

HEALTH AND HUMAN SCIENCE NEWSLETTER

BITE-SIZED WISDOM WITH AMANDA

SELF-CARE AWARENESS MONTH: SELF-CARE TIPS AND IDEAS

September is Self-Care Awareness Month making it the perfect time to slow down and focus on you. Self-care doesn't have to be complicated; it's about the simple choices we make every day to recharge and stay balanced. That might mean taking a walk, cooking a favorite meal, turning off screens before bed, or saying "yes" to rest and "no" to stress. When we take care of ourselves, we feel better, have more energy, and can share our best selves with others. This month, give yourself permission to put self-care on your to-do list. You deserve it!

Personal Wellness Tips:

- Take a short walk outside and enjoy the fresh air
- Read a book or listen to a favorite podcast
- Try a new healthy recipe
- Practice deep breathing or a short meditation
- Call or spend time with a friend or loved one
- Journal your thoughts or gratitude list
- Unplug from screens for an hour
- Do some gentle stretching or yoga
- Enjoy a warm bath or shower
- Go to bed 30 minutes earlier than usual

HEALTHY FALL RECIPE:

VEGAN PECAN APPLE CHICKPEA SALAD WRAPS

INGREDIENTS:

- 1 can chickpeas, rinsed and drained
- 1 cup diced Honeycrisp apple
- ½ cup chopped pecans
- ½ cup dried tart cherries
- 1 stalk celery diced
- ¼ cup chopped green onions
- 3 Tbsp Tahini, 2 tsp maple syrup, 1 tsp dijon mustard, 1 tsp apple cider vinegar
- 3 Whole grain tortillas

Instructions: Combine tahini, maple syrup, dijon mustard, and apple cider vinegar for the dressing. Then mix in all other ingredients and spread onto wrap



CURRENT/UPCOMING COMMUNITY PROGRAMS:

DECLUTTER & DE-STRESS

OCTOBER 7TH, 1PM
HENDRICKS COUNTY 4H
FAIRGROUNDS

CREATING A BEAUTIFUL & HEALTHY EDIBLE CENTERPIECE

OCTOBER 7TH, 2PM
HENDRICKS COUNTY 4H
FAIRGROUNDS

COOKING FOR ONE OR TWO

OCTOBER 7TH, 6PM
HENDRICKS COUNTY 4H
FAIRGROUNDS