



10 WAYS TO RELIEVE STRESS

BY: WELLWORKS FOR YOU

Are you or someone you love suffering from the symptoms of stress? Perhaps stress is causing you to lose sleep at night or gain weight. We are here to provide you with ideas to help combat stress!

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QUICK FACT

BY: WORLD HEALTH ORGANIZATION

DID YOU KNOW?

Psoriasis affects 7.5 million Americans and there are about 150,000 new cases every year in the United States. Depression is more common among psoriasis patients, so be mindful of others and stay in tune with your needs if you have psoriasis yourself.

Your mental and emotional well-being are just as important as your physical health. We put together 10 ways to relieve stress so that you can begin living a healthier, happier life.

1. **Organize your time with checklists.**
Keeping a calendar with you, along with writing down your important to-do's will not only relieve stress, it will help you accomplish the goals you've been setting out to do.
2. **Don't worry about what others think of you.**
It's a *keep up with the Jones'* kind of world we are living in. Don't worry about living up to other's expectations – just your own.
3. **Don't do life alone.**
Making sure to surround yourself with good friends and asking for help when needed will greatly help reduce stress.
4. **Meditate.**
By using meditation, you can learn how to better control your emotions.
5. **Have patience and learn from mistakes.**
Nobody said this whole life thing was easy. If you're in the midst of a trial – keep persevering and you will see the payoff in the end.
6. **Don't listen to negativity.**
It's all around us – keeping yourself surrounded with positivity is guaranteed to boost your emotional state and keep your chin up and head straight.
7. **Seek out a therapist.**
We all have a lot going on in our lives – but we may not have the appropriate outlet for help. Having a therapist can help you gain perspective and balance your emotions.
8. **Exercise.**
Don't sit around and feel sorry for yourself. Get rid of that stressful energy by running or working it off in the gym.
9. **Breathe.**
There are times we forget to breathe. When we are stressed our brains may be too occupied with all the thoughts running through our minds. Remember to stop and breathe.
10. **Take care of yourself.**
Don't forget that you come first. If you're in need of a massage or a night out with friends – remember to have fun.

SOURCE: WELLWORKS FOR YOU BLOG

FEATURED RECIPE: HERBED RICOTTA AND FRESH TOMATO TART

Serves: 6



INGREDIENTS

- ❑ 1 sheet frozen puff pastry (from 17.3-oz package), thawed
- ❑ 1 large egg, beaten
- ❑ 1 cup ricotta cheese
- ❑ Kosher salt
- ❑ Pepper
- ❑ 1 lemon
- ❑ 2 scallions, finely chopped
- ❑ 1/2 cup fresh flat-leaf parsley, chopped
- ❑ 2 tbsp. olive oil
- ❑ 1/4 cup small fresh mint leaves
- ❑ Flaky sea salt, for sprinkling

DIRECTIONS

1. Heat oven to 425°F and place oven rack in lower third of oven. Unfold pastry onto piece of parchment paper and roll 1/2 inch bigger on all sides. Slide parchment (and pastry) onto baking sheet.
2. Using paring knife, score 1/2-inch border all the way around pastry. Lightly brush border with egg. Using fork, poke middle of pastry all over, then bake until golden brown, 20 to 25 minutes.
3. Meanwhile, in medium bowl, combine ricotta and 1/4 teaspoon salt and pepper. Finely grate zest of lemon into bowl and squeeze in 2 teaspoon juice; mix to combine. Fold in scallions and parsley. Spread onto middle of pastry.
4. Arrange tomatoes on tart, drizzle with oil and sprinkle with mint, sea salt, and freshly ground pepper.

NUTRITION

Per serving: About 300 calories, 21 g fat (9.5 g saturated), 10 g protein, 280 mg sodium, 25 g carb, 2 g fiber

Source: <https://www.goodhousekeeping.com/food-recipes/healthy/a22750354/herbed-ricotta-and-fresh-tomato-tart-recipe/>



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HEALTH OBSERVANCE PSORIASIS AWARENESS MONTH

What Is Psoriasis?

Psoriasis is a chronic skin disease.

Researchers believe this condition develops due to a combination of immune, genetic, and environmental factors.

Psoriasis can start at any age. It is most common between ages 30 and 39 and also between ages 50 and 69. Psoriasis affects nearly equal numbers of men and women. In people with this disease, the skin grows too fast. Dead skin cells build up on the skin's surface to form inflamed, thick, silvery scales called plaques. Sometimes people form many small lesions that can hurt or have pus in them. Psoriasis does not spread from person to person.

Home Care:

- Increasing omega-3 fatty acids can help improve dry skin
- Stay at a healthy weight
- Bathing daily can remove scales and calm inflammation
- Put on skin cream after bathing
- Stop smoking

While there is no cure, there are some helpful treatments to slow the growth of skin cells, relieve pain, itching and discomfort if you live with psoriasis. You should speak with your doctor for the best treatment options for you.

Sources:

https://wwwfy.myhealthfeed.com/healthdata/staywell/portal/203/en/article/exit-writer-discharge-instructions-v1/psoriasis?usercontent=userid-1&condition=&clientId=wwfydemo&entityId=203&clientSiteId=default&groupId=&tp=WEB_PORTAL