



The Wellbeing Journey

APRIL 2020

PORTAGE COUNTY WELLBEING

WELLBEING BUZZ

April is National Humor Month

National Humor Month was conceived as a means to heighten public awareness of the therapeutic value of humor. Laughter and joy - the benchmarks of humor - lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life.

It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years.

Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

The Benefits of Laughter

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

Laughter is good for your health

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Hilarious Things Kids Say

- I went to see a mortgage advisor with my 7-year-old son. As I sat down, my son sat down and said to the man "Hello, I am not her husband"
- 5-year-old- Can I have a Twik?
Mom: You mean a Twix?
5-year-old - No, I only want one
- I sat down with my 3-year-old daughter who was playing with her dollhouse. I asked which Doll I could be, and she said, the one that does the dishes.
- When my child came home from school on the bus, I paused my work conference call to ask her how her day was. She said, shhhhh go back to work. I have a list of things I want you to buy me with the money you are making. She's 5.
- Why is the dogs head all wet? My three-year-old replies with, I peed on him.
- 4-year-old - Can we get a kitten?
Mom - I am allergic
4-year-old - You can sleep outside
- 6-year-old - Why do bad guys always take over?
Mom - They want to be in charge and make all the rules
6-year-old - why don't they become moms?
- Dad - Come on, you guys are late!!!!
Child - You should've started yelling at us earlier!!
- Mom- You didn't even notice my hair.....
Child - I am not married to you, not my job!
- 4-year-old - What happens when your phone goes in the potty?
Mom - Why?
4-year-old - Nevermind
- 7-year-old walked in to the room. Casually confirmed, "You have to have a backstory to why you are evil, right?" And walked out
- Mom - Hey Maddox, what do you want to make today? Cookies, Ornaments or.....?
Maddox - Money
- Dad just needs to get mom something so he will be ungrounded. I am going to go make her something and say it's from dad

RECIPE CENTER

Barbecue Chicken Pizza

Ingredients

1 cup pizza sauce
1 12-inch Italian pizza crust
8 green pepper rings
1 tomato, sliced
1 cup mushrooms, sliced
4 ounces cooked chicken breast, sliced about 1-inch thick, with all visible fat removed
2 tablespoons barbecue sauce

1 cup reduced-fat mozzarella cheese, shredded

Directions

Preheat the oven to 400 F.
Spread the sauce evenly over the pizza crust. Add the pepper, tomato, mushrooms and chicken.
Drizzle barbecue sauce over the pizza and top with cheese.
Bake about 12 to 14 minutes. Cut the pizza into 8 slices and serve immediately.



Spicy Ground Turkey Tacos

Ingredients

2 teaspoons chili powder
1/2 teaspoon cumin
1/4 teaspoon oregano
6 ounces extra-lean ground turkey
1/2 cup chopped onion
4 whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in the microwave
1/4 cup shredded sharp cheddar cheese
2 cups shredded lettuce
2 medium tomatoes, diced

1/2 cup salsa

Directions

In a small bowl, stir together the chili powder, cumin and oregano.
In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent. Drain well. Add the spices to the turkey mixture. Stir to mix evenly.
To serve, place a 1/4 cup of the turkey mixture in each tortilla. Top each with 1 tablespoon cheese, 1/4 of the diced tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.



Local Wellness Events

Check out these events happening near Stevens Point

Walk Wisconsin

Where: Pfiffner Park 110 Crosby Ave. Stevens Point

When: June 6, 2020

Registration: Early Bird \$30, \$40 after

<http://activeportagecounty.com/index.cfm?action=walking.walk>