

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

May, 2019
Volume 14 #5

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or on Facebook @ River Valley
Extension District

K-STATE
Research and Extension

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Adult Mental Health First Aid Training

Thursday, June 20
Washington
FNB Meeting Room
8:30 a.m. – 5:00 p.m.
Cost:
\$15 Payable Upon
Registration



Lunch Provided

*Please let us know in advance if you have dietary restrictions

To register send your name, address & phone number
along with \$15 registration fee payable to the River
Valley Extension District. Please mail registration to
the following office:

River Valley Extension District
Courthouse, 214 C Street
Washington, KS 66968
785-325-2121

**Registration is on a first come first serve basis for
a maximum of 25 participants at this workshop
Call and reserve a spot TODAY!**

For questions contact:
Sonia Cooper at 785-325-2121 or srcooper@ksu.edu
Deanna Turner at 785-632-5335 or dturner@ksu.edu

Mental Health First Aid teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

Program will be presented by Pawnee
Mental Health Services.

The Adult Mental Health First Aid
training is provided by a Culture of
Health Grant, K-State Research &
Extension River Valley District.



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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FIGHTING FOOD WASTE: WE CAN MAKE A DIFFERENCE!

Food waste is a major concern. Wasted food is a huge challenge to our natural resources, our environment, and our pocketbooks. Food is the single largest type of waste in our daily trash. Most people don't realize how much food they throw away every day – from uneaten leftovers to spoiled produce. It happens easily – we take more food at the buffet than we can eat, or the last potato in the bag “goes bad” before it gets used. Maybe that large jar of pasta sauce is more than you can use at one meal, but the leftover portion just gets old in the refrigerator. Food waste occurs when an edible food goes uneaten – and food wastes happens in many ways. Maybe a store owner can't sell a funny-shaped or “ugly” carrot, or maybe portions served in a cafeteria were so large there was lots of food left on plates after customers finished. By some estimates, about 40 percent of the U.S. food supply goes uneaten. Of that uneaten amount, food thrown away in homes and food service makes up over half of the total amount of food waste.

What can we do? Studies show that better meal planning and careful food storage help prevent food waste. Many easy practices help us use food more wisely. Start by planning meals you would like to prepare at home, and writing down what foods you will need. A key strategy is making a list: Look at what is already on hand in the refrigerator or cupboard, then add to the list the foods you need to buy. By planning meals and making a list, we think about what we are buying and when the food will be eaten. For example, include quantities on your shopping list noting how many meals you'll make with each item to avoid overbuying. Think about using those salad greens before they spoil. Cutting our own food waste is something each of us, as global citizens in a hungry world, can work on. Don't buy more food than can be used before it spoils. Being aware of our personal food habits is an important first step. Avoid impulse and bulk purchases, especially produce and dairy that have a limited shelf life. Promotions encouraging purchases of unusual or bulk products often result in consumers buying foods outside their typical needs or family preferences, and portions – potentially large portions – of these foods may end up in the trash.

When meal planning, think about leftovers. Leftovers can be money-saving, or they can be food-wasting! We often prepare more than we can eat at one meal. Plan an “eat the leftovers night” each week. You may need to be creative and think of great ways to use leftovers such as in casseroles or soups. At restaurants, often what is served is more than we can eat. Take home the leftovers and keep them for your next meal. Safe, careful storage of leftover prepared food and extra ingredients prevents food waste. Wrap or cover leftovers to prevent the food from drying out in the refrigerator. Store fruits and vegetables properly – for maximum life, some should be kept in the refrigerator, while others are cold sensitive and should be stored at room temperature. Fruits and vegetables are often stored improperly. This improper storage causes them to go bad quickly and ultimately get thrown away. Take steps to store your food properly to reduce food waste. Make sure you store your produce in the proper place to increase its life span.

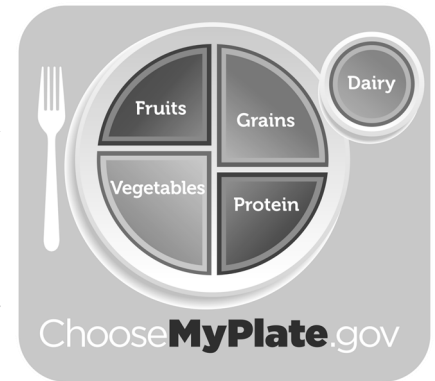
In the refrigerator: apples, cantaloupe, figs, plums, apricots, honeydew, cauliflower, cucumber, cabbage, broccoli, lettuce, Brussels sprouts. Room Temperature: avocado, peaches, bananas, watermelon, tomatoes, nectarines. Never refrigerate potatoes, onions, winter squash, or garlic. Keep them in a cool, dark, dry cabinet. To find out more about food storage contact a River Valley Extension Office and ask for the publication *Safe Food Storage: The Refrigerator and Freezer MF3130*. Be mindful about planning, purchasing, preparing and storing food. We can all do our part on controlling the amount of food waste. Kansas State Research and Extension “Good for You” newsletter. <https://www.epa.gov/recycling/reducing-wasted-food-home>

START SIMPLE WITH MYPLATE

Do you struggle with making good food choices? Healthy eating can happen with one step at a time. It can be simple! The U.S. Department of Agriculture has released a new initiative to help consumers meet their health goals. It is called Start Simple with MyPlate.

Focus on whole fruits. Add fruit to a bowl of cereal for breakfast or grab one for an easy snack. Don't forget that canned and frozen fruits are great choices when your favorite fresh fruit is not available. Vary your veggies and think colorfully! Dark green, red, orange, yellow and other colorful veggies add lots of good nutrients to any meal or snack. Prepare extra veggies for a side dish or to use in soup or pasta. Make half your grains whole grains. This message still holds true! Choose 100% whole grain bread, pasta, crackers, or cereal. Vary your protein routine. Meat, poultry, fish, seafood, and legumes are beneficial. Don't forget to serve veggies and whole grains with your protein choice! Low-fat or fat-free dairy foods compliment any meal. Be a role model for kids to show dairy foods are healthy! You can do it!

Learn more at: www.choosemyplate.gov/start-simple-



SEASONAL AND SIMPLE PHONE APP

Looking for a simple way to find seasonal foods? Look no further than Seasonal and Simple! This app, developed by the University of Missouri, also includes Kansas State University Extension, University of Nebraska Extension, and Iowa State University Extension. The free app includes farmers markets located near you, recipes, seasonal produce, and much more. Learn more at <http://seasonalandsimple.info> and download from your app store.

STEP INTO SPRING WITH THESE WALKING TIPS

Spring is here. When you walk, you breathe in 10 times as much oxygen as when you are sitting or standing still. Walking is one of the most enjoyable and healthful activities you can do. It's good for both body and mind. As you walk, blood vessels in your arms and legs expand and fill with fresh oxygen and nutrients, and your muscles reach out to your stored carbohydrates for fuel.

Increasing physical activity reduces heart disease risk by strengthening your heart muscles and lowering your blood pressure, cholesterol, and resting heart rate. Walking helps with weight management, insulin sensitivity, and bone health. Walking decreases stress and anxiety.

Walking is a great opportunity to socialize. Here are some ideas to consider to help get the most out of your walking steps.

Proper Gear: Shoes: Forward-moving sports, like walking and running, require different support than sports with lateral movement, like basketball and Zumba. Consider the terrain you will be walking on. Pavement? Dirt roads? Rocky trails? The more unpredictable the surface, the more important it is to have a durable sole on the shoe.

Clothes: Your clothes and socks should be made of material that wicks away moisture, such as merino wool, and synthetics such as propylene, polyester, nylon, spandex, silk, and even bamboo pulp-which is soft, light, and breathable, and reflects UV rays. Avoid cotton, which tends to absorb and retain moisture against your skin.

Start Small: Walk to your next errand. Take the stairs instead of the elevator. Park further away from the door to the store and enjoy those extra steps. Walk the dog an extra block. Take a few extra steps at first and add more steps as you continue to walk each day. Stretch your muscles before and after walking. Walk at a slow pace for a least 10 minutes to warm up your muscles before moving to a faster pace. Remember to stretch your legs, arms and waist. Using a walking stick can help you stand up straight and stretch forward. Swing your arms as you walk. One suggestion I want to share is to change up walking surfaces. Walking on a variety of surfaces will help keep it interesting and also will limit repeated pounding on the pavement. However, do this with caution, know your personal limits when walking on rough terrain. The American Heart Association recommends: 150 minutes of moderate exercise a week – five 30-minute sessions or 75 minutes of vigorous exercise a week – three-25minute sessions-or a combination of the two.

Take the "Talk" Test: With moderate-intensity aerobic exercise, you should be working hard enough to speak a sentence, but not sing. With vigorous intensity aerobic exercise, you should be able to speak a few words, but not a full sentence. Enjoy walking for your health. Article taken from Women's Nutrition Connection newsletter, April 2019, written by Pam Geisel, an exercise physiologist at the Tisch Sports Performance Center at the Hospital for Special Surgery, an affiliate of Weill Cornell Medicine.



2019 NATIONAL FESTIVAL OF BREADS

Save the date. The 2019 National Festival of Breads will be held on June 8, 2019 at the Hilton Garden Inn in Manhattan, KS. This year, the contest will feature two categories. One is designated for food bloggers who actively blog about wheat foods and yeast bread. The second category is for home bakers. A new feature this year will be LIVE judging! Come watch the judging process, hear the comments from judges, and find out who wins! More information about the events will be announced soon. Details can be found at <http://nationalfestivalofbreads.com> or on Facebook @ NationalFestivalOfBreads.

WALK KANSAS IN THE RIVER VALLEY

In the four counties that make up the River Valley Extension District we have 68 teams made up of 397 walkers participating in the Walk Kansas. We are half way through and River Valley District walkers have logged over 31,228 miles. The weather is improving so get out there and get moving! **Keep up the good work!**

Walk Kansas is a program offered by K-State Research and Extension that encourages Kansas to develop healthy exercise habits.

OLDER AMERICANS MONTH MAY 2019

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute** encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods and lives. They are a wealth of information with all of their knowledge and experiences.



Thank an older American for all they do to make the community a better place.

Adults age 65 and older, make up 15.4 % of the population of the state of Kansas. In the River Valley District, they comprise an average of 23.75% of the population. The lowest % is Cloud County with 21%, Clay County has 22.6%, Washington County 23.8%, and Republic County 27.6%. This data was compiled on July 1, 2018.

ALZHEIMER'S AND DEMENTIA SUPPORT GROUP FORMING IN JUNE

Have a loved one or friend with Alzheimer's or Dementia? Plan to attend the Alzheimer's and Dementia Support Group that will begin Monday, June 10, at the Clay County Medical Center, second floor Education Room. They will meet at 5:30 p.m. the 2nd Monday of every month. Amanda Ruthstrom will be the support group leader. Support groups are great for giving caregivers a chance to talk, share ideas, and learn new information to help you. Put this date on your calendar and plan to attend.

NEWS ABOUT ALZHEIMER'S AND DEMENTIA

Thanks to every person who attended the Alzheimer's programs last month in Clay Center. I certainly learned a lot of good information from Cindy Miller. She recently retired from the Alzheimer's Association. The new Outreach Specialist for Northeast Kansas is Hayley Young. She can be reached at her office by calling 785-271-1844. The 24/7 Helpline is 1-800-272-3900.

GEAR UP FOR A HEALTHY SUMMER

Last winter was a long cold one. The temperatures have already been in the 80's. Be prepared for the summer. In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. Warm weather can lead to serious health risks. Start planning now to avoid some of the health risks summer can bring by following these tips:

- Keep cool. Make sure your home's air conditioner is working properly. Clean your fans.

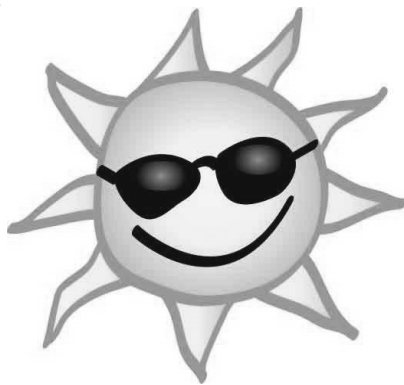
- Stay indoors. Plan your summer activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.

- Cover up. When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest now in a comfortable, wide-brimmed hat.

- Stay hydrated. Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.

- Breathe easy. Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.

- Stay informed. Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity.



LAUGHTER IS GOOD MEDICINE

When was the last time you had a good laugh? Laughter is good for your health. It reduces stress, lowers blood pressure, elevates mood, and boosts the immune system. The next time you need a laugh, try reading the comics, watching a funny movie, or watch a comedy routine. Discover things to laugh at. Laughter is contagious. It increases endorphins, our body's natural painkillers, and reduces our stress hormones. Laughter is good therapy.

CONTROLLING YELLOW NUTSEGE IN LAWNS

Yellow nutsedge is a relatively common problem in lawns, especially in wet years or in lawns with irrigation. Although it looks much like a grass, it is a sedge. Unlike grasses, sedges have triangular stems. The leaves are three-ranked instead of two-ranked, which means the leaves come off the stem in three different directions. Yellow nutsedge is pale green to yellow and grows rapidly in the spring and early summer. Because of this rapid shoot growth, it sticks up above the rest of the lawn only a few days after mowing. This weed is a good indicator of poor drainage, but it can be introduced into well-drained sites through contaminated topsoil or nursery stock. As with many weeds, nutsedge is less competitive in a dense, healthy lawn.

Nutsedge is difficult to control culturally because it produces numerous tubers that give rise to new plants. Pulling nutsedge will increase the number of plants growing in your yard because the dormant tubers are activated. However, it is possible to control nutsedge by pulling, but you must be persistent. If you are, eventually the nutsedge will die out.

If you were going to treat with a herbicide, it would be better to leave the nutsedge plants undisturbed so the herbicide can be maximally translocated to the roots, rhizomes, and tubers. Several herbicides are available for nutsedge control. Sedge Hammer, which used to be called Manage, is the most effective and safe for most turfgrasses. It is also the most expensive, but if an infestation is not too severe, one application should take care of the problem. The Sedge Hammer label says to apply it after nutsedge has reached the three-to eight-leaf stage. Waiting until this growth stage apparently results in improved translocation of the active ingredient to the underground tubers and rhizomes. However, research has shown that application should be completed by June 21. If the initial spray is after June 21, mature daughter tubers may be stimulated to grow, so not all of the nutsedge would be killed with one spraying. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.



BLACKSPOT OF ROSES

A common disease of roses is blackspot, a fungus disease that can cause defoliation of susceptible plants. When trying to decide if you have blackspot look for dark, circular lesions with feathery edges on the top surface of the leaves and raised purple spots on young canes. Infected leaves will often yellow between spots and eventually drop off.

The infection usually starts on the lower leaves and works its way up the plant. Blackspot is most severe under conditions of high relative humidity (>85%), warm temperatures (75 to 85°F) and six or more hours of leaf wetness. Newly expanding leaves are most vulnerable to infection. The fungus can survive on fallen leaves or canes and is spread primarily by splashing water.

Cultural practices are the first line of defense against blackspot. Here are a couple ways to reduce the chance of spreading blackspot.

1. Don't plant susceptible roses unless you are willing to use fungicide sprays. There are lists available of blackspot resistant varieties.
2. Keep irrigation water off the foliage. Drip irrigation works well with roses.
3. Plant roses in sunny areas with good air movement to limit the amount of time the foliage is wet.
4. Remove diseased leaves that have fallen and prune out infected rose canes to minimize inoculum.

If needed, protect foliage with a regular spray program (10 to 14 day schedule) of effective fungicides. Recommended fungicides include tebuconazole (Bayer Disease Control for Roses, Flowers and Shrubs), myclobutanil (Immunox, Immunox Plus), triticonazole (Ortho Rose & Flower Disease Control) and Chlorothalonil (Broad Spectrum Fungicide, Garden Disease Control, plus others.) If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

POULTRY TESTING FOR COUNTY FAIR EXHIBITION

As per the guidelines from the Kansas Department of Agriculture, all poultry, with the exception of water fowl and pigeons, being exhibited at county fairs must test negative for pullorum-thyphoid or show proof that they are pullorum-thyphoid clean according to KDA guidelines.

The River Valley District will once again be cooperating with the USDA, APHIS program to provide testing for all 4-H and open class poultry for exhibition at the county fairs within the River Valley Extension District.

Testing will be provided free of charge at the following dates and locations:

Friday, June 28

Concordia 3:30-5:00pm Fairgrounds

Clay Center 6:00-7:30pm Fairgrounds

Tuesday, July 16

Belleville 1:00-2:00 pm Fairgrounds

Washington 5:00-6:00 pm Fairgrounds

RABBITS IN THE GARDEN

When you think problems in a garden the first thing most people think insects, but one of the biggest problems is rabbits. Rabbits in gardens are a perennial problem because of the wide variety of plants they can feed on. This time of year, they gravitate to young vegetables and flowers. There are some vegetables that are rarely bothered including potatoes, tomatoes, corn, squash, cucumbers, and some peppers. The question is how do you protect plants that are more susceptible? Fencing provides a quick and effective control method. The fence does not need to be tall; 2 feet is sufficient for cottontail rabbits. The mesh must be sufficiently fine (1 inch or less) so young rabbits will not be able to crawl through it. When building your fence be sure to secure the fence into the ground so the rabbits can't push the fence up and crawl under. Fence is only one way to keep rabbits out of your garden.



Often fencing is not an acceptable choice because it affects the attractiveness of the garden. A couple other ways to control rabbits include repellents or trapping. Repellents are often suggested for control but often do not last long and require frequent reapplication. Also, many are poisonous and cannot be used on plants or plant parts destined for human consumption. Live traps can be used to collect and move the rabbits to a rural area several miles away from where they were trapped. A number of baits can be used to entice the rabbit to enter the trap including a tightly rolled cabbage leaf held together with a toothpick. However, rabbits often avoid baits if other attractive food is available. Repellents and traps might work but are not 100% effective.

Another possibility to help control rabbits is to use a motion-activated sprinkler. These are attached to a garden hose and release a short burst of water when motion is detected. Con-tech, Orbit, and Havahart each have a motion-activated sprinkler and each is advertised as protecting up to at least 1,000 square feet. Just remember to shut it off before you go work in your garden or you might get a little wet! If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.



**River Valley Extension Offices
will be closed
Monday, May 27, 2019
in observance of
Memorial Day**

**We remember those who have gone before us and
we thank our Veteran's for
their service to our Country!**

BABYSITTING CLASSES



Being a babysitter is a great opportunity, whether just for one evening or the entire summer, but caring for a child is also a very big responsibility. Attend a babysitting class so that you are ready to be the best babysitter possible.

- Tuesday, May 21 Washington
FNB Bank Meeting Room
9:00 a.m. to 12:00 Noon

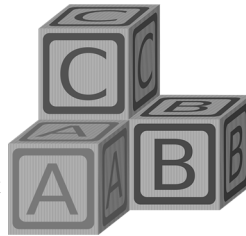
- Tuesday, May 21 Belleville
4-H Building, Fairgrounds
1:30 to 4:30 p.m.

- Wednesday, May 22 Clay Center
Extension Office Mtg Room
9:00 a.m. to 12:00 Noon

- Thursday, May 23 Concordia
Commercial Building
Fairgrounds
9:00 a.m. to 12:00 Noon

Topics covered will include: ages and stages of children, basic first aid and emergency procedures, activity ideas, healthy snacks, and more!

All youth, age 12 and up, are invited to attend this free class. In order to insure adequate materials, participants must pre-register by calling the River Valley District Extension Office in Belleville at 785-527-5084 by Friday, May 17, 2019.



FARM BILL WORKSHOP SEPTEMBER 10 - CONCORDIA

The River Valley and Post Rock Extension Districts will be hosting a regional K-State Research and Extension Farm Bill meeting on Tuesday, September 10, 2019 from 1:00 to 4:30 p.m. at the Commercial Building on the Fairgrounds in Concordia.

Mark your calendar and plan to attend this very informative meeting with such topics as: overview of ARC and PLC, SCO and Farm Bill Changes to Crop Insurance, MYA Outlook for 2019-20 and 2020-21, and more. Look for more details in upcoming newsletters. Contact Tyler Husa, RVED Crop Production Agents with any questions.

RVED WHEAT VARIETY PLOT TOURS JUNE 5th AND JUNE 6th

It is finally spring again, which means it is time to be thinking about the River Valley Extension District's 2019 Wheat Variety Plot Tours.

This year's tours will be held on Wednesday, June 5, and Thursday, June 6 at various locations and will feature K-State Agronomy specialists: Romulo Lollato, Stu Duncan, and Erick DeWolf to address wheat production questions.

We will promptly begin at 8:30 AM, on June 5, at the NCK Experiment Field located 1.25 miles west of Belleville on US Hwy. 36. From there, we will move to LeClair Seed's wheat plot near Clyde, Kansas and finish off the evening at Polansky Seed, ½ mile east of Belleville on Hwy. 36. On Thursday, June 6, we will begin the plot tours at a Clay County cooperator's field, ¼ mile East of Idana, Kansas on 16th Road. The tours will conclude that evening following the Ohlde Seed Variety Trial Plots near Palmer, Kansas.

Events are free and open to the public, RSVP's are not required, and food and refreshments will be provided at each of the locations.

Flyers, with location details and sponsors, will be available at all four of our county offices. For additional questions or information contact Tyler Husa, RVED Crop Production Agent at (785)243-8185 or by email at thusa@ksu.edu.



Wednesday, June 5th

8:30 a.m. NCK Experiment Field—Belleville
Location: 1.25 miles W of Belleville on US Hwy. 36
Breakfast: Juice and Kolache provided by:
Belleville Chamber & Main Street/Astra Bank

12:00 Noon LeClair Seed & Clifton/Clyde FFA
Location: 2 mi. south of Clyde on 280 Rd., then
1 mi. east on Quail Rd.,
¼ mi. north on 290 Rd.
Lunch: Provided by:
Clifton/Clyde FFA & LeClair Seed

6:00 p.m. Polansky Seed
Location: Polansky East Location
1/2 mile east of Belleville on Hwy 36
Supper: Provided by Polansky Seed at the East Plant,
US Hwy 36 following tour

Thursday, June 6th

10:30 a.m. Tom Meek Farm
Location: ¼ mi. East of Idana, Kansas on 16th Road
Breakfast: Juice and Rolls

6:00 p.m. Ohlde Seed
Location: ½ mi. W of the Ohlde Seed on 4th Rd.
Supper: Provided by Ohlde Seed following the tour

WAYS TO MANAGE FARM STRESS

Recognizing early warning signs of stress is the first step to managing your stress. Being in tune with your body and in your relationships with others, gives you the opportunity to take action before things get out of control. Learning to control events, attitudes and responses day in and day out will help you manage those hectic, stressful times. Below are some ideas of how you can manage stress by controlling events, attitudes, and responses.

Control Events

__ Plan ahead. Replace worn machinery parts during the off season and service machinery on a regular basis.

__ Before key seasons, discuss who can be available to run for parts, drive machinery, care for livestock, etc.

__ Set priorities and plan your time. Decide what has to be done today and what can wait until tomorrow or later.

Control Attitudes

__ Shift your focus on worrying to problem solving.

__ Notice what you have accomplished rather than what you failed to do. Set realistic goals and expectations daily.

Control Responses

__ Take care of your body. Exercise regularly and eat healthy meals.

__ Limit your intake of stimulants such as coffee, sodas and tea.

__ Avoid smoking cigarettes, using alcohol or other drugs, or using tranquilizers or sleeping pills.

__ Look for humor in things that you do.

__ Balance work and play. Give time and energy to both of them.

__ Find someone with whom you can talk about your worries and frustrations.

__ Get sufficient and restful sleep.

__ Seek professional help when you need it. All of us have times when we can benefit from professional help or support.

Use the leaflet *Managing Rural Stress Model* to help you work through a process to manage the pressures that impacts your family, your farming operation, and your life in general. The key is to be flexible and maintain a balanced lifestyle. The leaflet is available on our River Valley District web site at rivervalley.ksu.edu

Brotherson, S.E.(June 2016). Farming and Ranching in Tough Times. Extension publication FS1804. Fargo, N.D.; NDSU Extension Service.

WAYS TO ALLEVIATE STRESS

Discover ways to reduce stress in your life. Physical activity can be a prescription for life to energize a person and reduce stress. Regular moderate exercise, like brisk walking, improves not only your physical health, it also boosts your mental health. Exercise helps to relieve tension, it counters anxiety and depression, and you have more energy and are more optimistic. When you are physically active during the day, you also fall asleep faster and sleep more soundly. All of these attributes help you manage stress more effectively .

Why is exercise such a powerful tool to manage stress?

Physical activity increases the flow of oxygen to your brain. It also pumps up production of endorphins, which are feel-good neurotransmitters in your brain -- sometimes referred to as the happy hormones. Runners often talk about a "runners high" and you can experience the same effect after a brisk walk, game of tennis, or nature hike. An afternoon of high-powered house cleaning or gardening will also boost endorphins.

Another way physical activity aids in managing stress is by distracting your mind from the day's aggravations. Repeated motions help you focus on your body, not your mind, and you focus in on the rhythm of your exercise. When you focus on the physical task of walking or moving, it promotes a sense of energy and optimism, and helps provide calmness and clarity.



Exercise also relaxes tense muscles. It is one of the most effective ways to manage neck and back pain and even headaches. While many people will notice their mood improve immediately after physical activity, these good feelings continue and generally become cumulative over time.

Breathe Deeply

This is another stress buster that is especially effective during the cool down time after exercise. Deep breathing is also a great way to manage stress during the work day, or anytime when you can't get up and take a walk. Deep breathing slows the heart rate and lowers blood pressure which counters the effects of stress.

Can't sleep? Try deep breathing. Facing a financial meeting? Do some deep breathing before the meeting begins. It does help to relax a person. There are several methods of deep breathing. Try the pursed deep breathing technique.

Pursed Deep Breathing

- Sit comfortably in a chair with a tall posture.
- Place one hand on the upper chest and the other hand on the abdomen.
- Inhale through the nose for 4–6 seconds; the hand on the abdomen should begin to rise or push outward, while the hand on the upper chest should move very little.
- Pause for 1-3 seconds, holding the air in the lungs.
- Exhale air as slowly as possible—for 6–9 seconds—by pressing lips together tightly (without straining) and engaging the abdominal muscles to exhale through the mouth, forcing the air between the pursed lips. The hand on the abdomen should move inward on the exhale, and the hand on the upper chest should move very little. This movement will simulate that of blowing out a candle.

Pause, then repeat up to two more times. You will feel more relaxed.



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Washington, KS 66968-1928**NON-PROFIT
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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2019 UP-COMING MEETINGS & EVENTS”**

| DATE | TIME | PROGRAM | LOCATION |
|--------------|--------------|--|---|
| Mar17-May 11 | | Walk Kansas | Statewide Program |
| May 11 | 8:30-4:30 pm | Hazardous Occupations Training | Concordia-PrairieLand Partners (CTI) |
| May 21 | 9am-Noon | Babysitting Class | Washington-FNB Basement Mtg. Room |
| May 21 | 1:30-4:30 pm | Babysitting Class | Belleville, 4-H Building, Fairgrounds |
| May 22 | 9 a.m-Noon | Babysitting Class | Clay Center—Extension Office Mtg. Room |
| May 23 | 9am-Noon | Babysitting Class | Concordia-Commercial Bldg.-Fairgrounds |
| June 5 | 8:30 am | Wheat Plot Tour | Belleville-NCK Experiment Field |
| June 5 | noon | Wheat Plot Tour | Clifton-LeClair Seed & Clifton/Clyde |
| June 5 | 6:00 pm | Wheat Plot Tour | Belleville-Polansky Seed Wheat Plot |
| June 6 | 10:30 am | Wheat Plot Tour | Idana-Tom Meek Farm |
| June 6 | 6:00 pm | Wheat Plot Tour | Palmer-Ohlde Seed Wheat Plot |
| June 20 | 8:30-5:00 pm | Adult Mental Health First Aid Training | Washington-FNB Basement Mtg. Room |
| June 28 | 3:30-5:00 pm | Poultry Testing | Concordia-Fairgrounds |
| June 28 | 6:00-7:30 pm | Poultry Testing | Clay Center-Fairgrounds |
| Sept 10 | 1:00—4:30 pm | KSRE/RVED Farm Bill Workshop | Concordia- Commercial Bldg, Fairgrounds |