

PREPARE FOR A HEALTHY FALL AND WINTER

PHYSICAL WELLNESS

- . Stay Active: Enjoy outdoor activities.
- . Eat Seasonally: Eat those fall vegetables and fruits.
- . Prioritize Sleep: Create a relaxing bedtime routine.
- . Stay Hydrated: Even as the weather cools, drink plenty of water.
- . Get your vaccines: Flu, etc.
- . Maintain Good Hygiene: Wash your hands often,

MENTAL AND EMOTIONAL WELLNESS

- . Manage Stress: Find healthy ways to handle stress. Practice mindfulness.
- . Spend Time With Others: Participate in social activities. Attend your local TRTA meetings.
- . Embrace Gratitude: Reflect on things that you are grateful for.
- . Schedule Self-Care: Recharge your body.
- . Set Boundaries: Protect your time and well-being.
- . Show Self-Compassion: Be kind to yourself.
- . Limit technology Use: Take breaks from screen time.
- . Use Aromatherapy: The sense of smell can have a powerful impact on your mood.

REMEMBER TO:

- .Get your Wellness Check: Stay on top of your health.
- . Enjoy the “season” change: Embrace the opportunity to adapt and grow.
- . Spring Clean in the Fall: Declutter to create a more calming and enjoyable space.