

April is Stress Awareness Month. This month we invite everyone to take the **Breathing Challenge**. It is simple breathing exercises that encourage deep breathing techniques that help people relax, which is important in the effort to avoid high blood pressure from stress.

Stress also weakens the immune system, which leaves people more susceptible to illness, and it contributes to depression and anxiety. Shallow chest breathing increases tension and anxiety. Deep breathing exercises, such as the 4-7-8 breathing technique, can slow the heartbeat and lower blood pressure. The name 4-7-8 breathing exercise refers to how long you inhale, hold your breath and exhale.

Here's how... Sit down with your back straight. Place one hand on your belly and the other on your chest as this ensures you are doing the exercise correctly. Your belly should push your hand out when you inhale and your belly should go in as you exhale. Place the tip of your tongue on the back of your two front teeth. **Inhale through your nose for a count of four. Hold your breath for a count of seven. Breathe out for a count of eight.** That's it!

Here are five breathing exercises to relax your brain and help you sleep: <https://nypost.com/2022/02/16/5-breathing-exercises-to-relax-your-brain-and-help-you-sleep/>

Join us for our **Sleep Seminar**, Friday, April 22, 6:00 p.m. in the Peace Auditorium. We will have Dr. C.K. Kouassiaman, a board-certified internal medicine doctor and sleep medicine/critical care fellow. Dr. K will help us understand insomnia and barriers to good sleep, the causes, and consequences of insufficient sleep, and help manage fatigue.

Not getting enough sleep is linked with many chronic diseases and conditions such as type 2 diabetes, heart disease, obesity, and depression that threatens our health. Not getting enough sleep can lead to vehicle crashes and mistakes at work, which cause a lot of injury and disability each year. Getting enough sleep is not a luxury, it is something people need for good health. Sleep disorders can also increase a person's risk of health problems. However, these disorders can be diagnosed and treated, bringing relief to those who suffer from them.

To learn more, sign up today at [FBCUC.org](http://FBCUC.org)!

## SCRIPTURE MEMORY CHALLENGE

*"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."*  
Isaiah 26:3 (ESV)

## UPCOMING EVENTS

**Breathing Challenge**  
April

**Camp Out**  
April 8-9, 2022  
5:00 p.m. - 9:00 a.m.

**Sleep Seminar**  
April 22, 2022, 6:00 p.m.  
Peace Auditorium

**Praise Moves**  
9:00 a.m. Monday, Friday  
11:30 a.m. Wednesday  
REC Center

## RECOMMENDED PODCAST

This month we have **7 Christian Podcasts** about anxiety that may give you the tools in dealing with anxiousness, fear, depression. Join us by selecting one podcast **each week** from the list below. Go to <https://justdisciple.com/christian-anxiety-podcast/>

### 7 Christian Podcasts About Anxiety

- I'm Not Anxious I'm C.A.L.M.
- Faith Over Fear: Overcoming Anxiety
- How should a Christian Respond to Anxiety and Depression?
- Give God Everything (Including Your Anxiety)
- Emotions, Part 2: Finding Relief from Anxiety
- Help! My Teen is Struggling with Anxiety and Depression (David Murray)
- How to Stop Worrying with God's Help: 6 Ideas from the Bible

As the **Water Drinking Challenge** continues, are we ready to increase the challenge? This church-wide challenge is for everyone to drink more water to enjoy the benefits of improved kidney function, improved digestion, it's an immunity booster, contributes to better bone health, helps with weight loss and bloating, improved circulation and better brain health.

Here we go...to step it up again by increasing another 16 ounces. So, for April, let's all drink 64 ounces of water.



**Campout at FBCUC.** *FREE* event, space is limited. Register today at [FBCUC.org](http://FBCUC.org)!

## Did You Know?

The average American adult needs a minimum of seven hours of sleep every 24-hour period. As you might expect, individual needs vary from person to person, and change with age.

Age	Hours of Sleep
65+ years	7 - 8
26 - 64 years	7 - 9
18 - 25 years	7 - 9
14 - 17 years	8 - 10
6 - 12 years	9 - 11
3 - 5 years	10 - 13
1 - 2 years	11 - 14
4 - 11 months	12 - 15
0 - 3 months	14 - 17

## Survey says . . .

Our congregants reported **56%** got the recommended seven hours of sleep a night and **44%** did not get the recommended sleep. Of that, **20%** rated their sleep quality overall as **FAIRLY BAD!**

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## RECIPE OF THE MONTH

From the kitchen of Jennifer Ware

**Recipe Double Chocolate Chip Cookies**

**Makes 1 ½ dz**

### Ingredients

1 ½ c blanched almond flour  
 ¼ tsp baking soda  
 ¼ scant tsp sea salt  
 ¼ c unsalted butter, softened  
 2 tbsp coconut oil  
 ½ c, plus 1 tbsp coconut crystals (sugar)  
 1 tsp vanilla extract  
 1 lg egg white  
 ½ c dairy free mini chocolate chips  
 ½ c walnut pieces

### Directions

- Preheat oven to 350 F. Line a baking sheet with parchment paper.
- In a small bowl, combine the almond flour, baking soda and salt.
- In a large mixing bowl, add the butter, coconut oil, coconut crystals (sugar), unsweetened cocoa powder, and vanilla. Using a stand mixer or electric hand mixer, blend together until smooth and creamy. Then mix in the egg white until well incorporated.
- Add the dry ingredients to the wet and mix well to combine. Using a rubber spatula, fold in the chocolate chips and walnut pieces.
- Drop the dough in rounded spoonfuls at least 2" apart onto parchment lined baking sheet. Use your fingers to slightly flatten the cookies.
- Bake for 8-10 minutes, until lightly browned along the edges. Allow the cookies to cool on the cookie sheet for 5 minutes, then transfer to a wire rack to finish cooling.