

The page is decorated with various fruit illustrations and abstract shapes. In the top left, there is a watermelon slice with a green rind and red flesh. In the top right, there is an orange slice. On the left side, there is a whole pineapple. On the right side, there is another watermelon slice. Scattered throughout are small red and yellow dots, and larger yellow and red squiggly lines.

LESSON 1

WELLNESS AND YOU

My name is: _____

food this or that

PIZZA

PASTA

DINE IN

TAKEAWAY

ICE CREAM

CAKE

BREAKFAST

DINNER

WAFFLES

PANCAKES

RICE

NOODLES

VANILLA

CHOCOLATE

VEGETABLES

FRUIT

SALT

PEPPER

SWEET

SAVOURY

BURGER

TACOS

SPICY

MILD

MY STRESS RESPONSE

MY NAME IS: _____

Part 1

- Can't sleep Not hungry Hungry all of the time Cranky or easily irritated
- Low energy Headaches Sad Worried Unmotivated
- Racing thoughts Other: _____

Stress is a normal, natural response, but too much stress can be overwhelming.

In Part 1, please circle what you feel when you feel stressed.

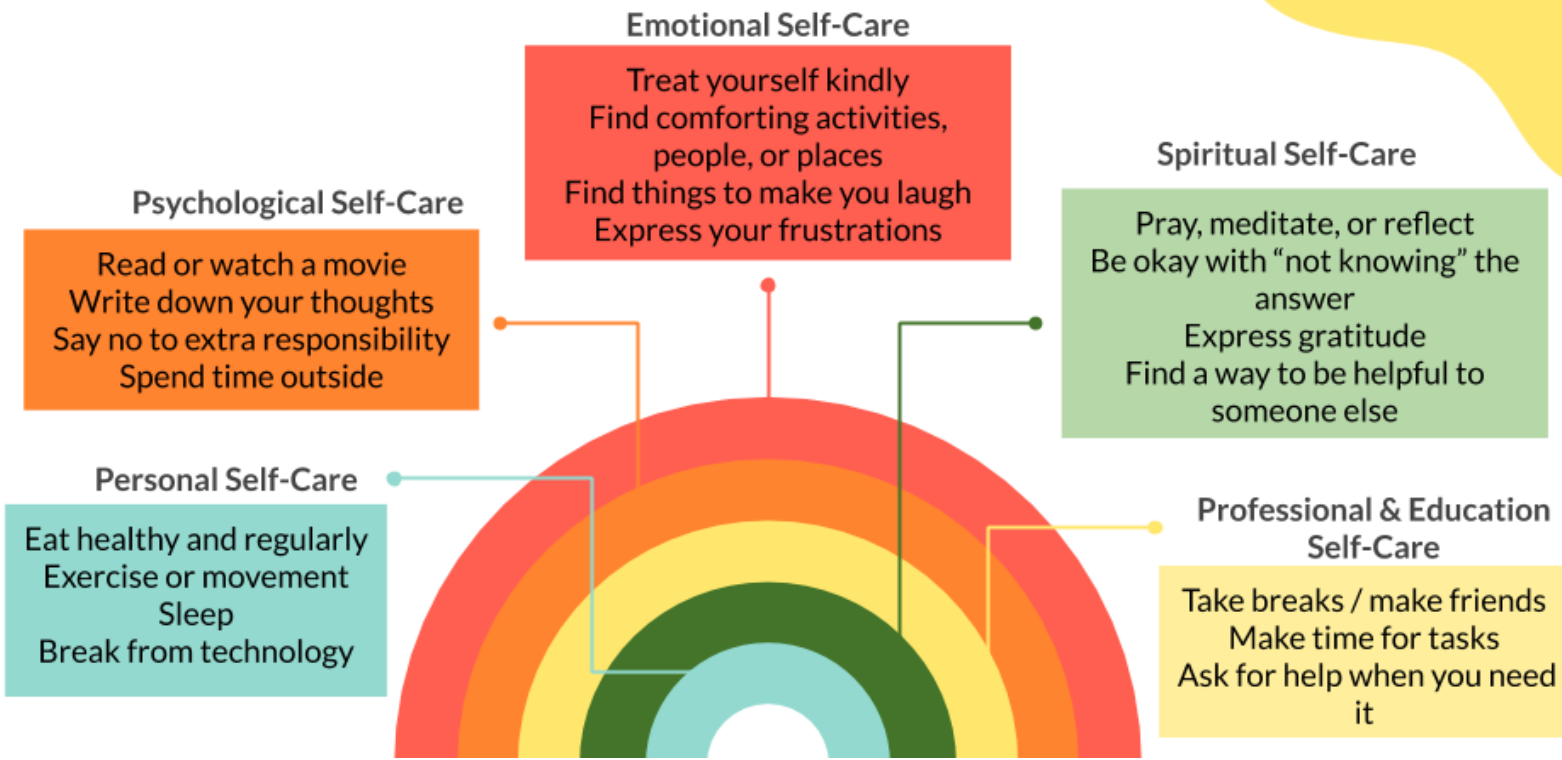
In Part 2, please circle things in your life that you feel most confident that you can and cannot control.

Part 2



Other sources of stress for me are:

How Can I Manage Stress?



MY NAME IS: _____

How I manage stress now:

New ways of managing stress I'd like to try:



FRUITS AND VEGETABLES

My name is : _____

The benefits of fruits and vegetables that are most important to me are....
(Please circle as many as you'd like)

- | | | |
|-----------------------------------|--|----------------------------|
| More energy | Low in saturated fat, sodium, and calories | Healthy bathroom habits |
| Normal blood pressure/cholesterol | Prevent anemia (low iron) | Healthy pregnancy and baby |
| Good immune system | Healthy teeth and gums | Prevent heart disease |

Other benefits: _____

Circle your current favorite fruits and vegetables.

Put a star next to ones that you are curious to try!

- | | | | |
|--------------|----------------|----------------|-------------|
| Potatoes | Corn | Green Peas | Cherries |
| Tomatoes | Mushrooms | Kale | Pears |
| Onions | Cabbage | Collard Greens | Mangoes |
| Carrots | Spinach | Bananas | Plums |
| Broccoli | Sweet Potatoes | Apples | Watermelon |
| Bell peppers | Green Beans | Strawberries | Lemon/Lime |
| Cucumbers | Cauliflower | Grapes | Peaches |
| Celery | Asparagus | Oranges | Blueberries |
| Salad Mix | Avocado | Cantaloupe | |

Other favorite fruits and vegetables: _____





More to Think About

Why is Communicating Under Stress Difficult?



Stressed brains have a difficult time learning, responding, and processing. (Even sleep deprivation and feeling overwhelmed can cause a stressed brain).

The front of your brain actually shuts down when you are stressed - this area helps you to make decisions, judgments, plans and moral reasoning. This makes you more prone to impulsive choices and behaviors.

If you are too stressed, your brain turns on the “fight, flight, or freeze” pathways. This is your internal arousal system. When this pathway is engaged and your heart rate increases, muscle tension increases, emotional experiences are heightened, and memories of upsetting interactions in the past that may have nothing to do with the current person/situation could come back to you. You may feel a need to emotionally protect yourself by lashing out (fight) or shutting down (flight) or you may go into an ‘automatic’ reaction and fall into patterns you may be trying to avoid (freeze).

Skills for managing our stress and more effective communication:

- Take deep breaths
- Pause before responding (in person, by e-mail, etc.)
- Reflect on your own contributions to conflict/stressful communication

Some helpful reflections and thoughts:

Stress reduction is helpful but no one can avoid all stress.

- What do you notice when you are stressed (or overwhelmed or upset)? What would be helpful during those times (e.g., encouragement, talking it through, etc.)?
- How do you address disagreement if it arises?
- Discuss expectations up front: Who will do what? How and when will you meet or communicate? What is the timeline? What do you do if one of you becomes unable to meet the agreed upon expectations?
- Relating to the other person’s emotion and/or perspective can be helpful (this is called connecting with empathy).
- Mindfulness practices have been shown by research to reduce stress and improve healthy communication.
- Seek Help if Needed: If your stress level is interfering with communication or other aspects of your life, consider seeking counseling or other help.

Adapted from: De Kloet, E. R. (2004). Hormones and the stressed brain. *Annals of the New York Academy of Sciences*, 1018(1), 1-15. And, <https://www.wikihow.com/Communicate-More-in-Times-of-Stress>



Wellness Handout

Taking Care of You!



We often put everyone else's needs first, leaving little time for ourselves. This pattern can lead to feelings of exhaustion, frustration and resentment. Including yourself on the list of people you care for is very important. When mothers feel good about themselves, their children do well in life.

Most of our needs can be met with a small investment of time and a few lifestyle changes. Start with a daily self-check-in. Ask yourself "How do I feel?" Checking in and being with our feelings is an important step in taking care of ourselves! Below are some things you can do to take care of yourself.

Personal Self-Care:

- Eat healthy and regularly
- Exercise
- Get enough sleep
- Get away from stressful technology (e.g., cell phones, emails, social media)

Psychological Self-Care:

- Write in a journal, read a book or watch a movie
- Notice your inner experience (e.g., dreams, thoughts, feelings) and write them down
- Say no to extra responsibilities sometimes
- Spend time outdoors

Emotional Self-Care:

- Treat yourself kindly (supportive and positive inner dialogue or self-talk)
- Identify and seek out comforting activities, people, relationship or places
- Find things that make you laugh
- Express your outrage in a constructive way

Spiritual Self-Care:

- Make time for prayer, meditation and/or reflection
- Be open to mystery, to not knowing
- Express gratitude
- Contribute to or practice in a cause you believe in

Workplace/Professional Self-Care:

- Take time to eat lunch
- Take time to chat with co-workers
- Make time to complete tasks
- Arrange your workspace so it is comfortable and comforting



More to Think About

The 2Rs and 2Ss:



The 2Rs and 2Ss can help set the foundation for Strengthening current and future family bonds.

r

RELATIONSHIPS

The cement of the family.

Represent how much each family member cares about the other.
By building more positive relationships with each other, babies and families will thrive.



RESPECTFUL COMMUNICATION

Good communication is the foundation for spending positive time together.

By communicating with assertiveness, we can speak honestly about what we need and want. Also a way to feel better supported by others.

r

STRESS

Can get in the way of seeing strengths in each other and ourselves.

Every situation can look exaggerated when seen by someone who is under a lot of stress. Maternal stress can also affect the baby.



S



SUPPORT

Everyone needs positive, responsible sources of support.

It is important to know who our supports are so that we can rely on them in times of need. Also important to advocate for ourselves to get helpful support and to be heard

S



More to Think About

Nutrition Basics for Pregnant Women

Your body uses vitamins, minerals and other nutrients in food to help it stay strong and healthy.



Message 1: Eat from every food group, every day.

All food groups provide important nutrients that help babies and kids grow strong and provide the energy you need to live active, healthy lives. No single food group can provide everything you need to be healthy; this is why a 'balanced diet' includes meals with all five-food groups.

Message 2: Eat a variety of colorful fruits and vegetables.

Fruits and vegetables of similar colors have similar vitamins and nutrients that provide important functions in our body. For instance, yellow and orange fruits and vegetables contain nutrients that provide us with a healthy heart, good vision, and strength to fight off colds. As with food groups, no single color of fruit or vegetable can provide us with everything we need to be healthy. Choose a variety of colorful fruits and vegetables.



Message 3: Choose whole grains as often as you can.

Whole grains are called "whole" because they contain the entire grain kernel. Refined grains are called "refined" because during processing, parts of the grain kernel are removed. The parts that are removed contain important vitamins and nutrients. "Enriched" grains add back in only some of the vitamins and nutrients; they don't contain the entire grain kernel and aren't whole grains. Whole grains are like a broom that sweeps through your body and removes the "bad stuff," just like a broom removes dirt from a house. To identify a 'whole grain' look at the first ingredient in the ingredients list. If the first ingredient is a whole grain (like whole wheat flour, whole grain oats, or brown rice), then it's a whole grain.

Message 4: Compare food labels to make healthier choices.

Food labels may seem complicated, but once you begin to read them, you begin to understand what you are putting into your body. In general, if you can't pronounce the word, it probably is not good for you. Start by focusing on the number of servings in the package. Most packages contain several servings. If there are two servings within the package and you would eat it all, then everything on the label must be multiplied by 2 to give you the nutrition facts for the amount you would eat. You can compare labels for different foods to find out which one has lower amounts of less desirable nutrients (such as high fructose corn syrup, sodium, and saturated fat). It's best to make your own foods when you can and to include plenty of fruits, vegetables, and whole grains.





More to Think About

The Most Important Nutrients During Pregnancy

Here is a list of the most important nutrients to have during pregnancy and where to get them!

Folate/Folic Acid

What is it?

Folic acid is a vitamin that every cell in your body and baby needs for healthy growth and development. If you take it before and during early pregnancy, it can help prevent birth defects of the brain and spine. When this vitamin is naturally found in food, it is called *folate*. When it is added to food, it is called *folic acid*.

When Do I Need It?

You should increase the dose when pregnant. Recent research suggests that supplementing with folic acid for a year before pregnancy (about 400 micrograms) and during pregnancy (usually no more than 1000 micrograms). This can greatly reduce the risk of preterm delivery.

Where Do I Get It?

Folate occurs naturally in food: Leafy green vegetables, like spinach and broccoli; Lentils and beans; and Orange juice. Folic acid is added to food: Bread, Breakfast cereal, Cornmeal, Flour, Pasta and White rice.



DHA

What is it?

DHA stands for docosahexaenoic acid. It's a kind of fat also known as omega-3 fatty acid. It helps with growth and development of your baby. It's also good for mom's brain, skin, and nervous system.

When Do I Need It?

During pregnancy, you need more DHA each day to help your baby's brain and eyes develop. Not all prenatal vitamins contain DHA, so ask your provider if you need to take a DHA supplement. You also can eat foods that have DHA in them.

Where Do I Get It?

Fish that are low in mercury, like herring, salmon, trout, anchovies, and halibut; Orange juice, Milk, and Eggs that have DHA added to them (check the package label).



Calcium

What is it?

Calcium is a mineral that helps your baby's bones, teeth, heart, muscles and nerves develop. If you don't get enough calcium during pregnancy, your body takes it from your bones and gives it to your baby. This can cause your bones to become thin and break easily later in life.

When Do I Need It?

During pregnancy, you need 1,000 milligrams of calcium each day. You can get this amount by taking your prenatal vitamin and eating food that has a lot of calcium in it.

Where Do I Get It?

Milk, Cheese, and Yogurt, Broccoli, Kale, Orange Juice that has calcium added.



Iron

What is it?

Iron is a mineral. Your body uses iron to make hemoglobin, which helps carry oxygen from your lungs to the rest of your body. You need twice as much iron during pregnancy than you did before pregnancy. When you are pregnant, your body needs this iron to make more blood so it can carry oxygen to your baby. Your baby needs iron to make his or her own blood.

When Do I Need It?

During pregnancy, you need 27 milligrams of iron each day. Most prenatal vitamins have this amount.

Where Do I Get It?

Lean meat, poultry and seafood; Cereal, bread and pasta that has iron added to it (check the package label); Leafy green vegetables; Beans, nuts, raisins and dried fruit.



Vitamin D

What is it?

Vitamin D helps your body absorb calcium. It also helps your body's nerves, muscles and immune system work. Your immune system protects your body from infection and sickness. Your baby needs vitamin D to help bones and teeth grow.

When do I Need it?

During pregnancy, you need 600 IU (international units) of vitamin D each day. You can get this amount from food or your prenatal vitamin.

Where Do I Get It?

Fatty fish, like salmon; Milk and cereal that has vitamin D added to it (check the package label); you also get vitamin D from sunlight.



Iodine

What is it?

Iodine is a mineral your body needs to help your thyroid, a gland in your neck that makes hormones that help your body use and store energy from food. You need iodine during pregnancy to help your baby's brain and nervous system develop. The nervous system (brain, spinal cord and nerves) helps your baby move, think and feel.

When Do I Need It?

During pregnancy, you need 220 micrograms of iodine every day. Not all prenatal vitamins contain iodine- ask your provider if you need to take an iodine supplement.

Where Do I Get It?

Fish, Milk, Cheese, and Yogurt; Enriched or fortified cereal and bread (check the package label); Iodized salt (salt with iodine added to it; check the package label).



Adapted from March of Dimes



Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3 Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 Try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



7 Enjoy fruit at dinner, too

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 Snack on fruits

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

10 Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.





10 tips Nutrition Education Series



MyPlate MyWins

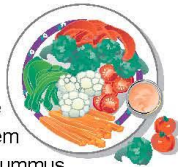
Based on the Dietary Guidelines for Americans

Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game
Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.