

Actions for Health and Wealth

When there is no money in the bank, you might have to endure your current situation until something changes. Maybe it means you must wash dishes by hand when your dishwasher breaks. You might have to reprioritize expenses or save money to purchase the dishwasher.

Unfortunately, health challenges cannot always be solved with money. A good night's sleep might be achieved by purchasing a new mattress. But what if stress is the cause of insomnia?

Stress is the way your body responds to experiences and events and can be good or bad. Managing stress is important for your health and well-being.

Stress can help you rise to a challenge. It allows you to engage focus, strength, stamina and heightened alertness. The K-State Research and Extension fact sheet about stress management explains: "The human body responds to stressors by activating the nervous system and specific hormones. The hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortisol and release them into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups, putting muscles on alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy. And sweat is produced to cool the body. All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment."

Unfortunately, the body can over respond or fail to reset itself. If the body is not able to resist and adapt to the stress, other problems can occur including anxiety or panic attacks; irritability and moodiness; allergic reactions; problems sleeping; sadness or depression; or physical symptoms like stomach problems, headaches, or chest pain.

My job as a Family and Consumer Sciences Extension Agent is to connect you with resources and education to help you with your health and wealth. We have to make choices and changes when our financial and health "savings" are depleted. Living in a world experiencing a pandemic can result in rapid "withdrawals" or stressors on your health and wealth.

"Living Well Together" is a program series that will touch on a wide variety of essential skills that empower you and your family to live, work, and thrive. The series will discuss essential knowledge and skills such as financial literacy, building strong families and leading healthier lives.

January's topics include: Cooking Road Map; Cut the Clutter and Get Organized; Vaccinations: Checking the Facts together; Who's Taking Care of You? The weekly programs will be offered via Zoom on Thursdays at 6:45 p.m. and recordings will be available.

Stress should not rule your life. Learning what causes stress and different ways you can cope is a healthy lifestyle behavior. Let K-State Research and Extension help you learn more about living well.

Source: Keys to Embracing Aging: Stress Management, Kansas State University, December 2015.

Upcoming K-State Research and Extension Events

Register for any of the following programs at <http://bit.ly/LivingWellTogether-Jan> . All programs are free and will be recorded.

January 7 - Cooking Road Map, 6:45 p.m.

January 14 - Cut the Clutter & Get Organized, 6:45 p.m.

January 21 - Vaccinations - Checking the Facts Together, 6:45 p.m.

January 28 - Who's Taking Care of You?, 6:45 p.m.

