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# THE Bridges Browse

Bridging the gap between you and healthcare.



WHAT'S IN  
THE BOX?  
FLIP TO  
PAGES 8 & 9  
TO FIND OUT!

**This Month's Theme: Stress**

Learn about fun and creative ways to manage stress through DIY crafts, journaling, nutrition, exercise, and more!

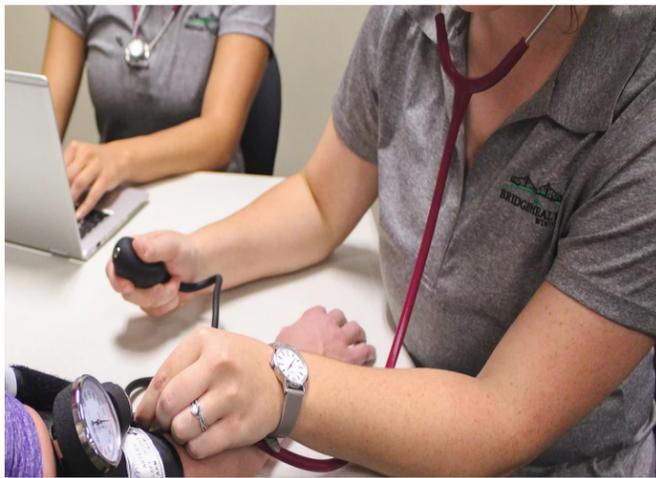


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## Educational Resources

- American Osteopathic Association. (n.d.). The Benefits of Yoga. Retrieved from <https://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/>
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- Zander-Schellenberg, T., Collins, I. M., Miché, M., Guttman, C., Lieb, R., & Wahl, K. (2020). Does laughing have a stress-buffering effect in daily life? An intensive longitudinal study. *PLoS ONE*, 15(7). <https://doiorg.wsuproxy.mnpals.net/10.1371/journal.pone.0235851>.

# Who is Bridges Health?



We have adapted our Bridges virtual services to a Bridges To-Go delivery service for YOU.

Each magazine issue will be accompanied by a **FREE** box of health promotional goodies for you and your family.

Bridges Health is a **FREE** student-led, faculty-guided, interprofessional clinic that provides a variety of free preventative health services. Our focus is on health & wellness, helping you identify and reach your health goals.

**Contact us at:**  
**507-457-2891\***  
<https://www.bridgeshealthwinona.org/home>

**\*Call 911 or access medical care if urgent or emergent.**

## Community Resources

### Winona County Community Services:

#### **Assistance Programs 457-6200**

SNAP food program, medical support, cash support, emergency assistance, child support, childcare.

#### **Public Health 457-6400**

WIC

Maternal Child Health Nurses

Follow Along Program

Medication management

Vaccinations

#### **Project F.I.N.E 452-4100**

Language Interpreters

### Medical Transportation:

#### **Health Rides**

Blue Plus 866-340-8648 \*\*Need to reserve a ride with above providers 72 hours in advance of appointment date (weekend days do not count)

SEMCAC 507-864-7741

Rolling Hills 1-800-528-7622 (small fee for this service as they do not bill medical insurance)

#### **Administrative Office 507-864-7741 Rushford, MN**

Energy Assistance Program 1-800-944-3281

**Salvation Army Heat Share Program 1-800-842-7279**

**Minnesota Gas Affordability Program 1-800-492-4805**

### Mental Health Services

**Hiawatha Valley Mental Health Services Main Office 454-4341 166 Main St., Winona, MN**

Therapy

Psychiatric Services

ARMHS

CD counseling and outpatient treatment

Medication maintenance

**SCY Center 474-9320 122 W. 2nd St., Winona, MN**

School Linked Mental Health Services

Children's Mental Health Case Management

CTSS Skills

**24 Hour Emergency Crisis Response 844-274-7472**

**Family and Children's Center 507- 453-9563 601 Franklin St., Winona, MN**

Therapy (Individual and family), school aged day treatment, bridges preschool day treatment.

**Acumen Counseling Services 855-855-6776 902 E. 2nd St., #326, Winona, MN**

Therapy

DBT

**Winona Health Behavioral Health Dept. 454-2606 855 Mankato Avenue, #214, Winona, MN**

Therapy

Psychiatric Services

**Grief and Loss Support Group Winona Health-457-4382 Tuesdays 4:30 - 6:00 p.m.**

**Catholic Charities 454-2270 111 Market St., Suite 2, Winona, MN**

Counseling

### Food Shelf

**Winona Volunteer Services 452-5591 402 E. 2nd St., Winona, MN**

**St. Charles Resource Center 507-932-5203 106 E. 11th St., St. Charles, MN 55972**

### Employment and Job Training

Workforce Center (507) 205-6060 Fax: 453-2960 1250 Homer Road, Suite 200, Winona, MN Hours: 7:30-4:15

# Stress

This Month's Theme

## Contents:

- Exercise
- Nutrition
- Creative Fun
- Health Promotion



# Featured Student of the Month!

..... Katelyn .....

Major: Nursing

Year: Senior

## Fun info:

- Has two kitties named Donna and Dynamo (after Mama Mia).
- Knows Sign Language
- Born in New York
- Has a passion for helping others!



I love working with Bridges Health because it gives both students and community members a place to develop knowledge on health and wellness in our community!

# Stress and You

Stress, whether big or small, can create a big impact on someone's life. The brain is the main place where a response to stress is released but it can affect the entire body in different ways. There are two main ways that the body responds to stress: an instant reaction and a long-term response.

“Stress is caused by being ‘here’ but wanting to be ‘there’.”  
- Eckhart Tolle

## Impacts of Short-Term Stress

When a stressful event happens, the body responds immediately in a variety of ways. A stressful situation causes a change in heart rate and blood pressure, causing them both to rise. Sometimes individuals even feel chest pains, head aches, stomach pains, nausea, and breathing difficulties.

## Impacts of Long -Term Stress

The long-term effects of stress can be damaging. If the heart rate and blood pressure are raised too high for too long, it can cause a higher risk of stroke or even heart attack.



## Sustainability Statement: Act Green.

~ Bridges Health is dedicated to promoting health and wellness in our community and our approach does not exclude a commitment to the health of our planet. **Act Green.** ~

### What is sustainability? Why do we care?

Our planet has so generously provided us with many natural resources, A.K.A. fossil fuels, to support us humans and our habits such as using single-use plastic products. These habits result in overconsumption of our limited resources and has serious consequences. This is where “sustainability” becomes important. Changing simple choices in our daily lives can make a world of difference towards the conditions of the planet for future generations. Time is not in our favor though so we must take action now. At Bridges Health, we care about the livelihood of our future generations just as much as we care about you now, so we are providing you with a simple first step towards a more “sustainable” life and future! With this reusable grocery tote, we hope to help you **Act Green** with us.

### Other sustainable practice suggestions:

Choose a day of the week to be **#plasticfree**.

Ditch the plastic straw!

**Drive green.** Walk, bike, skip, run or have a **#drivefree** day when you can.

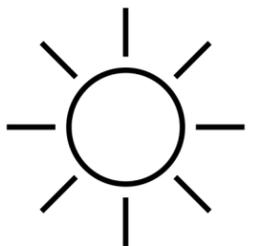
**Reduce meat consumption.** Not only better for your health but it reduces carbon emissions which contribute to pollution, global warming, habitat loss and more.

**Recycle!** In the months to come we will be providing you with a cardboard box full of healthful goodies so, we hope that we have inspired you to be wise and recycle or reuse these boxes after enjoying what is inside.

We understand that living sustainability or environmentally friendly comes with privilege. Time privilege and money privilege as well as circumstantial privileges such as where you live, the work you do and the resources you have. So, we do not judge anyone who is unable to practice living in an environmentally friendly way instead we want to thank you for simply doing what you can. We thank you if you use public transportation, buy less new things, make your own meals instead of eating out, bike/walk instead of drive and so much more!

Thank you for your consideration to **Act Green.**

Sincerely,  
Bridges Health





# Stress & Exercise

Being physically active is a great way to help manage daily stressors. According to Mayo Clinic, participating in physical activity can assist with mood improvement, increasing energy and motivation, and managing stress levels, along with its many benefits to physical health. You do not have to participate in strenuous exercise to gain the benefits that physical activity provides. Cleaning your home, taking a short walk, short periods of stretching or yoga, or even having a dance party can help in managing stress! SMART goals can be utilized to set realistic goals to implement physical activity into your daily routine! **See page 13** to learn how to create your own SMART goals.



## Dance it out!

Dancing is an easy and fun way to add physical activity into your daily routine for people of all ages! According to Everyday Health, dancing can boost memory, reduce stress, help cope with anxiety and depression, and increase energy. Now... Have a dance party! Gather everyone in your home, put on your favorite tunes, and dance it out!

### If you need musical inspiration...

- Can't Stop the Feeling: Justin Timberlake
- Cha Cha Slide: DJ Casper
- Shake it Off: Taylor Swift
- What I Like About You: The Romantics
- Shout: The Isley Brothers
- Or... Any song that brings you joy!

## Yoga

The American Osteopathic Association notes that the many benefits of yoga include increased mental clarity, increased body awareness, sharpens concentration, and relieves chronic stress patterns.

Try out these yoga moves!



# COVID-Safe Things To Do in Winona

## Farmer's Market

Every Saturday 7:30am-12:00 pm  
Levee Park  
Take a walk and try some tasty treats and fresh fruits and veggies!  
Enjoy a picnic or stroll along the river afterwards!  
\*Face Masks Required



## Lake Winona

Walk, bike, rollerblade, or skateboard around Lake Winona! For an extra challenge walk around both large and small lakes!

## Dine Out Downtown

Every Friday 4:00 pm-10:00 pm  
3<sup>rd</sup> Street, Winona, MN  
Enjoy outdoor seating at your favorite downtown Winona restaurants. Tables are socially distanced.



# Stress & Nutrition

Stress can affect food preferences. Studies have shown that emotional and physical distress increases the intake of food high in sugar, fat, or both. By consuming foods high in fats and sugars it can increase insulin and cortisol levels. Insulin is a hormone that levels glucose (type of sugar) in the blood. Cortisol is a hormone that plays a very important role in helping the body respond to stress. By picking up a healthy snack instead of an option full of sugar and fat, it will benefit your body rather than harm your body. A healthy diet is proven to strengthen the immune system, stabilizing moods, and reducing blood pressure which counterbalances stress.



## Trail Mix

Trail mix is a delicious healthy snack! It can supply nutrients that people often have trouble fitting into their diet. With nuts and dried fruit as the main ingredients this can be a very nutritious snack.

Trail mix contains antioxidants, fiber, and healthy fats. Try out some nuts and dried fruit next time you are hungry.

## Apples with peanut butter

Peanut butter offers additional fiber plus healthy fats and protein. Apples are a great source of whole-food carbs and fiber. They both contain a variety of vitamins, minerals, and health-promoting plant compounds.

## Tea

Tea helps naturally increase serotonin and melatonin levels in your body, leaving you feeling relaxed without feeling drowsy. Teas are great at relieving tension by soothing muscle aches and headaches often associated with stress and anxiety. Teas have tons of benefits for the human body.

# Coping with the stressors of COVID-19

Through the period of uncertainty that the COVID-19 has caused, it is common to experience increased stress and flare-ups of various conditions. Therapeutic journaling is a great way to manage stress as it prompts individuals to reflect on their stressors and provides an avenue to work through them in a safe environment. Journaling is a completely self-driven coping skill, meaning you can make it exactly what you want it to be! You choose the location, the duration, and how in depth you go! Just do what you're comfortable with!



## Journal it out!

Grab or make your own journal and follow these prompts over the next month:

**Week 1:** Reflect on the things that bring you joy. Is this family, hobbies, a job, exercise, certain experiences? Why do these things increase your joy? What are some things you can do to increase joy?

**Week 2:** Reflect on the changes that the COVID-19 pandemic has changed your daily routine in both positive and negative ways.

**Week 3:** Pick a single positive word that you want to focus on today – such as *happiness*, *gratitude*, *love* or *courage*. Journal about all the ways you have experienced this word lately, and all the ways you want to experience it in the future.

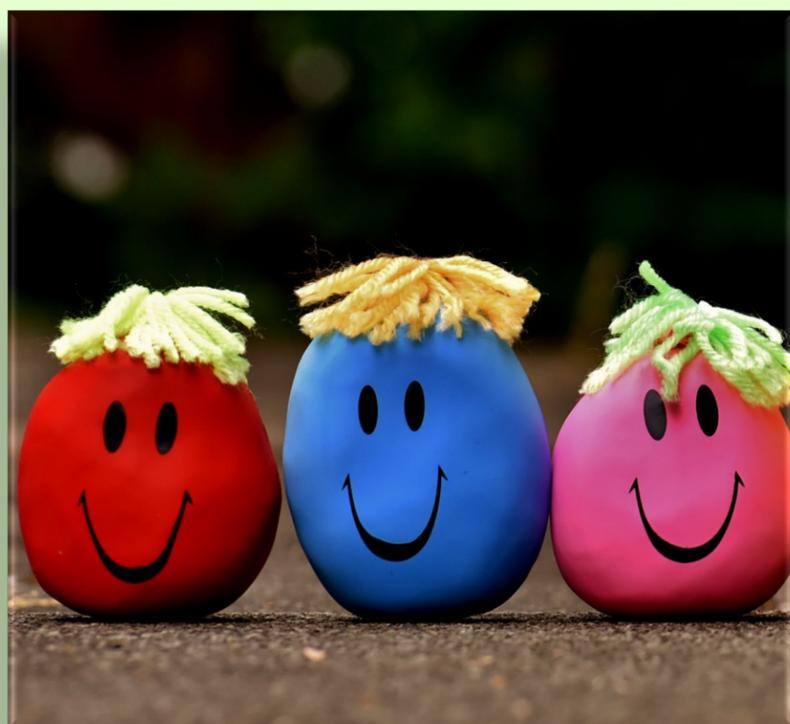
**Week 4:** List 3 positive things that have happened to you this week. Why what made these things a positive experience? How can you promote positive experiences in your daily life?

"Our feelings are our most genuine path for knowledge." - Audre Lorde

# Squeeze away your stress!

## Make a DIY Stress Ball

Stress balls are a great way for kids and adults to find a quiet place and release their tension!



### Stress Ball

#### Ingredients:

- Balloon
- Funnel
- 1 cup corn starch
- Permanent marker

#### Instructions:

- Inflate balloon 4-5 inches and pinch closed
- Insert funnel and pour in corn starch
- Release excess air out of balloon
- Tie balloon closed
- Draw designs on balloon and enjoy!

One way to make it fun is to tell kids to make lemonade! Have them take a deep breath as they squeeze the ball as hard as they can, hold for three seconds, and release the ball and their breath. It's like squeezing a lemon!

## Deep Breathing and Bubble Blowing

Blowing bubbles facilitates deep breathing, a mindfulness technique. Deep breathing can help you enjoy the present moment while being surrounded by bubbles!

Do 3 rounds of 10 deep breaths blowing the bubbles.

Make your own Bubble soap!

- Add ½ cup dish soap and 1 ½ cups water together
- Add two tablespoons sugar in the water soap mixture
- Use straw or bubble wand to blow bubbles!

## Jokes to Relieve Stress

What did the fisherman say to the magician?

*Pick a cod! Any cod!*

Why did the golfer wear two pairs of pants?

*Just in case he got a hole in one!*

Why can't you give Elsa a balloon?

*Because she will let it go!*

How did Benjamin Franklin feel when he discovered electricity?

*Shocked!*



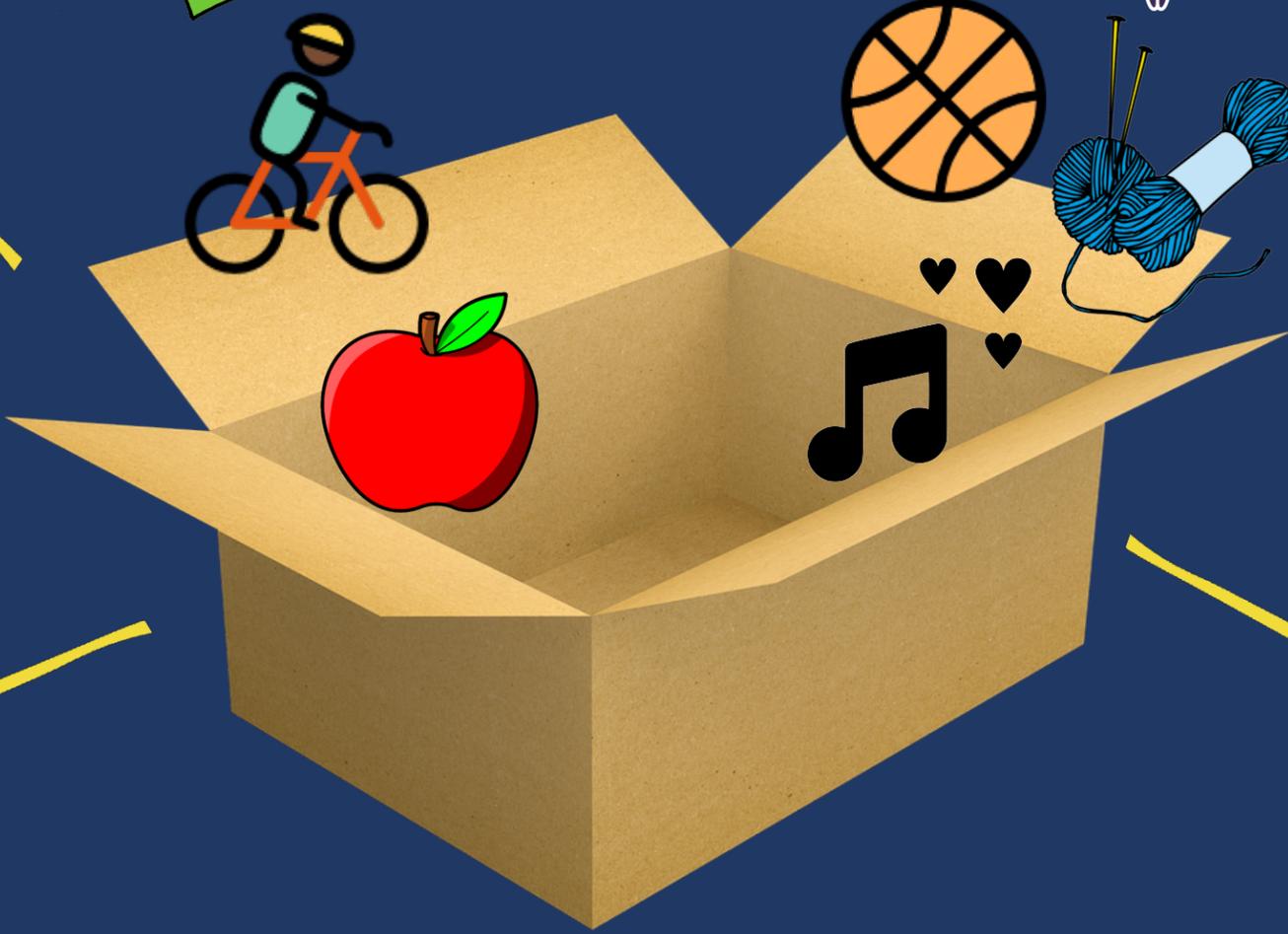
**Nutrition**  
Trail Mix, healthy snack ideas, and tea.

**Creative Fun**  
Make your own stress ball!



**Exercise**  
Jump rope, fun exercise ideas, and yoga moves.

**Coping Skills**  
Journaling, health promotion skills, deep breathing exercises, and more!



**What's in ..... the Box?**

When you subscribe to our Bridges To-Go services, you will receive a FREE box of health promotional goodies.