

Healthy Living Focus

Stress and Diet



Hello, and welcome to the Healthy Living Focus. In this edition we are talking all things stress. Did you know 37% of the UK report feeling stressed at least one day a week? We will look at the relationship between stress and unhelpful habits, find out the best stress busting foods, how feeling full can help to reduce the feelings of stress, as well as share tips on self care to beat stress.

Our usual habits for reducing stress may actually be having the opposite effect.

Drinking alcohol, smoking, or indulging in greasy food may appear as a good choice to fix our stress or worries, but in the long run this can have the opposite effect and lead to further health problems. In the long run, these won't fix the problems, but simply make them worse. Rather than seeking temporary relief, aim to find the root of the stress to tackle it effectively.

feeling full and having stabilized blood sugar can keep you calm under stressful circumstances, and ease the feelings of stress.

But how can you tell when you are full?

- ✓ listen to your body
- ✓ enjoy each mouthful, slowly
- ✓ drink water with your meals

The best stress busting foods

Avocado
Asparagus
Turkey breast
Blueberries
Salmon
Oats
Leafy greens
Pistachios
Red bell peppers
A small piece of dark chocolate

Self care to beat stress

- ✓ **Be active**- this won't get rid of the stress, but it can make the stress feel less intense, plus provide lots of other health benefits.
- ✓ **Connect with a friend** – talking with a trusted friend can help you see a different perspective
- ✓ **Have some 'me time'** – taking time to prioritise yourself is an important part of reducing stress.

Folic acid can help keep your mood nice and steady, even during times of stress.

It helps the brain to produce serotonin which is the happy hormone we produce when we feel relaxed.

Find folic acid in:

- ✓ Leafy greens
- ✓ Eggs
- ✓ Citrus fruits

Healthy Living Goal

How many stress busting foods can you include into your meals this week?

Visit <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/> for further advice on stress busting foods.

RECIPE OF THE WEEK

Turkey Enchiladas



Ingredients

1 tbsp sunflower oil
500g turkey mince (2% fat)
1 medium onion, finely chopped
1 yellow pepper, deseeded and thinly sliced
400g can chopped tomatoes
400g can red kidney beans
1 tbsp lime or lemon juice
2 heaped tbsp chopped coriander, plus extra to garnish
6 regular or 8 mini flour tortillas
50g reduced-fat mature cheddar, coarsely grated
large mixed salad, to serve

Method

1. Heat oven to 200C/180C fan/gas 6. Heat the oil in a large non-stick frying pan. Add the turkey, onion and pepper for 5 mins, stirring breaking up the mince with a wooden spoon. Add the chopped tomatoes and kidney beans.
2. Bring to a simmer and cook for 10 mins, stirring regularly. Remove from the heat and stir in the lime juice and coriander.
3. Lightly grease a shallow ovenproof dish with the remaining oil. Put 1 tortilla in the dish and top with a couple of generous spoonfuls of the turkey mixture. Roll up and push to one side of the dish. Repeat with the other tortillas, then spoon any remaining turkey mixture down the sides of the dish.
4. Sprinkle the tortillas with the cheese and bake for 15 mins. Scatter coriander over the enchiladas and enjoy.

Healthy Living Tips

Serve with a tasty salad. Even add a little coriander and squeeze of lime to complement the dish.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

