



Improving Your Relationship with Your Phone

Smartphones have made our lives so much easier, but they can also impact our physical and mental well-being. To build a healthier relationship with your phone, try the following strategies:

Turn Off Notifications

Disable notifications for social media apps or mute group chats to avoid being tempted by distractions.

Check at Specific Times

Create achievable boundaries by checking your phone at certain times or leaving your phone in another room.

Avoid Use Before Bed

Try to cut down on phone use in bed or right before sleeping. The bright screen can signal to your body that it's time to be awake, so you may have trouble falling asleep or experience lower sleep quality. Start small to create an action plan that works for your life and schedule.

TOPICS



- Improving Your Relationship with Your Phone
- Tips to reduce your stress
- Stuffed Bell Peppers



May marks National Physical Fitness and Sports Month, urging individuals to embrace an active lifestyle.



Tips to Reduce Your Stress



Get Consistent Restful Sleep

resist the temptation to cut corners.

Get Out of Bed and Write Things Down

If your mind starts racing and keeps you from getting to sleep, get out of bed and write down all your worries, concerns, and to-dos for the following day.

Cut Down on Caffeine

relying too heavily on caffeine for extra energy can backfire on you in many ways.

Decompress Daily

carve out at least 30 minutes each day to mentally “decompress” and thoroughly enjoy “mindless” activities.



STUFFED BELL PEPPERS

By: MyPlate

DIRECTIONS:

- Cut a circular hole in the tops of the bell peppers. Remove the seeds and membrane and set aside.
- In a large bowl, combine the remaining ingredients and stir until completely mixed. Fill the bell peppers with the meat mixture.
- Place the stuffed bell peppers on the stove in a large stock pot with the tops facing up. Add one inch of water to the bottom of the pot and cover.
- Place the heat on medium, keeping covered for 30-40 minutes until the rice is done.

INGREDIENTS:

- 5 bell peppers (any color)
- 1 pound 90% lean ground beef
- $\frac{3}{4}$ cup brown rice
- $\frac{1}{2}$ can of diced low-sodium tomatoes
- 3 Tbsp. lemon juice
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. allspice
- $\frac{1}{4}$ tsp. ground black pepper