin B<sub>12</sub>; 2.6 mg iron; 10.1 mg zinc.  
(Complete nutritional information available on request.)

This recipe is an excellent source of protein, zinc, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub> and a good source of iron.

#### Footnotes:

1. The American Institute of Stress — www.stress.org.
2. Wirthlin Worldwide, February 2000.
3. Smolin, Lori A, Grosvenor. Nutrition Science and Application. Saunders College Publishing, New York, 1994.
4. U.S. Department of Agriculture, Agricultural Research Service. 2006. Nutrient Database for Standard Reference, Release 19.

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