

11 Smartest Fall Health Tips to Stay Well This Season

With the changing of seasons comes the need to make lifestyle changes, too. It's a great time to reset your health routines and continue healthy habits. A cornerstone of healthy fall habits will keep your immunity strong and your mind clear as you wrap up another busy year. Here we share 11 tips for keeping you and your team healthy all fall long.



Tip #1: Moisturize

Dry fall air can suck the moisture out of your skin, causing excessive dryness and cracks. After showering and throughout the day, be sure to moisturize with lotion to prevent skin issues like infections due to cracking.



Tip #3: Get a Flu Shot

Before the end of October, opt to get your flu shot to keep influenza away. Aside from keeping the flu away, new research shows a flu shot may also lower stroke risk by as much as 12 percent.



Tip #5: Focus on Financial Wellness

With the holidays coming up, it's easy to fall into the trap of spending too much. This fall, start looking at ways to regain financial stability. This may mean working with a financial advisor and/or therapist to start conversations about what that looks like to keep spending habits in check.



Tip #7: Consume Healthy Foods

Unique in-season produce is available starting now. Opt to fill your plate with fibrous pumpkin, sweet pears, kale, beets, and more. Roasting squashes and root veggies make for an excellent side dish.



Tip #9: Take Time for Self-Care

Make it a priority to take time for yourself. Doing so will keep you refreshed and ready to spend time doing your best at work and giving your full attention to loved ones. Remember, self-care is far from selfish!



Tip #11: Take Vitamin D

In colder climates, a lack of sunshine exposure can cause vitamin D levels to plummet. Consider adding a vitamin D supplement to your diet if you don't intake a lot through cereal, soy milk, orange juice or yogurt. A doc can perform a blood test to check your levels.

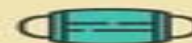
Tip #2: Check Safety Alarms

Since most house fires increase during the fall and winter, remind employees to check both their smoke alarms and carbon monoxide alarms to ensure they're in working order. CO poisoning in particular can cause symptoms to come and go including chest pain, dizziness, and headaches.



Tip #4: Mask Up Indoors

Those living in medium-to-high risk areas where Covid is spreading may want to continue masking up indoors. For the immune-compromised, it's also a good idea to mask up during cold and flu season as an extra precaution.



Tip #6: Book Those Health Appointments

Consider booking your annual eye exam, physical, and other specialist appointments now. The end of the year tends to get busy for many providers as people try to snag appointments in-between holidays.



Tip #8: Try Crockpot Meals

Cut meal time prep down by using crockpot meals that are well-planned and nutritious. Lower cooking temperatures may help preserve nutrients that can be lost when food is cooked too fast in high heat.



Tip #10: Get Active Outside

Whether you enjoy apple picking, hiking, running, or even yard work, spend time outdoors for a mental and physical boost this fall.



Mental Health Tips Fall Boots Guide

AW Rasmussen



Mental Health Tips Fall Boots Guide:

The 30-Day Carnivore Boot Camp Jacie Gregory,2025-01-07 The 30 Day Carnivore Boot Camp offers practical implementation strategies for shifting to carnivore eating as well as recipes meal plans and food lists *Men, mental health, and suicide* Anne Cleary,Derek M. Griffith,John Lindsay Oliffe,Simon Rice,2023-02-17 **Bacon's Media Calendar Directory** ,1996 Resources in Education ,2001-10 , **Making Sense of the Social World** Daniel F. Chambliss,Russell K. Schutt,2006-02-16 Provides an introduction to social research This book presents research methods as an integrated whole with balanced treatment of qualitative and quantitative methods integration of substantive examples and research techniques and consistent attention to the goal of validity and the standards of ethical practice **The Birthday Rules** Jeff Wald,Dr. Rachel Marsh ,2017-05-30 In our fast paced world consisting of ever changing technology and evolving social norms parents are finding the traditional challenges of raising well adjusted self confident and socially responsible children ever more difficult As parents we struggle with when to grant certain permissions and when to have difficult conversations We often avoid such decisions waiting until an external event forces the conversation or too many kids at school have been granted the same permission To meet these challenges parents need a framework that can adjust to the development needs of each child the values of each community and the means of each family The Birthday Rules provides that framework The Birthday Rules provides a fun and flexible framework of an annual review process combined with a structure for increasing permissions responsibilities and conversations We suggest using a child s birthday as not only a time to celebrate but also as an excellent opportunity to have important conversations grant desired permissions and explain the responsibilities that go along with those permissions The Birthday Rules offers a structure to help with one of the most important tasks parents have creating a safe environment to communicate and demonstrate unconditional love

Promoting Effective MTSS Implementation Julie Q. Morrison,Stephanie A. Stollar,2025-11-26 Promoting Effective MTSS Implementation explores the essential role of school psychology and counseling consultation in supporting school and district level installation and sustainability of multi tiered systems of support A proactive and data driven framework MTSS has become one of the most far reaching educational innovations of this century with nationwide evidence for increased student achievement This book guides readers toward a greater understanding of the importance of implementation fidelity in securing positive equitable and fully realized supports and outcomes for students Each chapter offers an account of MTSS implementation from the consultant s perspective addressing real world challenges such as leadership turnover system overload competing initiatives intervention selection unsatisfactory cultural responsiveness and more This uniquely practical resource will leave school psychologists in training and practice with concrete guidance for turning challenges into success stories *Anxiety For Dummies* Charles H. Elliott,Laura L. Smith,2021-01-07 Take control of your anxiety and start living your life Feel like your life is spinning out of control Not sure how to handle what seems like constant change and chaos You

re not alone the world has taken some pretty crazy turns recently but if you suffer from an anxiety disorder you re likely suffering far more than you need to Anxiety is our natural reaction to unfamiliar stressful and dangerous situations but for some of us this reaction can become all consuming and ultimately debilitating Anxiety For Dummies has the antidote to this showing you how to manage feelings of uneasiness distress and dread and take back control of your life In a straightforward and friendly style clinical psychologists Charles H Elliot and Laura L Smith show you how to pinpoint your triggers use proven techniques and therapies improve health and eating habits and make other practical changes to your lifestyle that will have you feeling better fast Understand what makes you anxious and learn to let go Change your thinking to right size your worry Evaluate self help as an adjunct to professional therapy Explore healthy lifestyles and medication options Including updates to the clinical literature and discussions of the impacts of world events such as COVID 19 this book has everything you need to manage your worries and put you not them in charge of your life **Boot Camp Approach to Surgical**

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Warrior--Always a Warrior Charles Hoge,2010-02-23 The essential handbook for anyone who has ever returned from a war zone and their spouse partner or family members Being back home can be as difficult if not more so than the time spent serving in a combat zone It s with this truth that Colonel Charles W Hoge MD a leading advocate for eliminating the stigma of mental health care presents Once a Warrior Always a Warrior a groundbreaking resource with essential new insights for anyone who has ever returned home from a war zone In clear practical language Dr Hoge explores the latest knowledge in combat stress PTSD post traumatic stress disorder mTBI mild traumatic brain injury other physiological reactions to war and their treatment options Recognizing that warriors and family members both change during deployment he helps them better understand each other s experience especially living with enduring survival skills from the combat environment that are often viewed as symptoms back home The heart of this book focuses on what s necessary to successfully navigate the transition LANDNAV for the home front Once a Warrior Always a Warrior shows how a warrior s knowledge and skills are vital for living at peace in an insane world Innovation in Music: Adjusting Perspectives Jan-Olof Gullö,Russ

Hepworth-Sawyer,Dave Hook,Mark Marrington,Justin Paterson,Rob Toulson,2024-12-30 Innovation in Music Adjusting

Perspectives brings together cutting edge research on new innovations in the field of music production technology performance and business With contributions from a host of well respected researchers and practitioners this volume provides crucial coverage on the relationship between innovation and rebellion Including chapters on generative AI gender equality live music quantisation and composition this book is recommended reading for music industry researchers working in a range of fields as well as professionals interested in industry innovations *Walking Methods* Maggie O'Neill, Brian Roberts, 2019-07-09 This book introduces and critically explores walking as an innovative method for doing social research showing how its sensate and kinaesthetic attributes facilitate connections with lived experiences journeys and memories communities and identities The book situates walking methods historically sociologically and in relation to biographical and arts based research as well as new work on mobilities the digital spatial and the sensory The book is organised into three sections theorising experiencing and imagining walking as a new method for doing biographical research There is a key focus upon the Walking Interview as a Biographical Method WIBM on the move to usefully explore migration memory and urban landscapes as part of participatory visual and ethnographic research with marginalised communities and artists and as re formative and transgressive The book concludes with autobiographical walks taken by the authors and a discussion about the future of the walking interview as biographical method *Walking Methods* combines theory with a series of original ethnographic and participatory research examples Practical exercises and a guide to using walking as a method help to make this a rich resource for social science researchers students walking artists and biographical researchers Understanding and Effectively Utilizing Experiential Therapy JULIE ANNE. NICOTERA LASER (NICOLE.), Nicole Nicotera, 2025-02-27 Experiential Therapy provides hands on engaged holistic experiences aimed at exploring better understanding and resolving clinical issues The methodology includes guided activities games mental puzzles time in nature and physical challenges The resulting experience gives rise to words thoughts feelings and future actions that a client might not have found through traditional talk therapy alone *Understanding and Effectively Utilizing Experiential Therapy* gives practical advice and skills to enable new or seasoned clinicians to create their own Experiential Therapy practice Through didactic presentation of basic concepts concrete description of techniques and numerous illustrative clinical examples the book guides readers to become proficient clinicians in Experiential Therapy The book emphasizes knowledge and skills for supporting diverse clients across a variety of identities to successfully engage in these non traditional clinical modalities to increase well being and resilience and promote recovery and growth after trauma Disaster Medicine Gregory R. Ciottone, 2006-01-01 This new volume includes Individual Concepts and Events sections that provide information on the general approach to disaster medicine and practical information on specific disasters You ll also find an exhaustive list of chapters on the conceivable chemical and biologic weapons known today as well as strategies for the management of future events or possible scenarios for which there is no precedent BOOK JACKET *Outcome Evaluation Report* , 2001 *The Expressive Lives of Elders* Jon

Kay,2018-09-20 Essays examining the power of traditional arts and folklore in the lives of the elderly in the United States Can traditional arts improve an older adult s quality of life Are arts interventions more effective when they align with an elder s cultural identity In *The Expressive Lives of Elders* Jon Kay and contributors from a diverse range of public institutions argue that such mediations work best when they are culturally socially and personally relevant to the participants From quilting and canning to weaving and woodworking this book explores the role of traditional arts and folklore in the lives of older adults in the United States highlighting the critical importance of ethnographic studies of creative aging for both understanding the expressive lives of elders and for designing effective arts therapies and programs Each case study in this volume demonstrates how folklore and traditional practices help elders maintain their health and wellness providing a road map for initiatives to improve the lives and well being of America s aging population **Designing for Older Adults** Walter Boot,Neil Charness,Sara J. Czaja,Wendy A. Rogers,2020-09-27 *Designing for Older Adults Case Studies Methods and Tools* There are many products tools and technologies available that could provide support for older adults However their success requires that they are designed with older adults in mind by being aware of and adhering to design principles that recognize the needs abilities and preferences of diverse groups of older adults Achieving good design is a process facilitated by seeing principles and guidelines in action Design success requires understanding how to use the methods and tools available to evaluate initial ideas and prototypes The goal of this book is to provide illustrative case studies of designing for older adults based on real design challenges faced by the researchers of the Center for Research and Education on Aging and Technology Enhancement CREATE over the past two decades These case studies exemplify the use of human factors tools and user centered design principles to understand the needs of older adults identify where existing designs failed older users and examine the effectiveness of design changes to better accommodate the abilities and preferences of the large and growing aging population Features Reviews important design considerations for older adults and presents a framework for design Provides a series of real world case studies to ground design principles and guidelines Offers a unique set and broad array of design challenges from the design of healthcare devices to computer systems and apps to transportation systems and robots Gives an overview of emerging technologies their potential benefits to older adults anticipated design considerations and new and emerging approaches to evaluating design Covers these topics with designers in mind providing the most up to date recommendations based on the scientific literature but in an accessible easy to understand non technical manner *POWER* Konstantinos Papazoglou,Daniel M. Blumberg,2019-11-14 *Power Police Officer Wellness Ethics and Resilience* collectively presents the numerous psychic wounds experienced by peace officers in the line of duty including compassion fatigue moral injury PTSD operational stress injury organizational and operational stress and loss Authors describe the negative repercussions of these psychic wounds in law enforcement decision making job performance job satisfaction and families The book encompasses evidence based strategies to assist law enforcement agencies in developing policy programs to promote

wellness for their personnel The evidence based techniques presented allow officers to get a more tangible and better understanding of the techniques so that they apply those techniques when on and off duty With forewords authored by Dr John Violanti Distinguished Police Research Professor and Dr Tracie Keese Vice President of the Center of Policing Equity this book is an excellent resource for police professionals police wellness coordinators early career researchers mental health professionals who provide services to law enforcement officers and their families and graduate students in psychology forensic psychology and criminal justice Platinum Award Winner 2019 Homeland Security Awards American Security Today Provides reader with evidence based strategies to promote officer wellness Covers compassion fatigue moral injury PTSD operational stress and more Written by established scholars and professionals from a law enforcement context

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