

Good friends make a great blend

Letting Go of Stress

It's a well known fact that many people react to stress with alcohol. What is less well known is that alcohol exacerbates stress. Practice coping strategies that don't involve drinking such as:

1. **Accept that change is a part of living and helps you focus on what you can control.**
2. **Keep things in perspective.** Being hopeful and optimistic enables you to expect that good things will happen in your life that can affect outcomes.
3. **Seek social support from a friend, family member, co-worker, organized group or counselor.**
4. **Practice self-care and engage in activities that you enjoy to take care of your mind and body.**

CHALLENGE: GO ALCOHOL FREE FOR THE MONTH.

SELF-CARE TIP:

Make time for friends and family. Follow your interests and lend a hand to others when able.

MOCK MARGARITA

2 (6oz.) cans frozen limeade concentrate
 $\frac{3}{4}$ cup orange juice • $\frac{2}{3}$ cup grapefruit juice
 4 cups ice cubes • lime slices

In a blender combine limeade and both juices. Cover and blend all ingredients reserving lime slices until slushy. Pour into glasses and garnish with lime slice.

Healthy Reminder:

Be Hopeful

Optimism enables you to expect that good things will happen in your life and you deserve them!

