



American Heart Association.

Healthy for Good™

BACK TO SCHOOL 2020

# TAKE A MOMENT FOR YOU

## Healthy for Good Newsletter

### Managing Back-to-School Stress

The American Heart Association is grateful for your work and care about you, so we're here to remind you that self-care is not a luxury. To give the most every day you need to be your healthiest self and that includes managing stress during this busy back-to-school season. So take those moments for yourself when you can, guilt-free, doctors' orders!

#### Tips to reduce stress:

**Snooze more.** Try to get 6-8 hours of sleep each night. To fight insomnia, add a mindfulness practice or physical activity.

**Get connected.** A daily dose of friendship is great medicine. Make time to talk to friends or family so you can catch up.

**Be active every day.** Try taking a five minute walk during a break. Don't be afraid to break up your physical activity into small chunks.

**Eat a healthy meal.** Getting a variety of vitamins and minerals in every meal can help boost your mood.

**Take a moment for you.** Make time to learn a new skill, work toward a goal or just breathe.



#### ONE TO GROW ON

*"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader."*

*-John Quincy Adams*

### Overnight No-Cook Banana Oatmeal

- 2 1/2 c. skim milk
- 1 Tbsp. honey
- 1 tsp. vanilla extract
- 3 1/2 c. rolled oats
- 2 sliced bananas
- 1/4 unsalted chopped nuts

1. In a large re-sealable container or bowl, add milk, oats, honey and vanilla. Stir to combine and cover. Place in the refrigerator and let sit overnight.

2. The next day, divide oats into 4 bowls, peel and slice bananas dividing them over each portion along with chopped nuts. Serve.

Makes 4 servings.

Nutritional Values Calories 443; Total Fat 9.7g; Saturated Fat 1.4g; Trans Fat 0.0g; Polyunsaturated Fat 3.2g; Monounsaturated Fat 4.2g; Cholesterol 3mg; Sodium 68mg; Total Carbohydrate 74g; Dietary Fiber 10g; Sugars 21g; Protein 18g

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