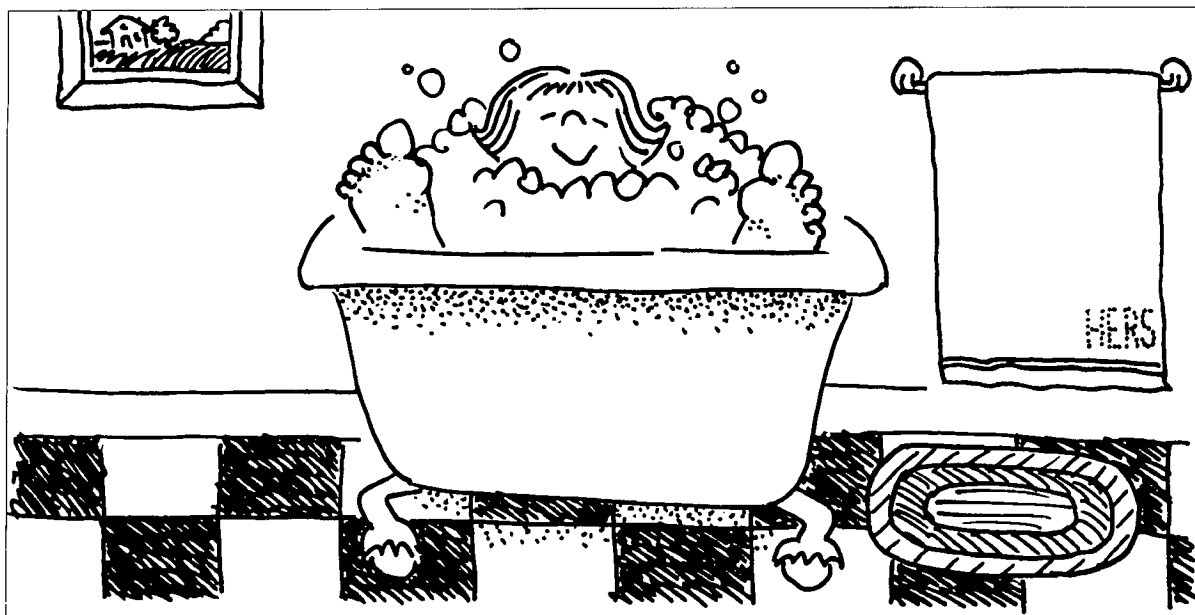


## Session Fifteen

# Relax For The Health Of It

*During this session you will:*

- ♦ *Identify the symptoms of stress*
- ♦ *Learn skills to cope with stress*
- ♦ *Make an emergency meal plan to use when you are stressed*



## Review of Home Activity

- ◆ What new bean or grain recipe or low-fat commercial product did you try?
- ◆ How did you (and others) like it?
- ◆ What would you do differently the next time you use beans or grains?

## What Is Stress?

**S**tress is tension or pressures that are a natural part of living our lives. Changes and events in our lives (getting married, illness, changing jobs) are major sources of stress. Pressures and tension from both good and bad changes can trigger stress. Most of us think that stress is bad. It can create physical symptoms like headaches, stomachaches, and muscle tension. It can also affect your thoughts and emotions causing irritability, worry, anger, and depression. Some people react to stress by eating or drinking too much.

All of us have experienced stress. Today's session focuses on how to cope with stress.

Why are we talking about stress in a nutrition program? When most of us are under stress, we change the way we eat. In addition, changing old eating patterns and getting your family to try new foods can be a source of stress.

### Symptoms of Stress

Take a few minutes to answer the questions on the stress questionnaire, Worksheet 15-1 (pgs. 9-10).

Everyone has different reactions to stress. What are some of the ways you react to stress?

- ◆ What physical symptoms do you experience when you are stressed?
- ◆ What emotional reactions do you experience?
- ◆ What changes in behavior do you make?

The first step in dealing with stress in your life is recognizing your own symptoms of stress. Once you've identified that you are having stress you can begin to evaluate what is causing stress.

## Does the Women's Health Initiative Cause Stress?

We have seen that stress may cause changes in your diet. Changing your diet may also be a source of stress. Has participating in WHI increased the amount of stress in your daily life?

- ◆ Do you spend extra time in food preparation, shopping and/or record keeping?
- ◆ Do you feel deprived when you can't eat the foods you like?
- ◆ Do you think about food more often?
- ◆ Do your family's food preferences interfere with your low fat eating plan?
- ◆ Do your family's reactions to low-fat foods and meals upset you?
- ◆ Have you experienced a change in your routines since joining the WHI and are you comfortable with the changes?
- ◆ Do you feel comfortable participating in social activities where high fat foods are more available?



## Stress Reduction Ideas

We understand that participating in the WHI may have added some stress to your life. Because of this possibility, you've had a chance to learn some coping techniques for dealing with stress during our group sessions.

The following list summarizes some of the coping skills we've discussed. You can review the session materials and read more about stress management techniques. There are some stress management books listed in the Resource section of your Participant Manual.

# Stress Coping Skills

## Set realistic goals

- ◆ Avoid trying to be perfect. Be patient with yourself. Review Session 3.

## Reach out to people

- ◆ Don't withdraw into yourself. Use social support. Review Sessions 4, 8.

## Learn to say no

- ◆ Practice assertiveness, and say yes only to those activities that are important to you. Review Sessions 6, 8.

## Use problem solving skills

- ◆ Identify the problem causing stress, decide what you can do and take action. Review Session 10.

## Plan ahead

- ◆ Reduce the chance of problems. Review Session 12.

## Use positive self-talk

- ◆ Maintain a positive attitude. Review Session 11.

## Use time management skills

- ◆ Get organized and use quick meal preparation ideas. Review Session 13.

- ◆ **What coping skills could you use to limit the stress from WHI?**
- ◆ **Which of these coping skills do you find useful for reducing stress in other areas of your life?**

There are many different ways to deal with stress. Sometimes you can avoid stress by learning to say no and managing your time better.

Sometimes you can change your understanding of stress. For example, by setting

realistic goals and not trying to be perfect, you are less likely to fail in meeting your goals. When you are successful you are less likely to feel stressed.

## Relaxation Techniques

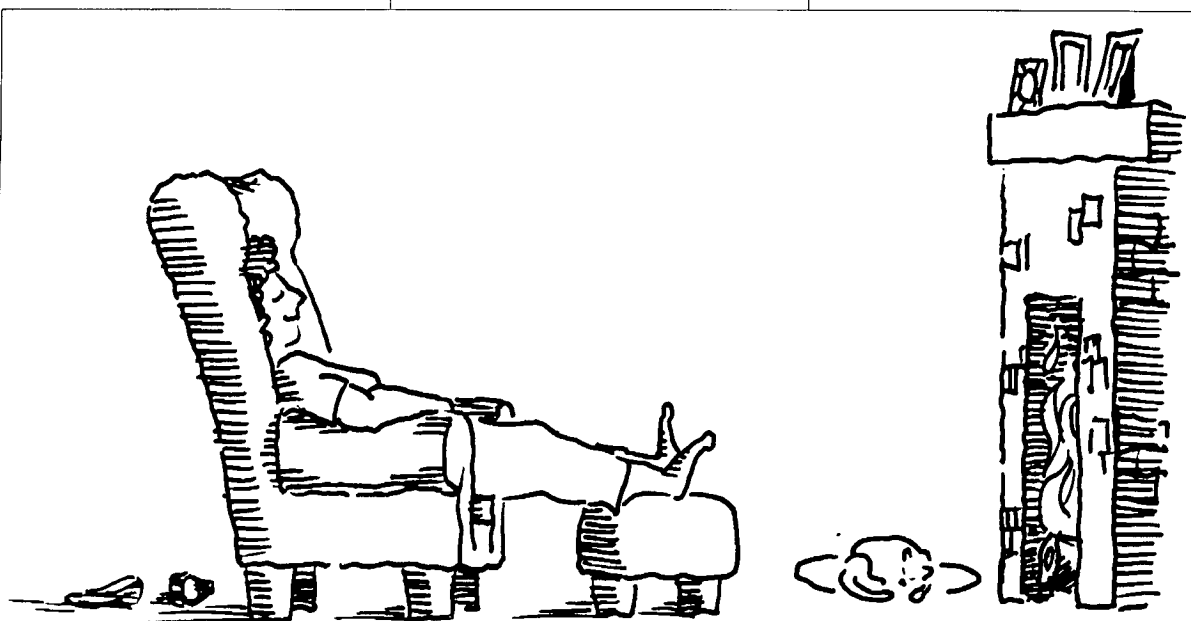
During this session you reviewed some ideas for reducing stress. However, sometimes you can't avoid or change the stress.

At these times relaxation techniques may help you deal with the physical and emotional symptoms of stress.

Here are four examples of simple relaxation techniques. Try these many times in a day.

- ◆ **Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs and body go completely loose.**
- ◆ **Smile with your mouth, eyes and heart. Recall a heartwarming, strong or happy experience.**
- ◆ **Think, "My arms and legs are heavy, relaxed and warm."**
- ◆ **Think about being warm. Imagine lying in a warm tub, soaking up the warm sun or enjoying a roaring fireplace. Use all your senses.**

There are many more different methods of relaxing. Some examples include visualization, breathing, yoga, meditation, exercise and progressive relaxation. There is a brief description of these techniques and a list of books which describe them in more detail in the Resource section of your manual. In addition, Handout 15-4 (pg. 13) describes another quick and easy relaxation method. Practice one of these methods before you need it. That way it will be easier to relax, when you need it the most.



## Quick Meal Ideas

**A**t times, under stress, you may not have the time or the desire to plan and cook nutritious low-fat meals. In Session 13 you learned some ways to save time in the kitchen.

- ♦ **What time-saving methods have you tried?**
- ♦ **What kinds of foods do you prepare when you're feeling stressed?**

### Frozen Dinners

Frozen dinners are a quick and easy way to prepare dinner. You can buy frozen dinners at the grocery store or you can make them yourself. When you make them yourself you can save money. An easy way to make your own entrees is to double the recipe and freeze the left-overs for another meal. This is a great way to have low-fat food available on those hectic days when you're feeling stressed. For ideas, look at the recipes at the end of this session. They freeze well.

If you think that fixing your own frozen dinners is too much work, check your grocery store. There are many acceptable low-fat frozen dinners, canned foods and packaged mixes available. There is a list of some good choices on Handout 15-5 (pgs. 14-15).

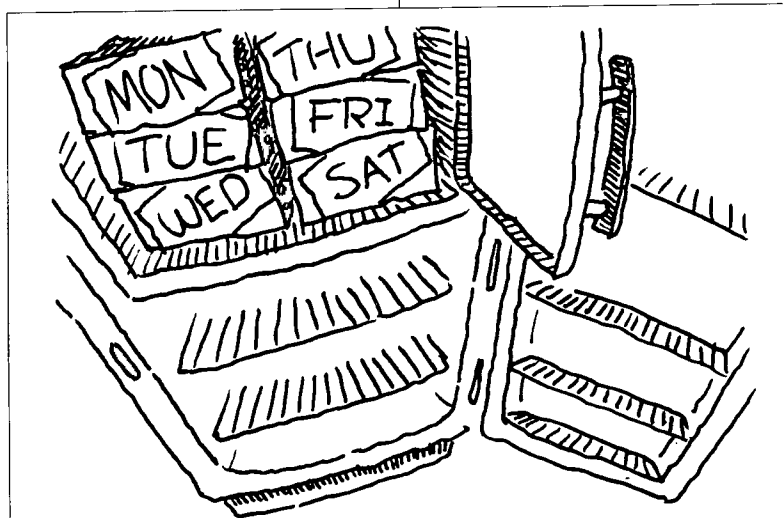
### Emergency Meal Plan

It is very helpful to have an Emergency Meal plan for those days when you're rushed and don't have time to cook. By planning ahead, you can avoid the stress of having to think about what to eat.

Use Worksheet 15-2 (pg. 11) to write down some

ideas for emergency meals. Look at Handout 15-5 and select some quick meals, frozen entrees and make-ahead meals you could use. Write down some of your choices on Worksheet 15-2.

Put this list on your refrigerator or on the inside of your cupboard door. Then, when you're ready to go grocery shopping, check your pantry to make sure you have everything you need for your emergency meals. If you don't, you can add it to your shopping list.



## Summary

**T**his session helped you recognize your physical, emotional and behavioral reactions to stress. In addition, you have learned how a change in eating patterns can add stress to

your life. However, during the past nine months you have learned many coping skills to deal with your stress. Today, you were also introduced to some relaxation techniques and the need

for quick emergency meal ideas. When you are feeling stressed and don't have time to cook, quick meal ideas help you maintain a healthier low-fat eating pattern.

### Here are some questions for further thought:

- ◆ What coping skills can you use to reduce your stress?
- ◆ What relaxation techniques do you think will work for you?
- ◆ What are some quick meals you can prepare when you are stressed or rushed?

## Home Activity

### Areas to work on next month:

- ◆ Use two Fat Scans during the next month. Complete one at the beginning of the month and one at the end of the month. Be sure each Fat Scan includes a weekend day.
- ◆ Plan and prepare an emergency meal from Worksheet 15-2 (pg. 11).
- ◆ Practice using a relaxation technique on a regular basis.

Use Worksheet 15-3 (pg. 12) to outline a plan and evaluate how it worked.



# Stress Questionnaire

1. What are some of the ways you react to stress? Check the physical, emotional and behavioral reactions you experience.

A. Physical:

- ☐ shortness of breath
- ☐ pounding heart
- ☐ muscle tension
- ☐ headaches
- ☐ upset stomach
- ☐ clenching jaw
- ☐ dizziness
- ☐ trembling
- ☐ diarrhea
- ☐ other \_\_\_\_\_

B. Emotional:

- ☐ irritability
- ☐ anger
- ☐ worry
- ☐ inability to concentrate
- ☐ negative attitudes
- ☐ loneliness
- ☐ depression
- ☐ other \_\_\_\_\_

C. Behaviors:

- ☐ loss of appetite
- ☐ overeating
- ☐ trouble sleeping
- ☐ accident proneness
- ☐ increased use of alcohol
- ☐ reckless driving
- ☐ other \_\_\_\_\_

## Worksheet 15-1 (continued)

2. What happens to your eating habits when you are under stress?

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3. In what way, if any, has your participation in WHI caused stress in your life (for example attending classes, spending extra time in food preparation, interacting with family and friends)?

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4. What do you do now to reduce stress?

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5. What could you do?

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# Emergency Meal Plans

1. Identify quick meals:

Easy quick meals

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Best frozen entrees

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Favorite make ahead meals

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2. Post this list on your refrigerator.
3. Before you go shopping check your pantry and freezer for the necessary ingredients to prepare these foods.
4. Purchase foods needed for quick meals so they are available for emergencies.

Name: \_\_\_\_\_

## Worksheet 15-3

# Home Activity Worksheet

### Areas to work on next month:

- ◆ Plan and prepare an emergency meal from Worksheet 15-2.

#### Evaluation:

1. Emergency meal I tried: \_\_\_\_\_
2. How much time did it take to prepare? \_\_\_\_\_
3. Did my emergency meal plan help me in the stressful situation? \_\_\_\_\_

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- ◆ Practice using a relaxation technique on a regular basis.

#### Evaluation:

1. Relaxation techniques I tried: \_\_\_\_\_
2. Did the relaxation technique help me cope with a stressful situation? \_\_\_\_\_

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# Instant Relaxation

Special benefits: A flexible technique that can be used either briefly or for longer periods.

**Fifteen-minute version:** Sit or lie down with your eyes closed. Count backward slowly, using the following sentences: "Three--I am ready for rest and relaxation. Two--With every breath, I let go and relax more deeply. One--I am now completely open to rest and relaxation." Then go through your body and release the excess tension in (1) your legs and feet, (2) your arms and hands, (3) your torso, and (4) your neck, head, and face. For the rest of the time, slowly repeat some soothing statement such as, "I relax when I need to, I keep my stress level down, and I take good care of my mind and body".

**Three-minute version:** You can use this technique for shorter periods after practicing the long version at least ten times. After that much practice your mind will have learned to associate the technique with rest. Therefore you'll start feeling calmer, and perhaps sleepier, as soon as you count down from three to one. Because this technique causes drowsiness, don't use it when alertness is necessary.

It's good to become familiar with this method even before you run into a crisis. That way the Instant Relaxation process will come naturally when you need it the most.

From: *Feel Better Now*, Schirner C. (1990)

# Low-Fat Frozen Dinners

The frozen food section of your supermarket is filled with frozen dinners that you can microwave for an instant meal. Food manufacturers are constantly coming out with new products. Many of them are trying to appeal to health conscious consumers, which is good news for us. Be careful, however, because not all dinners labeled "low-fat" are truly low in fat. As a general guide, choose entrees that have 10 grams of fat or less per serving.

Frozen dinners are often promoted as a complete meal, but nutritionally speaking they are not. Most frozen dinners lack calcium and are low in vitamins A and C, and fiber. Add fresh fruit or vegetables, whole grain bread and low-fat dairy products to improve the nutritional value of your meal.

The following list includes some examples of acceptable frozen dinners:

<b>Frozen Dinners</b>	<b>Fat (g)</b>	<b>Frozen Dinners</b>	<b>Fat (g)</b>
<b>Banquet Healthy Balance</b>		<b>Healthy Choice Dinners</b>	
Chicken Parmesan	9	Chicken and Pasta Divan	4
Chicken Enchilada	4	Chicken Parmigiana	4
Sweet-n-Sour Chicken	4	Salisbury Steak	7
Salisbury Steak	8	Mesquite Chicken	3
		Sweet and Sour Chicken	2
<b>Budget Gourmet Light and Healthy Dinners</b>		<b>Healthy Choice Entrees</b>	
Italian-Style Meat Loaf	4	Zucchini Lasagna	3
Sirloin of Beef	3	Macaroni and Beef	3
Teriyaki Chicken Breast	6	Chicken and Vegetables	1
Teriyaki Beef	6	Chicken Chow Mein	3
		Garden Potato Casserole	4
<b>Budget Gourmet Light Entrees</b>		<b>Kraft Eating Right</b>	
Chicken Au Gratin	7	Beef Sirloin Tips and	
French Recipe Chicken		Noodles	8
and Vegetables	7	Shrimp Vegetable Stir Fry	4
Mandarin Chicken	5		
Sirloin of Beef			
in Herb Sauce	9		

## Handout 15-5 (continued)

Frozen Dinners	Fat (g)	Frozen Dinners	Fat (g)
<b>Lean Cuisine</b>		<b>Tyson Healthy Portion Dinners</b>	
Chicken a l' Orange	4	Glazed Chicken with sauce	4
Chicken in Barbecue		Chicken Marsala	4
Sauce	6	Chicken Mesquite	8
Chicken Italiano	8	Grilled Chicken	3
Lasagna with meat	6		
Stuffed Cabbage	6	<b>Weight Watchers</b>	
Turkey Dijon	5	Beef Stroganoff	9
		Cheese Tortellini	6
<b>LeMenu Healthy</b>		Chicken Divan Baked	
Sliced Turkey with Gravy	5	Potato	7
Veal Marsala	3	Garden Lasagna	7
Glazed Chicken Breast	7	Homestyle Turkey Baked	
Salisbury Steak	9	Potato	6

### Quick Meal Ideas

Spaghetti with bottled or canned tomato sauce

Canned chili

Packaged macaroni and cheese made with skim milk and without margarine or 1/2 the margarine

Pork n' beans with brown bread

Burrito made with refried beans

Microwaved potato topped with cottage cheese and vegetables

Frozen ravioli with bottled or canned tomato sauce

Stir fried chicken with frozen vegetables

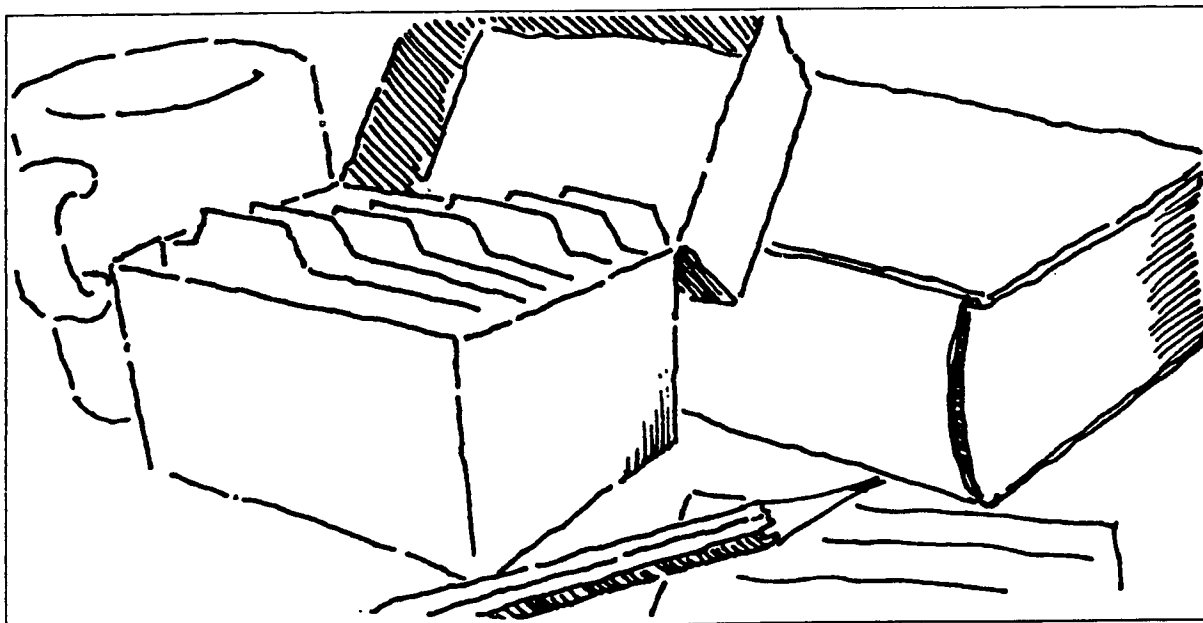
Soup and sandwich

Microwaved fish with salsa

## Session Fifteen

# Recipes

- ♦ *Quick Chili*
- ♦ *Stovetop Tamale Pie*
- ♦ *Chicken Cacciatore*
- ♦ *White Fish Creole*
- ♦ *Tuna or Chicken Linguini*
- ♦ *Oven Fried Seafood Cakes*





## Quick Chili

**1/2 pound extra lean ground beef**  
**1 can (16 ounces) kidney beans, drained (save liquid)**  
**1/3 cup bean liquid**  
**1 cup canned tomato puree**  
**1 tablespoon instant minced onion**  
**1-1/2 tablespoons chili powder**

Cook beef in hot fry pan until lightly browned. Drain off fat. Stir in remaining ingredients. Bring to a boil. Reduce heat, cover, and simmer 10 minutes.

Menu Suggestion: Serve with mixed salad greens with reduced-calorie dressing, whole-wheat rolls, and juice-pack canned pineapple chunks.

Makes 4 servings (about 3/4 cup each)

Fat: 8 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Grain Servings: 1 per serving

Recipe from USDA, Shopping for Food and Making Meals in Minutes

Note: This quick chili recipe makes a great “planned-over” meal. Make a double batch and freeze half. Re-heat later for use in chili tacos, taco salad or in Stove Top Tamale Pie (see recipe on next page). Combine with macaroni in a casserole, serve in chili burgers served sloppy Joe style, or use as a potato topper.

## Stovetop Tamale Pie

**1 recipe Quick Chili**

**1 can (8 ounces) whole-kernel corn, undrained**

**1/2 cup yellow cornmeal**

**1-1/4 cups cold water**

**1/8 teaspoon chili powder**

**dash salt**

Place chili in a 10-inch frying pan. Stir in corn. Heat thoroughly. As chili heats, mix cornmeal and salt with water in a saucepan. Cook over medium heat, stirring constantly until thickened, about 2 minutes. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

Menu Suggestion: Serve with cooked frozen kale and fresh fruit cup.

Makes 4 servings (about 1 cup each)

Fat: 8 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from USDA, Shopping for Food and Making Meals in Minutes

## Chicken Cacciatore (Microwave)

**Preparation time: 20 minutes**

**1 pound chicken breast, skinned, boned, and cut into strips**  
**1/2 cup onion, chopped**  
**1 medium green pepper, cut into strips**  
**1 tablespoon vegetable oil**  
**1 can (12 ounces) whole tomatoes**  
**1 can (8 ounces) tomato sauce**  
**1/2 teaspoon oregano**  
**1/2 teaspoon basil**  
**1 cup quick rice, uncooked**

Sauté chicken, onion, and pepper in oil. Stir in tomatoes, sauce, and seasonings and bring to a boil. Stir in rice. Cover. Reduce heat to low. Cook for 10 minutes. This may be prepared and frozen for later use. Defrost 10 minutes in microwave, then heat 10 to 15 minutes on high power.

Makes 4 servings

Fat: 7 grams per serving

Fruit/Vegetable Servings: 2 per serving

Grain Servings: 1-1/2 per serving

Recipe from All-American Low-Fat Meals in Minutes

## White Fish Creole

**Preparation time: 25 minutes**

**1 pound white fish fillet (cod, sole, etc.)  
2 teaspoons margarine  
1 cup fresh tomatoes, chopped**

**Creole Seasoning:**

**2 tablespoons paprika  
1-1/2 teaspoons salt (optional)  
2 teaspoons each black pepper, red pepper, and white pepper  
1 teaspoon thyme**

Place four frozen fish fillets on a baking sheet and top each with 1/2 teaspoon margarine. Combine ingredients for Creole Seasoning in a shaker container. Sprinkle over fish (about 1/2 teaspoon per fillet). Label remaining seasoning and save for later use on vegetables, corn on the cob, or meats. Bake fillets at 400°F for 15 minutes. Sprinkle chopped tomatoes over fillets, and bake 5 more minutes.

Makes 4 servings

Fat: 4 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Recipe from All-American Low-Fat Meals in Minutes

## Tuna or Chicken Linguini

**8 ounces dry linguini, cooked**  
**1 can (8 ounces) drained water-pack tuna or chicken**  
**1 cup green peas, steamed**  
**1 can (5 ounces) Campbell's Special Request® Cream of Mushroom Soup**

Cook noodles in 2 quarts of boiling water for 8-10 minutes until tender. Steam peas in microwave. Combine tuna or chicken, noodles, peas and mushroom soup in a 3-quart casserole. Mix well. Heat on medium-high setting for 10 minutes.

Makes 4 servings

Fat: 2 grams per serving with tuna  
6 grams per serving with chicken

Fruit/Vegetable Servings: 1/2 per serving

Grain Servings: 2 per serving

Recipe from All-American Low-Fat Meals in Minutes

## Oven Fried Seafood Cakes

**2 (6-1/2 ounce) cans water-packed tuna**  
**2 slices white bread, broken into small pieces**  
**1/3 cup skim milk**  
**1/2 cup onion, finely chopped**  
**3/4 cup green or red bell pepper, finely chopped**  
**1 cup carrot, grated**  
**1 teaspoon Worcestershire sauce**  
**2 tablespoons Dijon style mustard**  
**1 teaspoon celery seed**  
**1 teaspoon paprika**  
**1/2 teaspoon seasoned salt**  
**1/2 teaspoon oregano**  
**1/2 teaspoon basil**  
**1/8 teaspoon garlic powder**  
**dash of cayenne pepper**  
**salt to taste**  
**2 egg whites, beaten until stiff**

In a small bowl, moisten the bread pieces with skim milk. In a medium bowl, combine the fish with all remaining ingredients except the egg whites. Add the moistened bread to the fish mixture, stirring to blend. Beat the egg whites until stiff, then fold them into the fish mixture. Mold into 6 seafood cakes, each about 3 inches in diameter and 1/2-inch thick. Place the seafood cakes on a cookie sheet that has been sprayed with non-stick cooking spray. Place

under the broiler (about 4-5 inches from the heat) for about 4 minutes or until golden brown. Carefully turn the cakes using a pancake turner, and broil until the second side of the cake is golden. Seafood cakes may crumble a little when turned. If this happens, press gently to reform the cake before returning to the broiler. The seafood cakes will hold together when they are fully cooked. Serve warm with fresh lemon wedges and fat-free tartar sauce.

Makes 6 cakes

Fat: 1 gram per seafood cake

Recipe from participant in the Women's Health Trial