



## Stress Less with Less!!

Every April is National Stress Awareness Month. Stress is a normal emotional response to the demands of our hectic lives. There are several ways to reduce stress in your life. One that will help your stress and your health is to get regular exercise. If you are not getting exercise, then take simple steps to make exercise part of your daily life. Another step is to improve your diet. As many of our program participants have learned, you want to have a colorful diet and eat a lot of fruits and vegetables.

Another way to reduce stress is to try and keep a positive outlook in life. Ask yourself “will what I am worrying about matter in a year from now” and “don’t sweat the small stuff. A social approach to managing stress is to create a support network. Friends are important to share both good and bad times with, but try to find those who are supportive.

Everyone also would be better off if they reduced the amount of stuff in their lives, including food. And we live in a good community with a lot of events going on each weekend so get out and enjoy it.

In fact, Earth Day which is on April 22nd is a time for everyone to focus on a cleaner & healthier environment. With Earth Day approaching, what are you going to do to help? Will you spend the day outdoors, clean up a roadside or plant a tree?

The goal for Earth Day is to bring the community together to increase knowledge, raise awareness of our natural resources, inspire individual and community commitment to conservation, and promote organizations and businesses committed to sustainability, and lastly to have fun and celebrate Earth.

The theme of 2021 is "Restore Our Earth" which focuses on natural processes, emerging green technologies, and innovative thinking that can restore the world's ecosystem. We have the ability to make a difference in every industry, but that can only happen when we all work together to Restore Our Earth. Join [earthday.org](http://earthday.org) in this movement and learn all the ways that you can get involved.

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### Asparagus Tomato Stir-Fry

#### Directions

Trim asparagus and cut into 1 inch pieces. Combine broth, soy sauce, ginger, garlic, pepper, and cornstarch in a small bowl to make sauce. Chop green onions and tomatoes into 1/2 inch pieces. Slice mushrooms. Pour oil into a skillet and preheat over medium-high heat. Add asparagus and green onions; stir-fry 4 minutes. Add mushrooms; stir-fry 1 more minute. Push vegetables to the sides of the skillet. Add sauce in the center, cook until thick and bubbly. Add tomatoes. Stir well and heat through.

#### Ingredients

- 3/4 lb fresh asparagus
- 1/4 cup chicken or vegetable broth
- 1 Tbsp light soy sauce
- 1/2 tsp ground ginger
- 1 clove garlic, minced
- 1/4 tsp black pepper
- 1 tsp cornstarch
- 4 green onions
- 2 roma tomatoes
- 1 1/2 cups fresh mushrooms
- 1 Tbsp olive oil

Source - Med Instead of Meds <http://medinsteadofmeds.com>

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