

Using mindfulness to manage your emotions.

Mindfulness techniques are a great way to help reset to a more peaceful state. It is important to adopt a comfortable sitting position. Here are techniques to try:

- **4-7-8 Breathing.** This helps reduce anxiety, anger responses, and aids in getting to sleep. Begin by breathing in through your nose for the count of 4, and hold your breath for the count of 7. Try to observe the pressure building without tensing your muscles. Exhale for the count of 8. Try to empty the air from your lungs during that time. Repeat four times.
- **Progressive Muscle Relaxation.** This technique can help release muscle tension. You may lie down for this technique. Begin by tensing the muscle groups in your body for five seconds, then release the tension and relax the muscle group. Be sure to breathe deeply as you work through all your major muscle groups. You can use the relaxation sequence (starting with your feet and working up your legs, buttocks, hips, stomach, chest, shoulder blades, fists, arms, neck, jaw, cheeks/teeth, eyes, and forehead).

- **Five Senses Exercise.** This technique can help make you feel more centered. Focus only on your surroundings. Breathe deeply and make a mental list of the items below.

- Observe five things you can see.
- Bring your attention to four things you can touch.
- Take in three things you can hear.
- Capture two things you can smell.
- Notice one thing you can taste.

Once you are finished, pause and notice how your body feels. Managing your emotions can be challenging, which is why training your body to respond differently is like any other training. It takes practice. You will likely find that one strategy works better for you. Check out the University of Illinois Extension relaxation techniques videos at go.illinois.edu/mentalhealthfarm.

Foods that Do Not Freeze Well

March is National Frozen Food Month! Food stored in the freezer at 0°F or below is safe, but the quality will decrease over time. Some foods freeze better than others. Here is a short list of foods that do not freeze well:

- Cabbage or lettuce
- Fruit jelly
- Celery
- Fried foods like potatoes and onion rings
- Cooked pasta
- Mayonnaise
- Egg whites
- Meringue
- Milk sauces
- Gelatin
- Sour cream
- Cheese

Not sure about freezing foods safely? Visit extension.illinois.edu/food/freezing-foods to learn more!

Scrambled Egg and Veggie Breakfast Pizza

Ingredients

- 4 eggs, beaten
- 2 teaspoons olive oil
- ¼ cup nonfat milk
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup onion, chopped
- 2 tablespoons red pepper, washed, seeded, and chopped
- ½ cup baby spinach, washed and chopped
- 1/3 cup 2% sharp cheddar cheese, shredded
- 2 whole wheat English muffins, split and toasted

Directions

1. Wash hands with soap and water. Beat eggs, milk, salt, and pepper in a medium bowl with a whisk.
2. In a skillet, heat oil over medium heat and sauté onions and red pepper for about 3 minutes. Add spinach until leaves start to wilt.
3. Pour egg mixture over sautéed vegetables and stir until egg mixture is scrambled and no liquid egg remains. Stir in cheese until melted.
4. Divide scrambled eggs and vegetable mixture in four servings and serve each over half a toasted English muffin. Yield: 4 Servings.



Nutrition Facts (per serving): 193 calories, 9 grams fat, 400 milligrams sodium, 16 grams carbohydrate, 2 grams fiber, 11 grams protein.