

# 6 WELLNESS TIPS FOR A HEALTHY FALL



## START TAKING A VITAMIN D SUPPLEMENT

Vitamin D from the sun decreases in the colder months. If needed, a vitamin D supplement can boost your mood and immune system!



## TAKE SOME TIME TO YOURSELF

Start a journal, track your mood, or just allow yourself to slow down.



## MOISTURIZE YOUR SKIN

Harsh temperatures can make your skin dry and don't forget the sunscreen too!



## BUY IN-SEASON FOOD

Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.



## KEEP A SCHEDULE

Cold months can seem to drag and push us into isolation. Stay on track by putting things you like to do into a schedule!



## BE KIND TO YOURSELF

The shorter days can cause low mood, and the flue season can cause sickness! Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.

To access counseling & work life services, contact us 24/7 at 800.989.3277



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Wellness at Work