

MOUNT PISGAH BAPTIST CHURCH



March Interest Articles

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April is Autism Awareness Month! For more information Please go to:
www.autismspeaks.com

As we discuss health and wellness topics there are websites that can provide fantastic information. www.healthfinder.gov is an excellent website to examine any health-related topic. It's easy to navigate and full of detailed facts.

MANAGING STRESS

April is Stress Awareness

Month! Stress is a part of life, and you can't always avoid it. Whether it's juggling work, family, or a multitude of commitments, you can easily become busy and stressed out. You cannot always control situations that cause stress, but you can control how you respond to it. You need to set time aside to unwind or your mental and physical health can suffer. Physical symptoms of stress include: headache, stiff neck or tight shoulders, back pain, fast heartbeat sweating, and nausea, upset stomach or diarrhea. Emotional symptoms of stress include feeling cranky, frustrated, jumpy, tired, hard

to focus, and agitated. **The first step of managing your stress is determining what is causing your stress and knowing your own coping strategies.** After you figure out what is causing your stress, try making some changes in your life that will help you avoid or cope with stressful situations. Listed below are some ideas to help: □ Manage your time: Time management helps you decide which things are urgent and which can wait. Finding a balance will make your life less stressful & more meaningful. □ Get enough sleep: Your body recovers from daily stresses while you are sleeping. □ Take a break: You need to plan

downtime to give your mind time off from stress. Find ways to slow down. Try prayer! □ Make time for hobbies and do something every day that makes you feel good. □ Talk about your problems to family, friends, or a therapist. □ Go easy on yourself: Accept that you can't control everything and remember to laugh! □ Eliminate triggers: Figure out your stress factors and try to reduce the load. If you can't identify the main causes of your stress, try keeping a stress journal. Make notes when you become anxious and determine a pattern, then find ways to lessen triggers.

AUTISM AWARENESS

April is Autism Awareness

Month! Autism is a complex neurobiological disorder that typically lasts throughout a person's lifetime. It is part of a group of disorders known as autism spectrum disorders (ASD). **Today, 1 in 150 individuals is diagnosed with autism, making it more common than pediatric cancer, diabetes, and AIDS combined.** It occurs in all racial, ethnic, and social groups and is four times more likely to strike boys than girls. Autism impairs a person's ability to communicate and relate to others. It is also associated with rigid routines and repetitive behaviors or

following very specific routines. Symptoms can range from very mild to quite severe. Autism spectrum disorders is characterized by varying degrees of impairment in communication skills and social abilities, and also by repetitive behaviors. Autism spectrum disorders can usually be diagnosed by age 3, although new research is pushing back the age of diagnosis to as early as 6 months. Parents are usually the first to notice unusual behaviors in their child or their child's failure to reach appropriate developmental milestones. If you have concerns about your child's development,

talk to your pediatrician about getting your child screened for autism. When autism is diagnosed, early intervention instruction should begin. Research indicates, that early intervention in appropriate educational setting for at least two years during the preschool years can result in significant improvements for young children with autism spectrum disorders. Effective programs focus on developing communication, social, and cognitive skills. Autism is the fastest-growing serious developmental disability. Currently, there are no means to prevent autism and no cure.



PASTOR'S PEN

As our Pastor travels to address personal health concerns he has asked his congregation to celebrate with him the blessed assurance of God's presence through his circumstances. Pastor McSwain also requests that we remain faithful in our well doing and steadfast in our fellowship at Mount Pisgah Baptist Church.

PLEASE REMIAN PRAYERFUL FOR OUR PASTOR & HIS FAMILY, OUR CHURCH, AND OUR COMMUNITY AS WE "PRESS FORWARD WITH PURPOSE"

Prayerfully submitted,
The Health and Wellness Ministry

"A HEALTHY VIBRANT CHURCH CONTINUING THE WORK OF JESUS CHRIST"



The Health and Wellness Newsletter is now online at: www.mtprisgahbc.org/newsletters

PLEASE FEEL FREE TO SUBMIT YOUR FAVORITE RECIPES FOR PUBLICATION IN OUR MONTHLY NEWSLETTER

LAUGHING MATTERS

April is National Humor Month, so this is the perfect time to add a little humor into your daily routine. Founded in 1976 by author and humorist Larry Wilde, the original idea was to bring public awareness of the therapeutic values of joy and laughter. After all, studies have shown that laughter can actually improve our health! Our facial muscles stretch and we actually burn calories when we're laughing. In fact, the mere act of smiling can alter your mood almost immediately. Of course, there are always skeptics out there, but here

are a few fun facts that you might want to mention to them: **Laughter Reduces Stress:** When stressed, we produce a hormone called cortisol. Laughter can significantly reduce cortisol levels. **Laughter Can Reduce Pain:** Laughter causes us to produce endorphins, which are natural, pain-killing hormones. **Laughter Strengthens the Immune System:** A hearty laugh decreases stress hormones and increases production of T-cells, immune proteins and infection-fighting antibodies. **Laughter Helps the Heart:** When we laugh

we increase blood flow and the function of blood vessels, which can help prevent cardiovascular problems. **Laughter Relaxes the Whole Body:** One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes. **Laughter Helps You Recharge:** By reducing stress levels and increasing your energy, laughter can help you focus more. Humor doesn't cost a thing. It's fat-free and you can have as much of it as you like. So in celebration of National Humor Month, let's get the giggles started.

NURSE'S NOTES

A sincere thank you to everyone who has encouraged and supported the Health and Wellness Ministry. We have increased activities and information to support the vision of "A HEALTHY VIBRANT CHURCH CONTINUING THE WORK OF JESUS CHRIST". Even still, **we need more people to take advantage of the many free services offered by this Ministry. So, it's time to figure out what adjustments need to be made to get people involved** because our health is extremely important!!!! Let's get the discussion started.

1. FREE EXERCISE CLASSES: We had three exercise classes in March with very low attendance. I was speaking with my daughter and she told me "mommy the classes are too early in the morning". What does everyone else think? What works best for you?

There will be a folder set up at the Health & Wellness bulletin board. Please grab a sheet, fill out the time that works best for you to attend exercise class. Give us your feedback!!! Please feel free to make some suggestions. We need to know what you think. What

do you need to get your health concerns addressed?

Also...There was no winner for the "GO GREEN CHALLENGE" due to lack of participation. We will try again at another time.

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

Stuffed Bell Peppers

INGREDIENTS:

- *4 bell peppers, halved
- *1 tbsp. vegetable oil
- *1 large onion sliced
- *16 oz. cremini mushrooms sliced
- *kosher salt
- *freshly ground black pepper
- *1 1/2 lb. sirloin steak thinly sliced

- *2 tsp. Italian seasoning
 - * 16 slices of provolone cheese
 - *chopped parsley for garnish
- DIRECTIONS:**
Preheat oven to 325. Place peppers in a large baking dish and bake until tender, 30 minutes. Meanwhile, in a large skillet over medium-high heat, heat oil. Add onions, mushrooms and season with salt and pepper. Cook until

soft, 6 mins. Add steak and seasoning with more salt and pepper. Cook stirring occasional, 3 min. stir in Italian seasoning. Add provolone to bottom of baked peppers and top with steak mixture. Top with another piece of provolone until golden brown, 3 mins.

Recipe submitted by Teresa Holly