



# WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

**MAY 22, 2023 HARRIS COUNTY UPDATE**

## You Did It!



Thank you all for taking part in the 2023 Harris County Walk Across Texas Challenge! collectively we walked over 19,500 miles over the 8 weeks. Whether you accomplished your personal goals or not, you started and we hope that you will continue to create personal health goals and to stay physically active. Our goal is to provide resources to help maintain a well-balanced lifestyle and overall health. In our final newsletter we are sharing the team rankings and some tips to keep in mind when spending time outdoors.

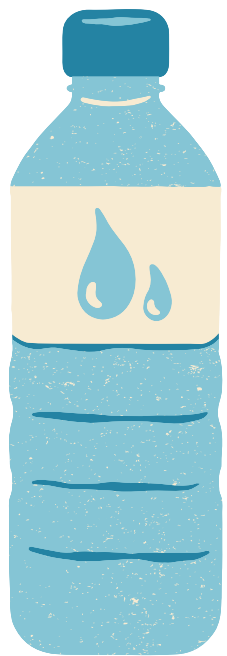
# 2023 Harris County Walk Across Texas Challenge Teams

<u>Team</u>	<u>Miles</u>	<u>Team</u>	<u>Miles</u>
HARTA Team 3	2882.30	HARTA Team 5	1588.15
HARTA Team 2	2717.43	HARTA Team 7	1510.59
Watershed Walkers	2387.77	Walk-Abouts	1432.50
HARTA Team 1	2038.03	Sole Sisters	1166.59
Ogeez	2027.57	Making Boss Moves	1016.51
2023 Regina WAT Team	2004.74	Cypresswood Striders	730.90
HARTA Team 4	1785.04	Mona's Movers	359.28
Rolling Ringers	1685.17	Ogeez Junior Team	259.00

## Water... the forgotten nutrient.

As summer approaches there is a couple of things to keep in mind when spending time outdoors. First, we want to ensure we are drinking enough fluids to prevent dehydration. Water is an essential nutrient that every cell, tissue, and organ of the body needs. In fact, our bodies are made up of about 75% water. Some functions of water include:

- Transports nutrients, oxygen and wastes
- Helps medication to work properly
- Keeps skin, eyes and mouth moist
- Helps prevent constipation
- Helps temperature regulation in the body



## What do we know about fluids?

On average the typical adult male consumes about 10 cups of water a day and the typical adult female consumes about 7 cups of water a day. Of this, 20% comes from the food that is eaten and the remaining 80% comes from beverages (including caffeinated beverages). Beverages not only add water, a necessary nutrient, to the eating plan but can also be a source of calories as well.

# How much water do I need every day?

Healthy adults of all ages need about 6 - 8 glasses of water every day. During hot, humid weather or strenuous activity, fluid loss may be much higher, so fluid intakes should be higher, too. Here are some easy tips to add water to your diet.

- **Take frequent water breaks throughout the day**
- **Start lunch or dinner with a cup of soup**
- **Take a bottle of water with you when you go out**
- **Drink milk during meals**
- **Enjoy decaffeinated teas and coffees**
- **Take time out with a friend to share a beverage**



Dehydration can occur in people of all ages including older adults, infants, children, athletes, or anyone on a hot day. If you are experiencing signs of dehydration, replace lost fluids immediately. If symptoms persist, see your health care provider.

## Signs of dehydration

- Thirst, dry mouth, flushed skin
- Fatigue
- Headache
- Dizziness, weakness
- High body temperature
- Increased breathing rate, rapid pulse
- Dark yellow urine
- Skin that stays in a pinched position

**Now that you are aware of the signs of dehydration and how to stay hydrated share this information with your friends and family.**







# May is Mental Health Awareness Month!



## I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

**Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.**

### Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at [www.nimh.nih.gov/anxietydisorders](http://www.nimh.nih.gov/anxietydisorders).

**So, how do you know when to seek help?**

### Stress vs. Anxiety

#### Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

#### Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

#### Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.





## It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



## Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

## Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at **988lifeline.org**.

## More Resources

- NIMH: Anxiety Disorders ([www.nimh.nih.gov/anxietydisorders](http://www.nimh.nih.gov/anxietydisorders))
- NIMH: Caring for Your Mental Health ([www.nimh.nih.gov/mymentalhealth](http://www.nimh.nih.gov/mymentalhealth))
- NIMH: Child and Adolescent Mental Health ([www.nimh.nih.gov/children](http://www.nimh.nih.gov/children))
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health ([www.nimh.nih.gov/talkingtips](http://www.nimh.nih.gov/talkingtips))
- Centers for Disease Control and Prevention: Anxiety and Depression in Children ([www.cdc.gov/childrensmentalhealth/depression.html](http://www.cdc.gov/childrensmentalhealth/depression.html))



National Institute  
of Mental Health

NIH Publication No. 20-MH-8125

[www.nimh.nih.gov](http://www.nimh.nih.gov)

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**Team Spotlight:**  
We introduce you  
to the  
Cypresswood  
Striders Team

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