

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.

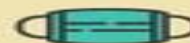
Tip #2: Check Safety Alarms

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.



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**Mental Health Materials Center
(U.S.), Jack Neher**



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Best-Rated Health Web Sites Shannon Entin,2000
changing world Qing Zhao,Li Hu,Kairi Kőlves,2023-02-24

**Mental health promotion and suicide prevention in a
Decision-making and Disability Living Allowance**

Northern Ireland Audit Office,2005-06-16 This report examines how the Social Security Agency Northern Ireland applies the complex rules which affect eligibility for Disability Living Allowance DLA Despite progress since 1998 in reducing the volume of DLA claims held by the Agency and improved accuracy there is still scope for further improvement The speed of decisions has been adversely affected by several factors There should be improvements in the training of frontline staff and further improvements in information technology solutions Fewer cases should be referred to the Agency s Medical Support Services The identification of errors in decision making by the Agency has improved for example through the use of the Periodic Enquiry process There has been a significant increase in the number of appeals by claimants since the decision making procedures were changed in October 1999 Decision makers should make more use of personal communication with claimants to collect initial or follow up evidence and this is especially important as DLA applicants are unlikely to have a detailed grasp of the disability eligibility rules If the Agency aimed for a 10 per cent reduction in DLA Attendance Allowance appeals the saving would be in excess of 190 000 per year

Behavioral Emergencies for the Emergency Physician Leslie S. Zun,Lara G. Chepenik,Mary Nan S. Mallory,2013-03-21 Emergency physicians in all practice settings care for patients with both undifferentiated psycho behavioral presentations and established psychiatric illness This reference based text goes beyond diagnostics providing practical input from physicians experienced with adult emergency psychiatric patients Physicians will increase their understanding and gain confidence working with these patients even when specialized psychiatric back up is lacking Behavioral Emergencies for the Emergency Physician is comprehensive covering the pre hospital setting and advising on evidence based practice from collaborating with psychiatric colleagues to establishing a psychiatric service in your ED Sedation restraint and seclusion are outlined Potential dilemmas when treating pregnant geriatric or homeless patients with mental illness are discussed in detail along with the more challenging behavioral diagnoses such as malingering factitious and personality disorders This go to comprehensive volume is invaluable for trainee and experienced emergency physicians as well as psychiatrists psychologists psychiatric and emergency department nurses and other mental health workers

Strauss and Mayer's Emergency Department Management (eBook) Robert W. Strauss,Thom A. Mayer,2013-09-05
A Comprehensive Practical Text on Effectively Running an Emergency Department Emergency Department Management is a real world pragmatic guide designed to help emergency department managers efficiently handle the many complex issues that arise in this challenging clinical environment Written by professionals who have spent their entire careers in the service of emergency department patients this unique text delivers practical solutions to virtually any problem that may arise in running an emergency department or acute care center COMPLETE EXPERT COVERAGE OF EVERY IMPORTANT

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Table of Contents Fall Clearance Mental Health Tips Best

1. Understanding the eBook Fall Clearance Mental Health Tips Best
 - The Rise of Digital Reading Fall Clearance Mental Health Tips Best
 - Advantages of eBooks Over Traditional Books
2. Identifying Fall Clearance Mental Health Tips Best
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fall Clearance Mental Health Tips Best
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fall Clearance Mental Health Tips Best
 - Personalized Recommendations
 - Fall Clearance Mental Health Tips Best User Reviews and Ratings
 - Fall Clearance Mental Health Tips Best and Bestseller Lists
5. Accessing Fall Clearance Mental Health Tips Best Free and Paid eBooks
 - Fall Clearance Mental Health Tips Best Public Domain eBooks

- Fall Clearance Mental Health Tips Best eBook Subscription Services
- Fall Clearance Mental Health Tips Best Budget-Friendly Options
- 6. Navigating Fall Clearance Mental Health Tips Best eBook Formats
 - ePub, PDF, MOBI, and More
 - Fall Clearance Mental Health Tips Best Compatibility with Devices
 - Fall Clearance Mental Health Tips Best Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fall Clearance Mental Health Tips Best
 - Highlighting and Note-Taking Fall Clearance Mental Health Tips Best
 - Interactive Elements Fall Clearance Mental Health Tips Best
- 8. Staying Engaged with Fall Clearance Mental Health Tips Best
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fall Clearance Mental Health Tips Best
- 9. Balancing eBooks and Physical Books Fall Clearance Mental Health Tips Best
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fall Clearance Mental Health Tips Best
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fall Clearance Mental Health Tips Best
 - Setting Reading Goals Fall Clearance Mental Health Tips Best
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fall Clearance Mental Health Tips Best
 - Fact-Checking eBook Content of Fall Clearance Mental Health Tips Best
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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