

# SIMPLE STRESS BUSTER

Beat the jitters by lightly brushing your fingers back and forth along your inner forearm. This will reduce your levels of stress hormones.

—Touch Research Institute

## Better Carrots

Buy the darkest orange carrots you can find. They can contain up to 50 percent more beta-carotene than lighter colored ones.

—U.S. Department of Agriculture Research Service



## EASY STEPPIN'

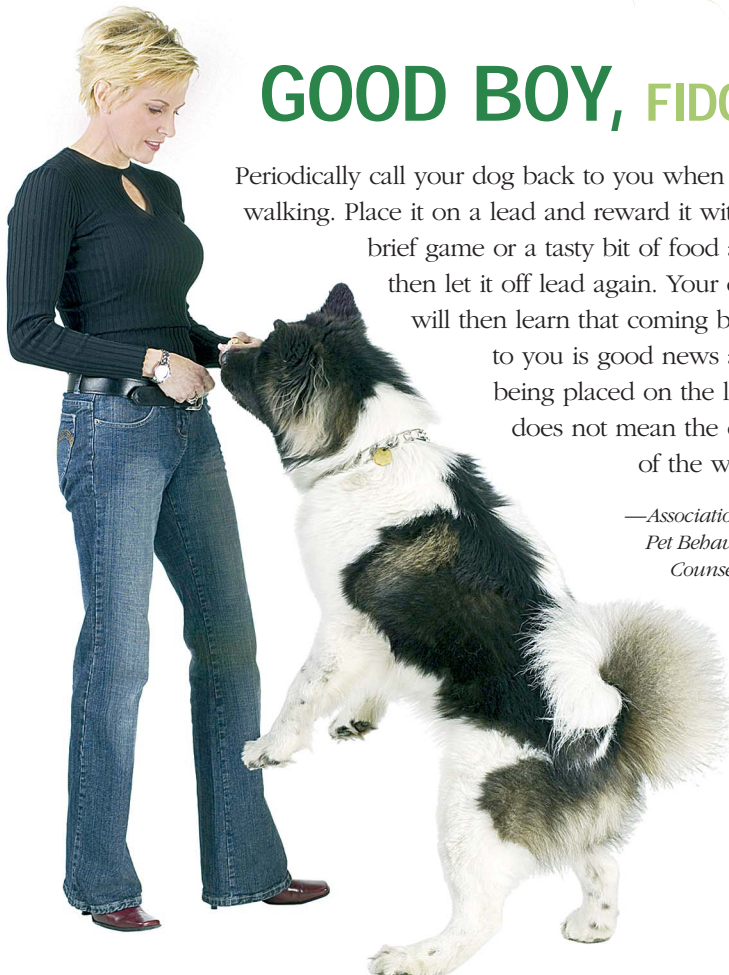
Tone up your legs by climbing the stairs two steps at a time. This really works the backs of your thighs.

—Denise Austin

## GOOD BOY, FIDO!

Periodically call your dog back to you when out walking. Place it on a lead and reward it with a brief game or a tasty bit of food and then let it off lead again. Your dog will then learn that coming back to you is good news and being placed on the lead does not mean the end of the walk!

—Association of Pet Behaviour Counsellors



## YOUR CHILD'S Mental Health

Children's mental health problems deserve attention when they're severe, persistent and impact daily activities. Seek help if your child:

- Is often sad, worried or fearful
- Has dramatic changes in appetite or sleep needs
- Is spending most of his or her time alone instead of with friends or family
- Has declining grades or interest in school
- Is hyperactive, impulsive or has trouble concentrating
- Is self-destructive or overly aggressive toward others

—Vitality