

PANHANDLE PATH TO HEALTHY LIVING



Mental Health in May

May is Mental Health Month, and it has never been more important than this year.

Until now, there were still some people who believed that mental health wasn't everyone's concern. They thought that our annual mental health resources – even though they were shared with millions – were aimed at just a small group of people – the one in five who have a mental health concern in any given year. That isn't the case today.

Just weeks ago, we had no idea that all our worlds were going to be turned upside down by the coronavirus. Or that the associated worry, isolation, loneliness, and anxiety would be something that literally everyone – all five in five – would experience.

My intention with this month's newsletter is to provide resources to assist those interested in helping someone who suffers from a mental health issue. MHA's Mental Health Month toolkit this year is on resiliency, offering tools to thrive at any time. We now believe that these tools – even those that we all may have to adapt for the short term because of social distancing – will be more useful than ever.

There is bonus material in the toolkit specifically focused on the coronavirus, and how we can all work together to support our mental health in the face of uncertainty.

First, mental health screening is essential during times of stress. We have set an ambitious goal of a million mental health screens in May. Take a screen. And tell your friends to take a screen, too. It is more important than ever to take care of our mental health.

Second, it is important to look forward and to focus on what we need to do to thrive in uncertain times. And the tools in this year's toolkit can also help us do just that.

May you stay safe and well!

<https://www.mhanational.org/sites/default/files/Full%2020>

Handwritten signature of Kay Rogers.

Path to Wellness.....

Key messages about Mental Wellness

Mental health is essential to everyone's overall health and wellbeing, and mental illnesses are common and treatable.

- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- There are practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.
- It's important to recognize your emotions and own your feelings, work to find the positive even when facing adversity or loss, reach out and try to connect with others, remove those people in your life who are bringing you down, and create healthy routines to take care of yourself.
- There are ways that everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health.
- One way to check in on yourself is to take a mental health screen at mhascreening.org. It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems.

- Mental Health America is encouraging everyone to take a mental health screen at mhascreening.org. Help us reach our goal of a million screens during the month of May.
- Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes.
- Recognizing your feelings, finding the routines that lift you up, removing toxic influences and connecting with others can all help you on your path to recovery as you develop your own mental health.

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

A Path to Dallam & Hartley Counties

COVID-19

Texas A&M AgriLife Extension agency
COVID-19 web hub [https://
agrilifeextension.tamu.edu/coronavirus/](https://agrilifeextension.tamu.edu/coronavirus/)

Connect with others.

Talk with people you trust about your concerns and how you are feeling.

Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

• Telephone • Email • Mailing letters or cards • Text messages • Video chat • Social media

Help keep your loved ones safe.

• Know what medications your loved one is taking. Try to help them have a 4-week supply of prescription and over the counter medications. and see if you can help them have extra on hand. • Monitor other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan. • Stock up on non-perishable food (canned foods, dried beans, pasta) to have on hand in your home to minimize trips to stores. • If you care for a loved one living in a care facility, monitor the situation, and speak with facility administrators or staff over the phone. Ask about the health of the other residents frequently and know the protocol if there is an outbreak. Take care of your own emotional health. Caring for a loved one can take an emotional toll, especially during an outbreak like COVID-19. There are ways to support yourself.

Stay home if you are sick. Do not visit family or friends who are at greater risk for severe illness from COVID-19. Use virtual communication to keep in touch to support your loved one and keep them safe.

Quilt Fundraiser

Support District 1 TEA-FCS!

Drawing will be held July 30, 2020 at the State TEAFCS Annual Conference!

\$1 Each

Handmade quilt constructed by the Potter County Quilt Mafia

TEXAS A&M AGRILIFE EXTENSION

PRairie View A&M UNIVERSITY COLLEGE OF AGRICULTURE AND MECHANICAL SCIENCES Cooperative Extension Program

See your local FCS Agent for tickets



4 1/2 Ft X 5 1/2 Ft

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

If you'd like to reserve tickets, contact Kay Rogers at

kwrogers@ag.tamu.edu

Tickets can be claimed and paid for when the Extension office reopens to the public.

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME



- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

HOW YOU PREPARE



- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

HOW YOU PROTECT YOURSELF



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

HOW YOU PROTECT OTHERS



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces

Path to Youth Development..... Dallam & Hartley Counties



Staying in Touch can be a great way to stay mentally healthy.

RECORD BOOKS . . .

will be due to us on Monday, June 22 by noon if you would like us to review your book and return it to you to implement our suggestions. Final record books will be due to our office by Monday, June 29 at noon so we can judge senior books if more than 1 per category and then get all books registered on 4-H Connect by the deadline of July 1.

HEALTHY TEXAS YOUTH AMBASSADORS



If you are interested in 4-H, now is the time to get involved! We are signing up for the 2020-21 4-H year. We have a lot of upcoming projects and activities! Check the Dallam & Hartley County 4-H and Extension Facebook pages or call the office at 806-244-4434 for more information.

Unfortunately, due to circumstances out of our control, North Region 4-H Senior Power Camp & D1 4-H Junior Leadership Camp are cancelled.

We recently found out the Xcel has made a company-wide decision to not host/sponsor any June face-to-face community events this year.

That combined with the uncertainty of what our AgriLife/4-H guidelines will be for June, and the uncertainty of what guidelines and restrictions the High Plains Retreat Center will have to follow, led us to the decision to cancel.

We are looking forward to the biggest and best camps in 2021!

This deadlines for district council officer applications are still June 5th. Those applying should still hold the dates of June 22 & June 23 for interviews & speeches.

Officer Applications will be submitted online, signed commitment form, 2 letters of recommendation, and photo DUE to District Office by JUNE 5th. Email to Bailee.Wright@ag.tamu.edu

Each County should plan to have 2 voting delegates (high school members) available to vote on June 23. More info on the election process to come. If you are interested in being a delegate contact your county 4-H agent.



Path to Protection.....

Food Safety

COVID-19 AND YOUR MENTAL HEALTH

COVID-19 AND YOUR MENTAL HEALTH

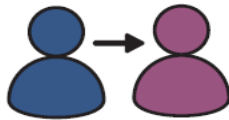
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



Concern about the health of your friends and family



Financial stress



Not being able to connect with friends and family the way you're used to



Shortages of certain common supplies

Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

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TEXAS A&M AGRI LIFE EXTENSION

"Panhandle Path to Healthy Living" is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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Kay Rogers is a Family and Community Health Agent with Texas A&M AgriLife Extension **Dallam & Hartley Counties**. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, passenger and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://Dallam.agrilife.org>

Path to Plate.....

Broccoli Cheddar Egg Muffins

Nonstick cooking spray

8 large eggs

1/4 cup water

1/4 tsp salt

1/4 tsp black pepper

1/4 tsp garlic powder

1 head broccoli or 10-ounce bag frozen broccoli

1 cup reduced fat cheddar cheese

Wash your hands and clean your cooking area and utensils. Rinse fresh broccoli head under cool running water.

Preheat oven to 350 degrees F. In a bowl, combine eggs, water and seasonings (salt, pepper, garlic powder) and whisk until well combined and smooth.

Prepare broccoli. If using fresh, cut into florets and place in microwave safe container with 1/2 cup water. Cover with microwave safe covering and steam for 4 minutes. When done, drain the broccoli and wait until cool enough to handle, chop into small pieces. If using frozen, follow package directions to steam, drain, and wait until cool enough to handle, chop into small pieces.

Spray a nonstick muffin tin with nonstick cooking spray. Evenly distribute broccoli among muffin cups, pour egg mixture over broccoli up to about 2/3 full. Top with cheddar cheese.

Bake for 14-16 minutes or until egg is done but cheese is not burnt.



| Nutrition Facts | |
|---------------------------|----------------|
| 12 servings per container | |
| Serving size | 1 muffin (78g) |
| Amount per serving | |
| Calories | 80 |
| | % Daily Value* |
| Total Fat 5g | 6% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 130mg | 43% |
| Sodium 170mg | 7% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 4% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | |
| Vitamin D 1mcg | 6% |
| Calcium 119mg | 10% |
| Iron 1mg | 6% |
| Potassium 152mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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