## Mindful Monday

Share a tip on how you’re living in the moment to manage stress. **#FCSTime2Shine**

- “Commit to uninterrupted time each day to practice a mindful meditation.” For more tips read [Everyday Mindfulness](#).
- Create a “common ground” for sharing and support. Families may grow stronger when they feel connected. A shared understanding of “how we live together as a family” is important. This can mean having similar beliefs and values related to your culture, or your faith and spirituality. See more tips at [Managing Family Stress](#).
- Take regular five- to 10-minute breaks in your day to relax and recharge. Doing this multiple times a day renews your energy. Additional tips available at “[12 Tools for your Wellness Toolbox](#).”
- “Take 10 minutes and reflect on your blessings.” Additional physical, mental, and spiritual coping strategies for Stress at [Managing Stress and Pursuing Wellness in Times of Tight Margins](#).

## Taco ‘Bout What You’re Cooking Tuesday

Cooking skills are important, show us what’s cookin’ today. **#FCSTime2Shine**

- Ingredient Substitutions may be helpful and limit trips to the grocery store. - Ingredient substitution handout- [Fact Sheet](#)
- Plan healthy meals with food on hand limiting trips to the store- [News Release-Sandy Procter](#)
- There are many low-cost ways to meet fruit and vegetable needs. Try making half your plate fruits and vegetables. Here are helpful tips. - [Tip Sheet](#)
- What do I cook now? Here is a quick, easy and economical idea for creating health meals for your family. [Create a casserole recipe sheet](#). (Spanish)
- Plan every meal to include cooked whole grains and vegetable dishes. Be flexible and mindful of what foods are available locally and in season. Learn more at [Healthy Cooking Styles](#).
## Working Together Wednesday
Show us how you are supporting or connection with your community. **#FCSTime2Shine**

- Your community can be a source of supply, support, and aid. Kansas has many support services that aid those coping with unemployment or loss of income. Learn more about “*Using Community and Family Resources.*”

## Thrifty Thursday
Share a tip on family budgeting, how to save money, or shopping locally. **#FCSTime2Shine**

- Eat better on a budget- plan before you shop, purchasing items at the best price, and preparing meals that stretch your food dollars- [Tip Sheet](#)
- Abrupt loss of income, whatever the reason, is traumatic. Developing and following a plan can reduce stress and help you maintain control of your financial position. - Additional tips in “*Don’t Panic-Take Control*”
- Substitute more costly goods and services for less costly where possible. Is walking an option rather than driving? Store brand versus name brand? Additional tips available in “*Sharpening Survival Skills.*”
- Recycle clothing. Swap items and services with a friend or neighbor. Additional tips available in [When Your Income Drops: Making Ends Meet](#).

## Friends & Family Friday
Share a pic of how you stay connected to family and friends. **#FCSTime2Shine**
• Families are encouraged to help their children distress and regulate their emotions by engaging in yoga. Learn more about Resilient Relationships Family Coping Techniques.

• Have children create artwork and send to grandparents, older family members or neighbors that may feel isolated. Learn more tips on how Human Connections Promote Overall Wellness.

• Family bonding time is important to maintain close relationships among family members. One way to increase this time is with Euro-style board games. Learn more at Bonding Thru Board Games.

• Strong friendships are important in people’s lives, and they are especially important in marriages and intimate relationships. However, sometimes keeping a friendship with a partner can be more difficult than with a friend. Learn more at CoupleTalk-Enhancing your Relationship.

• Families that enjoy each other build strong family relationships. Time spent playing together provides a relaxed way for family members to bond with each other. Learn more at FamilyTALK: Making it Work.

• Family distance can be stressful and challenging, but it also provides unique ways for strengthening family ties. Establish regular routines for staying connected and take advantage of technology. Learn more at Loving LongDistance: Families Separated by Distance.