



## Stress Less with Less!!

Every April is National Stress Awareness Month. Stress is a normal emotional response to the demands of our hectic lives. There are several ways to reduce stress in your life. One that will help your stress and your health is to get regular exercise. If you are not getting exercise, then take simple steps to make exercise part of your daily life. Another step is to improve your diet. As many of our program participants have learned, you want to have a colorful diet and eat a lot of fruits and vegetables.

Another way to reduce stress is to try and keep a positive outlook in life. Ask yourself "will what I am worrying about matter in a year from now" and "don't sweat the small stuff. A social approach to managing stress is to create a support network. Friends are important to share both good and bad times with, but try to find those who are supportive.

Everyone also would be better off if they reduced the amount of stuff in their lives, including food. And we live in a good community with a lot of events going on each weekend so get out and enjoy it.

In fact, Earth Day which is on April 22nd is a time for everyone to focus on a cleaner & healthier environment. With Earth Day approaching, what are you going to do to help? Will you spend the day outdoors, clean up a roadside or plant a tree?

The goal for Earth Day is to bring the community together to increase knowledge, raise awareness of our natural resources, inspire individual and community commitment to conservation, and promote organizations and businesses committed to sustainability, and lastly to have fun and celebrate Earth.

The Person County Library is having a Library Garden Earth Day Celebration on Saturday, April 21 from 1:00 pm - 3:00 pm. Come help plant the summer garden and meet local experts on the environment and gardening. All ages are welcome. There will also be a plant swap where you can share your seedlings, cuttings, and perennials. The teaching garden is a partnership between the Person County Public Library, Soil & Water District, S.P.E.E.E.D. and the NC Cooperative Extension.



### Basil, Shrimp and Tomato Pasta with Feta

#### Ingredients

- 1 pound whole-wheat penne pasta
  - 2 Tablespoons olive oil
  - 1 pound shrimp, deveined, shells and tails Removed
  - 3 Tablespoons chopped fresh basil
  - 2 pints grape tomatoes, cut in half
  - 4 ounces (~3/4 cup) low-fat feta cheese
- Serves 6 people, 3/4 cup each  
428 Calories, 60g carbohydrates, 10.5g fiber,  
30g protein, 10g fat, 552mg sodium

#### Directions

Cook pasta as directed. While pasta is cooking, heat skillet over medium-high heat. Add olive oil to pan. Saute' shrimp in olive oil until pink. Add basil and grape tomatoes and saute' for additional two minutes until slightly wilted. Turn off heat. Add feta and stir. Serve shrimp, basil, tomatoes and feta over whole wheat pasta.

Source - Med Instead of Meds <http://medinsteadofmeds.com>

**NC COOPERATIVE EXTENSION**

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