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you've noticed you've noticed you've been burning that you are injured yourself. When stress becomes unhealthy But when stress becomes chronic, or if you find that you're constantly having an outsize reaction to small stressors, that's when stress can be less than beneficial, and can affect your emotions, cognition, and physical health in a negative way, says Gupta. Stress can even lead to a serious illness down the line, be it heart disease, decreased immunity, or changes in the brain. But while it's impossible to banish stress completely, each of us can learn from coping strategies to help manage its effects. Whether it's listening to soothing music, dabbling your favorite soothing essential oils on your pulse points before bed, or closing your eyes, getting out of your head and having a sensory experience, it's possible to put stress aside when you need it. Here's what you need to know to calm your nervous system, keep stressful events in perspective, and continue to feel good about whatever life throws your way. Amazon Have you had a hard day at work or a long weekend chasing kids, there's almost nothing as reassuring as doing some art. From painting watercolor to taking a DIY home decor project, tapping your creative side means you can focus your mind on anything other than living with a few stressors. And while there are tons of ways you can get crafty, the easiest place to start is an adult coloring book. As you've heard, some of the best adult coloring books have a variety of benefits, from reducing stress to improving attention. If you want to check in all that look no further than our list of the best coloring books for adults. Whether you're a fan of Disney, animals, tattoo art or flowers, there's a coloring book for you. And if you're shopping for a gift from your favorite creative person, consider one of these gifts for artists as well. Advertising - Continue Reading Under 1 Best Disney Fans Thomas Kinkade Coloring Book Kinkade amazon.com Inspired by the art of Thomas Kinkade, this magical coloring book is perfect for any would-be Disney animator who loves everything from Cinderella, Lady and The Tramp, Sleeping Beauty, and more. RELATED: The 37 Most Magical Gifts for Disney Lovers 2 Best Artists Lost Ocean Johanna Basford amazon.com Captivating illustrations of shipwrecks, treasure chests, sea creatures and coral reefs, this coloring book is perfect for talent. There is a thick, high-quality paper in the book, which means you can use it to control markers and pencils. 3 Star Wars coloring book Disney amazon.com unleash your inner Force powers (we all have 'em!), diving into this coloring book of a galaxy far, far away. 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You may be able to find more information about this and similar content piano.io Advertising - Continue reading Below Keeping paper folded, sketch your design pen. Abstract lines, shapes, your name, anything! For the first time, try to make lines and shapes great. If you understand, you'll get more detail. I regretted drawing the face of this one lol Last updated December 18, 2020 Weeknights is wild. There are hobby meetings, sporting events, date nights, late-night work calls, children's bath time, TV show premiers (of course), and there are also ... Dinner? Trying to clog up making a recipe, eating dinner (not to mention enjoying a meal) and cleaning the kitchen for less than an hour always felt as if it would take some kind of divine intervention. Let me introduce you to the electric pressure cooker, a game-changer. The electrical pressure cooker makes it impossible. You can create a healthy, balanced meal in less than an hour from start to finish. Even decadent dishes such as braised short ribs or whole meals such as salmon potatoes and broccoli can be enjoyed from start to finish on a breeze weeknight. Is there anything easier than throwing all your food in one pot and having the pot work? I can't think of anything. It's like you've been greatly upgraded already as a kitchen staple, crockpot. Here are some of my favorite power pressure cooker recipes to get dinner on the table under pressure: 1. Ramen Soup Need nights, when all you need is a big hug, ramen is the perfect dish! High in anti-inflammatory ingredients such as fresh ginger, garlic and spinach this 20-minute soup is good for you in every way. This quick ramen is balanced with lean protein chicken and soft boiled eggs, starches noodles and a salty broth that makes you crave more! To bump this recipe into even more nutritional value, try doubling the carrot and spinach with extra vitamin power. - Check out the recipe here! 2. 4-minute salmon, broccoli and potatoes Which is better than a perfectly balanced food in just 4 minutes? I can't think. Wonderfully greasy fish blends so well with super food broccoli and starch potatoes that you won't think it was made in such a short time! Salmon is a great source of Omega-3 fatty acids (a.k.a. fish oil), which helps our hearts, skin, joints, GI tractors and more! - Check out the recipe here! 3. Beef Gyros A warm pita wrapped around freshly made gyroscopes, additives, and even Tzatziki sauce, oh my! This recipe goes from fridge to plate in under an hour in just 15 minutes prep time! When creating tzatziki sauce, grab plain Greek yogurt. This yogurt is naturally higher in protein, adding another nutritional benefit to this great dish! You can also choose a full wheat pita to add some extra fiber too! - Check out the recipe here! 4. Shrimp Boil See recipe is perfect for summer beach nights, a classic shrimp boil recipe that you don't have to spend all day preparing! This recipe is a fun finger food max! It is delicious, satisfying and tastes best when served at a picnic table. To take this recipe to the next level, adjust the proportions of the vegetables to the protein. By increasing corn and reducing the amount of Andouille sausage, you can reduce total sodium and calories while increasing fiber and vitamins! - Check out the recipe here! 5. Mexican Goose Bumpy Perfect one pot meal with fiber, protein and lots of flavor! It's a vegetarian and meat lover's dream! Quinoa is the perfect replacement for white rice in this classic recipe while complimenting the creation of a protein-filled dish. Plus, in addition, all these vegetables will create meals that will burst in flavor. Top this Mexican quinoa with fresh avocado to completely circle it out. - Check out the recipe here! 6. Lo Mein See Lo Mein stomp on any greasy, take-out craving you have without the usual guilt! It's not very often, you can replace a sinful bowl take-out with something so delicious and easy to make at home! Make it Lo Mein in less than 15 minutes from start to finish. It's faster than it takes a delivery person to show up at the door! - Check out the recipe here! 7. The whole Rotisserie Chicken Everyone knows that the secret to batch cooking is that whole chicken cooked is used in many ways throughout the week! This recipe makes the most perfectly moist rotisserie chicken that can be used as is, tacos, soup, and sandwiches throughout the week! Tip: keep the bones and scraps to make amazing chicken stock on hand! Cooking stock longer and at a lower temperature creates delicious bone broth rich in vitamins, minerals and proteins. - Check out the recipe here! 8. Chicken and Lentil Soup This is the coziest soup around! Rich in protein, fiber and B vitamins, this soup meets all your appetites! It also can't be easier to rush a workday meal, all you have to do is chop and let your pressure cooker to do the job! In just 30 minutes, you will have a warming soup that the whole family can enjoy! - Check out the recipe here! 9. Vegan Quinoa Burrito Bowl Is anyone out there that doesn't enjoy a good burrito bowl? This veggie bowl is the perfect one-pot meal that is easily customizable! From vegans to meat-lovers, everyone enjoys this simple, fiber-rich bowl. Add whatever topping you want to create a burrito bowl that's as good as a restaurant! - Check out the recipe here! 10. Rice and beans Classic rice and beans dish is staple for a number of reasons. It is full of perfectly complimented proteins, great texture and balanced seasoning. Now you can create this by filling a balanced meal in under an hour! No more soaking of these beans! This perfectly seasoned, filling a balanced meal is all fighting for another bowl! - Check out the recipe here! 11. Summer quinoa salad Your fresh seasonal berries are made for this quick salad! Take this nutrient-dense salad party or serve it light, summer dinner is everyone asking for a recipe! Quinoa, fruits, vegetables and nuts create a dish that is perfectly balanced with all food groups. You can top this salad with boiled chicken breast or leave it-is to meet all needs! - Check out the recipe here! 12. Minestrone Soup See Minestrone Soup is fast and veggie full making it ideal for every weeknight dinner! It is rich in vitamin C, antioxidants, and vitamin A making it the perfect dinner for the whole family! Tip: Use whole grain noodles to increase fiber and B vitamins in this delicious dish! - Check out the recipe here! 13. Lemon Garlic Chicken Adtee for your protein and side dish while flavorful chicken that the whole family loves! In less than an hour you can have a beautiful and balanced plate of vegetables and protein. This tasteful lemon garlic chicken will give you the protein and excitement to spice up any plate! - Check out the recipe here! 14. Chicken Fajitas Quick, simple and very few dirty dishes are used to create these fajitas, which rival even your favorite Mexican restaurant! Feel free to top them whatever you want, but be sure to add fresh avocado for bump-up vitamins and minerals. Tip: If you enjoy sour cream with your fajitas, choose plain Greek yogurt that has higher protein, lower calories, and just as delicious! - Check out the recipe here! 15. Coconut chicken Karri A large bowl of coconut chicken curry over rice is what dreams are made of! This bright, flavorful dish is full of vegetables and lean protein without dryness! Which can usually take a few hours, create this colorful dish in just 30 minutes with your power pressure cooker! - Check out the recipe here! 16. Indian Chicken This take-out classic gets its record in just 20 minutes, but you can pretend that you take hours to create when everything asks Recipe! You can double the green peppers to increase the vegetables without sacrificing any flavor. Serve this classic over brown rice with extra fiber and minerals. - Check out the recipe here! 17. Meatloaf Meatloaf is a menu staple from sliced bread, but never it only takes 20 minutes to make! This recipe includes meatloaf and sides to create a single pot dream. Ideal for serving after long weekdays, this dish is a comforting staple. And don't be fooled by short cooking time, this meatloaf is the best of both worlds—it's juicy and quick to make! - Check out the recipe here! Despite its obvious roots in the crockpot concept, the power pressure boiler meal is suitable to be much healthier. Without that fatty sauces to create flavor and avoid dryness, the power pressure cooker uses heat produced by water to cook food. This leads to more taste without drying and generally lean meals. The power pressure cooker is the answer to everyone striving for a healthy, balanced meal on a crazy weeknight schedule. It really can do it all. You won't be disappointed and you will feel great after enjoying a healthy, balanced meal while just juggling all the activities you enjoy! Featured photo credit: Unsplash via unsplash.com unsplash.com

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