

FALL 2023 WELLNESS NEWSLETTER

STEPS TOWARDS BETTER SLEEP

A good night's sleep determines how successful your next day will be. With sleep being this important, we've brought you some ways to help your body get a better night's rest at night.

- 1) Experiment with an evening routine to assist in getting ready for bed. Some activities to try are yoga, meditation, journaling, reading, listening to relaxing music, or connecting with someone.
- 2) Limit electronics at least an hour before bed. The blue light from electronics stimulates our brain so our body is ready to stay awake verses getting ready for bed.
- 3) Clean out clutter in and around where you sleep. Ever hear the saying, "A cluttered space is a cluttered mind"? It's true!
- 4) Limit sugar and caffeine as well as large meals before bed.

*"Sleep is like the golden chain that binds our health and body together."
-Thomas Dekker*

- 5) Reduce exposure to light and loud sounds. Some things to try include: dark curtains, eye masks, and sound machines.
- 6) Most importantly, go to bed and wake up at the same time each day! This helps put your body in a rhythm and provides consistency.



FALL VIRUSES ARE ON THEIR WAY

The fall season brings not only chilly weather but plenty of viruses and illnesses just in time for the start of the school year. You should talk to your pediatrician about making sure your child is up to date on all needed vaccinations for school.

Because there are increases in cases of viruses that can make you and your family sick in colder months, it is recommended to have annual flu shots prior to the peak season. September is a great time to start! Everyone 6 months of age and older should get vaccinated before the start of each flu season- although your provider may suggest that you NOT get the vaccine for certain reasons i.e., if you have ever had an allergic reaction to a flu vaccine, or have had Guillain-Barre Syndrome.



Your provider may also suggest a COVID-19 or RSV vaccination to further prepare for and prevent respiratory illness. Be sure to talk to your provider if you have any questions, that's what they're there for!

Finally, keep in mind that vaccines do not prevent all illnesses. It remains important to engage in frequent and effective hand washing, stay away from others/wear a mask when sick, and follow with your health care provider as needed.

NUTRITION CORNER

HARVEST SOUP RECIPE



Looking for a new soup recipe to try this fall season? Try this cozy recipe packed with all sorts of nutrients!

Instructions:

1. Heat 1 tbsp of olive oil on medium with 1 large, chopped onion.
2. Add and sauté 2 medium chopped carrots and 3 cups of cubed butternut squash.
3. Add and sauté 2 chopped celery stalks, 1 chopped zucchini, and 1 can of diced tomatoes (796ml).
4. Let this sauté for 5 minutes before adding dry ingredients.
5. Add 1 bay leaf, 1 tsp dried parsley, 1 tsp dried basil, and ½ tsp dried oregano.
6. Finally, add ½ tsp sea salt and 2 chopped garlic cloves.
7. Bring everything to a soft boil and then simmer for 15-20 minutes.
8. This soup can be served immediately, stored in the fridge for one week, or kept in the freezer for 3 months. Enjoy!

Create: Draw, color, or paint as a family.

Activate: Block out 1 hour a day for a family walk or exercise together.

Read: Your favorite book for 30 minutes a day.

Limit: Set limits on screen time and monitor!

BACK TO SCHOOL: HEALTHY LUNCHES

Keeping a healthy balance through school lunches is very important. Healthy school lunches will go a long way in keeping your child's energy levels up, preventing illness, and improving academic performance. Here are some healthy lunch ideas:

- Turkey Apple Cheddar Sandwich: Sliced turkey with apple & cheese on whole wheat bread.
- Turkey BLT Wraps: Whole wheat tortilla with sliced turkey, bacon & lettuce.
- Rainbow Veggie Wraps with Hummus: Mixed vegetables, cabbage & carrot slices with lettuce.
- Pasta Salad with Vinaigrette: Whole wheat bowtie pasta mixed with sliced peppers, carrots, and cheese in Italian vinaigrette dressing.
- Pizza Pinwheels: Whole wheat tortilla, pizza sauce, cheese, wrapped together.

Tips to Reduce Your Screen Time

Can you remember the last time that you and your family had a screen-free day? It may be hard to remember as screen time can be a part of everyday life. Whether you are playing games, searching for a new recipe, or even completing school or job-related work, screen time plays a huge role in our lives. It's vital to find ways to reduce your daily screen time, as prolonged screen time can lead to eyestrain, decreased physical activity, and can affect your sleeping patterns. Read the box to the left for fun tips to help decrease your screen time!