

# Wellness tips for fall

With school back in session and work ramping up, fall can be a busy time. As the leaves turn and the weather cools, it's important to remember to slow down and take care of yourself. Here are some ideas for staying healthy this fall:

## Take a break.

Our minds can't be "on" all the time. We need mental breaks to maintain energy, focus and productivity. Take time to rest and turn off your brain by taking intentional breaks both at home and at work.

## Breathe.

Notice how you're breathing as you go about your day. Breathe in through your nose and out through your mouth. Spend more time breathing out than in. Slow, deep "belly breaths" can help reduce stress and anxiety.

## Nourish yourself.

Eat a variety of nutrient-rich foods to help you stay physically and mentally well. Eat mindfully and savor the flavors of fall.



## Sleep well.

Adjust your routine to account for the shorter days. Try to get sunlight in the morning to set your internal clock so your body knows when it's time to sleep at night.<sup>1</sup> Aim for seven to nine hours of sleep. Your mind, mood and immune system will thank you.

## Prioritize.

There's a saying: "When we prioritize everything, we prioritize nothing." Check in with what's most important to you this season so you can work those things into your schedule.

## Practice gratitude.

Identify at least one thing to be grateful for each day. Write it down or simply note it to yourself. Over time, this practice can become a habit that can boost your spirits and even help you sleep better.

Treat yourself like you'd treat a good friend. And don't hesitate to reach out if you could use support. We're here 24/7 for you and everyone in your household.

<sup>1</sup>Effects of light on circadian rhythms. Available at: [Cdc.gov](https://www.cdc.gov). Accessed September 2023.

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