



3 Simple Ways to Reduce Stress with Mindfulness

Ever have one of those days? It happens. Traffic is a nightmare. You've got a looming work deadline. There's trouble at home. Or some series of unexpected events have you feeling stressed out and anxious. Now what? A two-week vacation to sort things out and recharge might help. But is there anything else you can do improve your mood and feel better? Yes, and it's simple. Practice mindfulness on the go. Mindfulness means you practice being aware of things around you. You focus on the present. In a recent study, researchers found that short mindfulness sessions during the day can reduce stress and anxiety. Here's how to do it:

Take a walk break. It doesn't have to be far. Walk around the block, through the mall, or in a park. You could even use a treadmill. Aim for 10-15 minutes; more if you have time.

Observe. Your brain will want to review your to-do list or rehash whatever's bothering you while you walk. But push those thoughts aside. Instead, focus on making simple observations. Notice the details of a tree. Look at clouds overhead. Listen carefully to the sounds around you. Feel the sensation of your feet touching the ground as you walk.

Breathe. Breathe in slowly, and exhale slowly as you walk and observe. "You don't need to exert a lot of extra effort in order to improve your wellbeing," says lead researcher Chih-Hsiang "Jason" Yang. "Being more mindful while you're moving around is enough."¹

Healthy Recipe

Whole Grain Pizza with Fresh Zucchini Chips and Tzatziki Sauce

Ingredients

- 1 Whole Grain Pizza Crust
- 1/4 cup Pizza Sauce
- 1/2 cup spinach
- 1/2 cup fresh bell pepper, sliced
- 1/4 cup mozzarella cheese, shredded
- 1 cup fresh zucchini, sliced in rounds
- 5 ounces plain Greek yogurt
- 1/2 tablespoon fresh dill, chopped
- 1 teaspoon lemon juice
- 1 clove garlic, minced
- 1/4 cucumber, grated

Directions

- **Step 1**
- Build whole grain pizza starting with the crust, placing the spinach on next and then adding the cheese.
- **Step 2**
- Add the bell peppers as a topper and set aside.
- **Step 3**
- In a small bowl mix Greek yogurt, dill, garlic, lemon juice and cucumber.
- **Step 4**
- Serve pizza with zucchini chips and sauce to dip.

¹ KHN Wellnotes