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!

MOISTURIZE YOUR SKIN
Harsh temperatures can make your skin dry and don’t forget the sunscreen too!

TAKE SOME TIME TO YOURSELF
Start a journal, track your mood, or just allow yourself to slow down.

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 flu 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