

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.

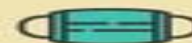
Tip #2: Check Safety Alarms

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 Near Me

Sara K. Zettervall, Mary C. Nienow

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.

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Ruthless Devotion Rebecca Kenney, 2025-07-22 SPECIAL DELUXE EDITION WITH STAINED EDGES CHARACTER ART AND MORE He was the other half of my soul the mirror to my every dark desire My destruction my redemption my salvation my Heathcliff Cathy Earnshaw s got the devil inside her or at least that s what the small cultish community she spent her whole life trapped inside would say She can sense death coming and every loss sends her spiraling into a violent uncontrollable episode of grief wailing like a banshee across the swampy forests of the Lowcountry With a secret as dark as hers there s no hope of relief or escape or finding someone with a chance of understanding Until she meets him Heathcliff s got his own trauma and a secret just as dangerous as Cathy s Stolen as a child raised by necromancers he s the most forbidden sin she could ever imagine and the most desperately tempting Violent in his passions tender in his affection he feels like the other half of her soul but even as they claw desperately to be together the world seems just as determined to keep them apart Because it turns out their little Southern community was built long ago on a graveyard of lies and every cult needs its sacrificial lamb An addictive and truly original spicy New Adult retelling of Wuthering Heights with a magical twist RICH BONUS FEATURES INCLUDE Sprayed edges Gorgeous b w interior art Additional scenes And more Department of Defense Appropriations, S. Hrg. 111-688, Fiscal Year 2011, 111-2, *, 2010 **Department of Defense Appropriations for Fiscal Year ...** United States. Congress. Senate. Committee on Appropriations. Subcommittee on Department of Defense, 2010 **Creating Our Own Lives** Michael Gill, Beth Myers, 2023-10-10 Young adults with intellectual disability tell the story of their own experience of higher education How do students with intellectual disability experience higher education Creating Our Own Lives addresses this question through the eyes of participants themselves In relating their experiences and aspirations these student perspectives mount a powerful challenge to assumptions that intellectual disability is best met with protection or segregation Taken together the essays expose and contradict the inherently ableist claim that individuals with intellectual disability cannot be reliable storytellers Instead their deeply informative stories serve as a corrective narrative The first of the four sections Laying the Foundation Why Everyone Belongs in College focuses on belonging and inclusion the second Opening Up Possibilities Overcoming Doubt and Uncertainty conveys the optimism of this generation of advocates through stories of personal hardship hopeful perseverance and triumph over adversity the third Inclusion as Action Diversifying Student Experiences supports the understanding of diverse student experiences in inclusive higher education and the fourth Supporting Growth Peer Mentoring and Advice offers guidance to those reimagining and creating educational spaces Students with disabilities belong in higher education Not only does this book serve as an important record of students enrolled in inclusive higher education programs it is also an unprecedented resource packed with information and inspiration both for parents seeking opportunities for their children and for individuals with intellectual disability who aspire to attend college Contributors Makayla Adkins Olivia Baist Brandon Baldwin George Barham

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 States. Congress. House. Committee on Appropriations. Subcommittee on Financial Services and General Government, 2014

Mom Has Alzheimer's Nancy J. Day, 2023-11-20 This is a story about my mom's journey with Alzheimer's and my role as a caregiver. Although I graduated from nursing school and became a nurse practitioner, nothing prepared me for this role. We had many challenges and struggles along the way. Not just my mom but also me. I have written the story but also have added special sections for caregivers to learn along the way. It offers tips on providing care for various issues such as behavior issues, sleeping issues, eating problems, depression, taking care of bed-bound parents, etc. and also taking care of yourself while caregiving. Caregiving is very hard work. Women who care for Alzheimer's patients are at an increased risk for developing Alzheimer's themselves. Two-thirds of Alzheimer's patients are women. If a wife's husband gets Alzheimer's and she takes care of him, she is at a six times greater risk to develop Alzheimer's herself. I have also included resources for caregivers to find help.

The Minds of Mass Killers P. Shavaun Scott, 2021-11-12 Public mass killings are becoming more common. Though the chances of being harmed or killed in a mass shooting are slim, each incident affects the public's sense of safety. There are many myths and falsehoods concerning mass murderers. As a result, the public lacks reliable knowledge about the reasons behind such killings, preventing the development of comprehensive strategies to mitigate the violence. Written by a mental health therapist with thirty years of clinical experience in violence prevention, this book clarifies the realities of mass killings. Using research from forensic psychology, it provides a foundation for understanding the pathway to violence identified in the personal histories of many mass murderers. Drawing from criminology, neuroscience, and developmental and social psychology, the author makes the case that we are all capable of creating a safer society.

Nobody's Child Anna C Young, *Bangor (Wales)*, ***Mountains of the Moon*** I. J. Kay, 2013-06-25 After a ten-year stint in a London prison, Louise Alder has a new name, a cold room, and a past full of secrets. After Louise Adler Lulu is released with only a new alias to rebuild her life, she works a series of dead-end jobs and carries a past full of secrets, a childhood marked by the violence and madness of her parents, followed by a reckless adolescence. From abandoned psychiatric hospitals to Edwardian-themed casinos, from a brief first love to the company of criminals, Lulu has spent her youth in an ever-shifting landscape of deceit and survival. But when she's awarded an unexpected settlement claim after prison, she travels to the landscape of her childhood imagination, the central African range known as the Mountains of the Moon. There, in the region's stark beauty, she attempts to piece together the fragments of her battered psyche. Told in multilayered, hallucinatory flashbacks, *Mountains of the Moon* traces a traumatic youth and explores the journey of a young woman trying to transform a broken life into something beautiful. This dazzling novel from a distinctive new voice is sure to garner the attention of critics and readers alike.

Whole Person Librarianship Sara K. Zettervall, Mary C. Nienow, 2019-08-14 *Whole Person Librarianship* guides librarians through the practical process of facilitating connections among libraries, social workers, and social services, explaining why those connections are important and puts them in the context of a national movement. Collaboration between libraries and social workers is an exploding trend that will continue to be relevant to the future of public and academic libraries. *Whole*

Person Librarianship incorporates practical examples with insights from librarians and social workers The result is a new vision of library services The authors provide multiple examples of how public and academic librarians are connecting their patrons with social services They explore skills and techniques librarians can learn from social workers such as how to set healthy boundaries and work with patrons experiencing homelessness they also offer ideas for how librarians can self educate on these topics The book additionally provides insights for social work partners on how they can benefit from working with librarians While librarians and social workers share social justice motivations their methods are complementary and yet still distinct librarians do not have to become social workers Librarian readers will come away with many practical ideas for collaboration as well as the ability to explain why collaboration with social workers is important for the future of librarianship

Today's Health ,1960 **Cutting Crime** Great Britain. Parliament. House of Commons. Justice Committee,2010 Incorporating HC 425 i x session 2007 08 and HC 54 i iii session 2008 09 For Vol 1 see ISBN 9780215543080 *Recreational Access to Public Lands* United States. Congress. House. Committee on Resources,2002

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