

“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

Tips for Mental Health

- ◆ **Build Confidence** - Identify your abilities and weaknesses together, accept them, build on them and do the best with what you have.
- ◆ **Accept Compliments** - Many of us have difficulty accepting kindness from others but we all need to remember the positive strokes when times gets tough.
- ◆ **Make Time for Family and Friends** - These relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.
- ◆ **Give and Accept Support** - Friends and family relationships thrive when they are "put to the test".
- ◆ **Create a Meaningful Budget** - Financial problems cause stress. Over-spending on our "wants" instead of our "needs" is problematic.

<http://www.wholefitness.com/10mentaltips.html>

TRY TOFU FAJITAS!

INGREDIENTS:

8 Fajita-size tortillas (6-7inch)
8-10 oz baked tofu, cut into strips
Red or green salsa, to taste
1 cup lowfat yogurt or reduced fat sour cream

INSTRUCTIONS:

Preheat oven or toaster oven to 400 degrees. Wrap the entire batch of tortillas in foil and warm while preparing the filling. Place tofu strips on a plate and microwave briefly until warmed. Spread a little salsa and yogurt in the center of each tortilla and arrange a few tofu strips over them. Sprinkle with some lettuce or any other ingredients you want to add. Roll up snugly and serve.

Health Tip of the Week

Eating a high-fiber cereal for breakfast can lower your cancer risk, but may also help you lose weight. Research has shown that people who eat high-fiber cereal will consume about 100 fewer calories at lunch. Over a year, that could add up to a 10 pound weight loss.

Take the Sting out of Summer

Here's a guide to thwarting the itching, stinging and burning that come with summer.

Prevention of rash: If you're planning a hike in the woods, you can purchase a skin cream called IvyBlock® that prevents urushiol from getting on your skin. If you do touch a poisonous plant, clean the area with soap and water immediately. Wash all clothes and items that may have touched the plant. If a rash develops, take cool showers and oatmeal or baking soda baths, and apply calamine lotion to the area.

Mosquitoes: To treat a mosquito bite, wash it and apply a topical antihistamine. Avoid scratching, which can cause infection.

Bee stings: If a bee or wasp flies near you, stand still or move away slowly. Rapid movement often provokes attack. If you've been stung and the stinger remains in your skin, scrape the area gently with a credit card, ruler or butter knife. *Don't* try removing it with tweezers, which will release more venom into your body. Wash the wound and apply an ice pack. To relieve itching, treat the wound with vinegar, honey, meat tenderizer or topical ointments.

Jellyfish: The tentacles of a jellyfish contain millions of stinging cells that inject toxins into its prey. A swimmer can be stung by brushing against a tentacle. To prevent jellyfish stings, spread a layer of petroleum jelly on bare skin before swimming. If you've been stung, you will probably experience symptoms within 24 hours. If you develop a rash or red, swollen skin, do the following:

- If bits of tentacles remain on the skin, pour alcohol or baby powder on the area to prevent additional irritation.
- Apply diluted ammonia, vinegar or meat tenderizer. Meat tenderizer is one of the best sources of relief from stings.

<http://www.healthatoz.com/healthatoz/Atoz/hl/sp/trvl/alert06172004.jsp>