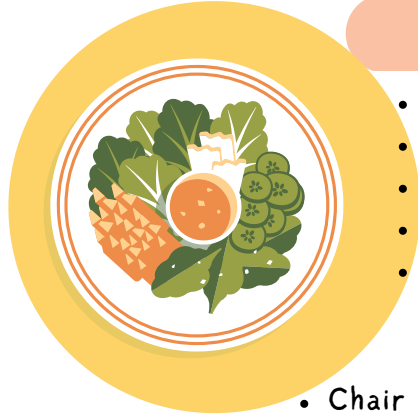


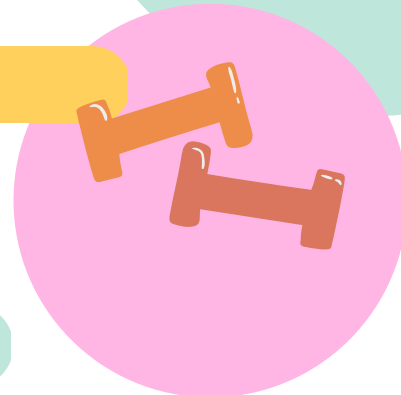
HEALTH & NUTRITION



- How to read nutrition labels
- Holistic approach to health
- Healthy Aging
- Cooking
- Much more!

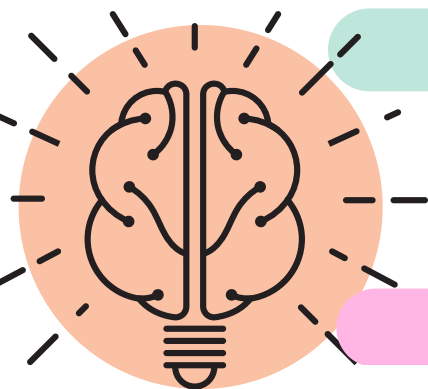
FITNESS

- Chair Workouts
- Walk n Talk
- Walk Across Texas
- Fitness Club



MENTAL HEALTH

- Mindfulness & Stress Management
 - (adults & youth)



CONTACT INFORMATION




Howdy! I'm Sara Nicholson, the new Family Community Health agent here in Frio County. I live out in Bigfoot on an 8-acre homestead with my husband, son, 3 dogs, and too-many-to-count chickens. My role at the Extension Office is to educate on various health topics including mental health, diabetes, blood pressure, healthy habits, cooking, gardening, and much more! Interested in taking a class or finding out what Extension has to offer? Don't hesitate to reach out!

Email: sara.nicholson@ag.tamu.edu

Phone: (830) 334-2752

Address: 400 S. Pecan St. Pearsall, TX 78061

 @Frio County Texas A&M AgriLife Extension

We're currently working with Dilley Housing Authority
& Pearsall Public Library on community gardens!

Want to help out?

Donations of seeds, soil, mulch, raised beds or containers, and/or fertilizer would be
GREATLY appreciated!

Six Tips For Quality Sleep

TURN OFF ALL ELECTRONICS

LOWER THE TEMPERATURE

READ BEFORE BED

AVOID LOOKING AT THE CLOCK

AVOID NAPPING DURING THE DAY

VISUALIZE THE THINGS THAT MAKE YOU HAPPY

Increasing focus is being paid to sleep, as a lack of it has been shown to contribute to weight gain and increase the risk of diseases, like heart disease and stroke.

“With regard to our personal wellness, we often hear about the need for a good diet and an active lifestyle”, said Erica Reyes, Program Specialist with Texas A&M AgriLife Extension.

“Adequate sleep is a third component of a healthy lifestyle that is often overlooked or underemphasized; getting the recommended eight hours is important”, Reyes adds.

Our attempts to reduce weight, maintain peak performance at work, and communicate with others are all dependent on getting enough sleep.

As one of the largest producers of fresh fruits and vegetables in the U.S., Texas’ seasonality and availability can’t be beat. Texas farmers have a focus on growing high-quality produce.

In fact, more than 60 commercial fruit and vegetable crops and over 600 specialty crops are grown in the Lone Star State. Various produce, like green cabbage, carrots, herbs, mushrooms, tomatoes and turnips, are available year-round.



12-DAY STRESS REDUCTION CHALLENGE

DAY 1

Practice deep breathing

DAY 2

Take a walk in nature

DAY 3

Have positive self talk

DAY 4

Cut down on junk food and fizzy drinks

DAY 5

Listen to white noise

DAY 6

Fill in a coloring book

DAY 7

Get a massage

DAY 8

Do something fun or silly

DAY 9

Watch a comedy movie

DAY 10

Laugh for the little things

DAY 11

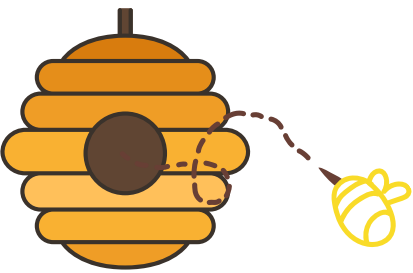
Go on a digital detox

DAY 12

Write down your concerns and worries

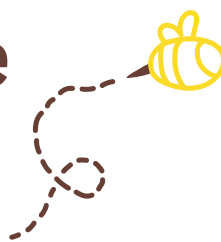
Stress Awareness Month is observed to promote the importance of coping positively with and reducing stress. An accumulation of stress over years can lead to chronic stress and this affects our bodies negatively.

When we are stressed, our body naturally releases hormones that signal our heart rate and breathing to increase. Though, over time, chronic stress continually releases hormones that prevent our bodies from returning to a normal heart rate and normal breathing. An increase in heart rate can lead to an increase in blood pressure and blood sugar in our bodies as the liver releases more sugar, increasing the risk of Type 2 diabetes. Stress also causes our blood vessels to constrict which increases blood pressure.



How to Make a Bee Watering Station

Taken from carolinahoneybees.com



TOOLS

- heat gun (or hairdryer)

SUPPLIES

- 1 piece terra cotta clay pot 8" with saucer
- 1 can spray paint primer
- 1 can Clear Coat Sealer
- 2 small craft paint brushes
- 1 package Small Rocks or Pebbles
- 3 Colors of Outdoors Craft Paint
- 1 Black Paint Pen



INSTRUCTIONS

- **Painting the Pot.** (This is optional but highly recommended.)
If you want to leave the natural clay surface - only paint the inside of the pot that will not be visible. This seals out moisture.
- **Turn the pot upside down and spray paint the outside with primer/paint.**
This will seal the pot and make the surface more suitable for decorating with colorful paint. Use any color you want for your garden. Let dry completely.
- **Draw Simple Designs on the Outside Surface.**
Use a pencil to lightly trace simple flowers or designs on your pot. Remember, it will be upside down (when finished) so draw your flowers in the correct orientation.
- **Add Color to Your Design:**
When you are pleased with your pencil sketches – use outdoor craft paint to add color. A black paint marker makes a nice bold outline around your colors. Then, fill in the flowers or other decorations with colorful paint.
- **Optional: Use a heat gun or hair dryer to hasten paint drying.**
- **Seal Your Design.** Once the paint is dry, you may wish to spray the pot and saucer with clear acrylic sealer and let dry again.
This is to keep your colors looking fresh for a longer time. With the pot upside down, set the saucer on top. You could glue this in place or leave the bee watering station in two parts.
- **Add water and rocks or pebbles.** Let the bee watering station dry and cure for a couple of days.
Then, choose a nice level place in your garden,
- **Place a few large rocks (or many small pebbles) in the saucer to give the bees safe drinking places.**
- **Add water and enjoy.**

