



Health & Wellness Newsletter

Mindfulness for All

Parents can help their children and themselves to be more mindful to calm down, reduce stress/anxiety and feel more centered in a chaotic world.

Studies also show that mindfulness may improve academic performance too! Mindfulness research often refers to mindful meditation. This is not based on religion or religious beliefs.

"Mindfulness meditation, at its simplest, is paying attention to what is happening in the present moment. It may be what you're feeling, hearing, or anything else you notice. There's no special place of calm you have to reach and it's not about clearing your mind, it's just an honest and kind look at what you're experiencing in this moment."

Mindful.org is a fabulous resource. [Click here for tips on how to meditate, mindfulness activities, guided meditation, coping with stress and parenting tips.](#)



Strategies for Preventing Anxiety

Over the course of the last year, with all the uncertainty surrounding our normal daily activities, many of us have experienced an increase in anxiety. The American Psychological Association defines anxiety as an emotion characterized by feelings of tension, worried thoughts, and physical changes like an increase in blood pressure.

Occasional anxiety is a normal and expected part of life when faced with problems that arise, such as an important upcoming test or social interaction. These feelings usually fade when the situation has passed or is resolved. However, if these feelings persist even when there seems to be no immediate threat or upcoming challenge, it may be something that needs to be further evaluated.

The National Institute of Mental Health points out several helpful tips in order to help manage stress and anxiety including:

- Keeping a journal
- Exercise regularly and eating a well-balanced diet.
- Ensure you are receiving adequate sleep.
- Avoid excess caffeine.
- Identify negative thoughts and challenge these unhelpful thoughts (i.e., replace, "I am going to fail the test" with "I will do the best I can on the test")
- Speak with friends and family about feelings of anxiety.

[Click here for a Stress vs. Anxiety Factsheet.](#)



Diet & Nutrition

Processed Food Q&As

There's a lot of information to digest when it comes to processed foods. Here are answers to questions you and your teen may have.

Does Processed = Unhealthy?

"Processed" simply means a food has been changed from its natural state. But that doesn't automatically make it bad for you. For instance, bagged lettuce, pasteurized milk, and tofu are processed and nutritious. Teach your child to limit overly processed foods, however, such as instant soups, hot dogs, and soda.

How Can We Cut Back?

Swap in whole foods or less processed alternatives. For snacks, your child could microwave a baked potato instead of grabbing a bag of potato chips or eat a handful of nuts rather than an energy bar. For dinner, they can make their own TV-dinners by freezing individual portions of healthy leftovers on busy weeknights.

Should We Buy Frozen Fruits and Vegetables?

Yes, if they don't have added sugar, salt, or sauces. Fruits and vegetables are quickly frozen and peak freshness so they may actually provide more nutrients than fresh produce shipped over long distances. They also keep longer once you buy them. Suggest your child choose a package that lists fruit or vegetables as the only ingredient.

H2O GO!

Created by ABHS Medical Education 3

Drinking water:

- Prevents dehydration
- Helps with asthma and allergies
- Helps prevent tiredness
- Helps children learn
- Helps with short term memory
- Decreases your chances of getting illnesses or diseases
- Helps clear teen skin

How many glasses of water do you need every day?

- ♦ Ages 5-8 5 Glasses
- ♦ Ages 9-12 7 Glasses
- ♦ Ages 13+ 8-10 Glasses

Log your water intake for a whole week and see how well you do!



Fish: The Ultimate Fast Food

Meals with fish come together quickly. Let your teen try these recipes, and dinner will be done in a jiffy.

Avocado-lime Tuna Salad

Mash 1 avocado with the juice of half a lime. Toss in 2 cans or pouches of tuna (packed in water, drained), 2 tbsp. minced red onion, and black pepper to taste. Serve on whole-wheat buns with lettuce and tomato.

Baked Cod Tacos

Sprinkle 1 lb. cod fillets with 2 tbsp. taco seasoning. Sauté in a hot skillet in 1 tsp. canola oil until cooked through, about 3 minutes per side. Flake cod into warmed corn tortillas. Top with shredded red cabbage and pineapple salsa.

Sweet Dijon Salmon

Stir together 1 tbsp. each Dijon mustard, honey, and apple cider vinegar.

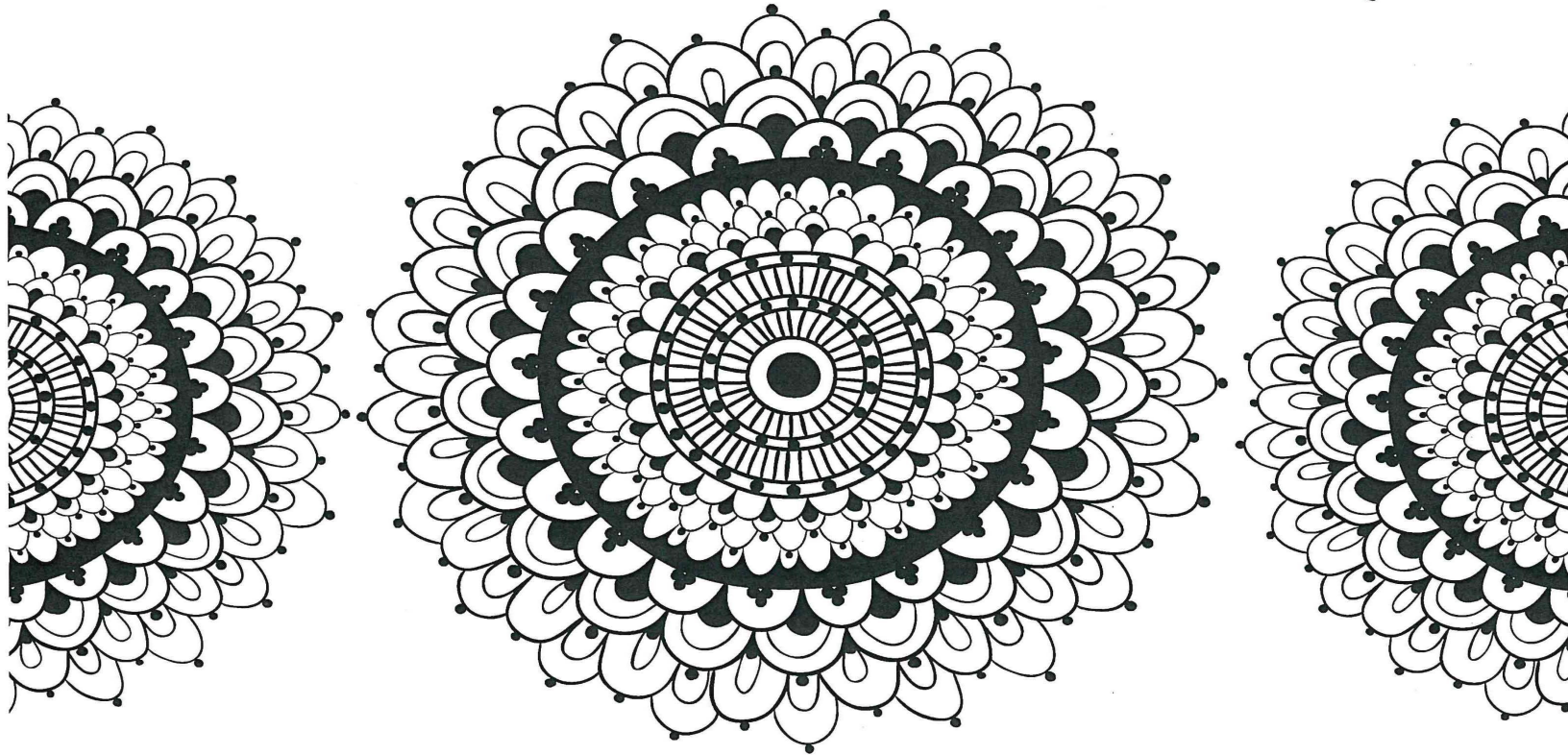
Place four 4-oz. salmon fillets on a baking sheet coated with nonstick cooking spray and coat with the sauce. Bake at 425° about 12 minutes, until fish flakes.



Home Activities & Rainy Day Coloring Pages

Enjoy these coloring pages to help keep your mind busy and use your creativity to create something beautiful!

If it doesn't CHALLENGE you,



it won't CHANGE you



Earth Day April 22, 2021

Earth Day is April 22nd. Green your mind, body, and community!

Go for a walk! Bring a bag and pick up any trash you see.

Goal: Try and fill your bag. Extension for little ones: Bring sidewalk chalk and draw a 😊 wherever you picked up litter.



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MINDSET
is
EVERYTHING



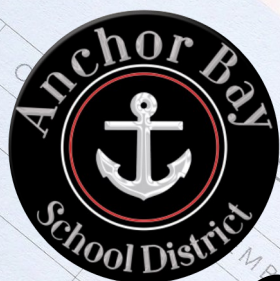
GUESS THIS FAMOUS "FAILURE"

This person's nickname may be the "Queen of Media," but there was a time when she couldn't even imagine being the success she is today. When she was younger, she was hired to co-host a news show. Unfortunately, the show did not do well, and she was asked to step down as co-host and was eventually fired.

How she overcame her failure and succeeded...

But this person didn't let being fired stop her!!! She took time to reflect on what went wrong and what she wanted in the future. This led her to take a job at a talk show not many people watched. She saw this as an opportunity to do what she loved. She could now tell the positive stories she wanted to tell. This show launched her career and helped her become the famous icon she is today! Today she wisely tells people: "There is no such thing as failure. Failure is just life trying to move us in another direction."

This famous failure is Oprah Winfrey a talk show host, actress, producer, and philanthropist.



Activities & Community Events

Get Outdoors

It's time to take advantage of Michigan's springtime and get outdoors! Here are a few ideas:

Metro Parks: <https://www.metroparks.com/events/>

By heading to the Huron-Clinton Metroparks event page, you can see all the family friendly events that are offered by month. You can even filter by which Metroark you would like to visit. Just be sure to register early, as spots are limited due to social distancing and group gathering.

Detroit Zoo: (must reserve tickets ahead of time) <https://detroitzoo.org/>

Belle Isle: <https://www.michigan.org/property/belle-isle-park>

Yates/Blakes Cider Mills: <https://www.yatescidermill.com/> or <https://www.michigan.org/property/blake-s-orchard-cider-mill>



SPRINTERFEST '21

APRIL 23-25 DOWNTOWN NEW BALTIMORE

AIM YOUR PHONE CAMERA HERE FOR ACTIVITY SIGN UPS AND TO LEARN MORE



OR VISIT NEWBALTIMORELIONS.COM

Our annual Winterfest - or Sprinterfest for 2021 - includes fun for ALL ages. With live entertainment, food & beverages, games and activities for children and adults, there is truly something for everyone. Proceeds from this event go to benefit Lions charities and work in the community throughout the year. Join us for tons of fun with a little more sun!

CANTERBURY VILLAGE 2021 EVENTS SCHEDULE

Michigan Made Winter Market
Lucky Leprechaun Day
Michigan Made Spring Fever Market
Eggstravaganza Egg Drop
Open Air Markets
Open Air Markets
Cinco Bash
Michigan Flower & Artist Weekend
Ultimate Outdoor RV, Boat & Sports Show
Dino Stroll
Open Air Markets
Michigan Medieval Faire Stroll
Open Air Markets
Michigan Mega Food Truck Rally - Summer Kick Off
Michigan Rib Fest
Open Air Markets
DPC Car Show
Michigan Made Festival
International Taste Fest (FOOD - WINE - SPIRITS - BEVERAGES)
Michigan Ice Cream Festival
Michigan Hippy & Veggie Fest
Michigan Taco Fest
Michigan Pet Fest
Michigan Seafood & Lobster Fest
Car Show
Arts, Cider & Donuts Fest
Haunted Castle & Terror in The Village
BBQ, Bourbon & Brews
Michigan Fall Fest
Michigan Mega Food Truck Rally - Fall Edition
Halloween Stroll
Open Air Markets
Canterbury Village Tree Lighting
Michigan Made Holiday Market
Holiday Stroll
Michigan Mitten Drop & Mitten Gala

January 22-24, 30-31
March 13
March 20-21
April 3
April 10-11, 17-18, 24-25
May 1-2
May 5
May 8-9
May 14-16
May 20-23, 28-30
June 5-6
June 12-13
June 19-20
June 26-27
July 2-5
July 10-11
July 11
July 16-18
July 24-25
July 31-August 1
August 7-8
August 12-15
August 21-22
August 27-29
September 4 (Cobra/Corvette) / 5 (Hot Rods) / 6 (Jaguars)
September 11-12
September 17-18, 24-25
September 17-19
September 24-26
October 2-3
October 7-10, 15-17, 22-24, 29-30
November 6-7, 13-14, 20-21
November 20
November 26-28
November 24, 26-28, December 3-5, 10-12, 17-19, 23
December 31

*DATES SUBJECT TO CHANGE

CANTERBURYVILLAGEEVENTS.COM

Canterbury Village in Lake Orion has events for everyone!

<https://canterburyvillageevents.com/>

Locally, check out New Baltimore's first ever
SPRINTERFEST!

<https://www.michigan.org/event/sprinterfest-2021>