

SEPTEMBER/OCTOBER 2021

Healthy Tips and Tricks



#EmotionalWellnessMonth

Stress comes into all our lives in varying amounts. Depending on our demands, emotional health can take a toll. Noting the causes of our stress helps identify the biggest offenders so we can stop them. By identifying stressors and improving our emotional health, we are more likely to surf through the highs and lows in life more successfully.

Review your financial plan. You may need to readjust for the future or change current spending habits. Even planning for a dream vacation can improve emotional wellness when done responsibly.

Decrease your screen time. In this digital world, the amount of time we spend online impacts our emotional health. We are bombarded by data, news, and alerts constantly. Take a day to be screen free.

Assess your resources. Many employers offer tools and discounts for emotional wellness. Checking with your human resources department is an excellent place to start. From videos to free counseling sessions, these benefits provide substantial relief when life seems upside down.

Remember the relationships in your life. This is a big one. Friends, family and even co-workers play a huge role in our emotional health. They improve our social and spiritual well-being by keeping us connected. Human beings thrive on social interactions.

How's your physical health? Keep up with routine health checks. Also, add healthy eating habits and increase physical activity to reduce overall anxiety.

Fall BINGO

Plan fun fall activities for you and your family.



B	I	N	G	O
Corn Maze	Eat a sweet potato	Rake leaves	Go to the pumpkin patch	Bake a spaghetti squash
Eat an apple	Go for a hayride	Go for a walk	Visit your local farmers market	Watch a football game
Go for a hike	Visit the mountains	FALL	Make a scarecrow	Jump into a leaf pile
Build a bonfire	Eat a butternut squash	Make a big batch of chili	Carve a pumpkin	Sit outside and enjoy fresh air
Make caramel apples	Run/walk a 5K	Have a movie night	Go for a bike ride	Enjoy fall foliage

Breast Cancer Awareness

October is Breast Cancer Awareness Month. Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer.

There are different symptoms of breast cancer, and some people have no symptoms at all.

Symptoms can include:

- Any change in the size or shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm



If you have any signs that worry you, see your doctor right away.

Some main factors that influence your risk for breast cancer include:

- Being a woman
- Being older (most found in women who are 50 years old or older)
- Having changes in your breast cancer genes (BRCA1 and BRCA2)
- Most women who get breast cancer have no known risk factors and no history of the disease in their families.

Although breast cancer screenings cannot prevent breast cancer, they can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

Sheet Pan Maple-Dijon Sausage with Fall Veggies

Ingredients

12 oz. smoked turkey sausage, sliced into 1/3-inch thick slices (or beef, pork, chicken...)

16 oz sweet potatoes, peeled and diced into 3/4-inch cubes

16 oz. Brussel sprouts, trimmed and halved

1/2 medium red onion, roughly sliced

1 tablespoon minced garlic

2 tablespoons olive oil

1 teaspoon Italian seasoning

1/2 teaspoon salt and freshly ground black pepper

1 tablespoon chopped parsley, for garnish

1 tablespoon Parmesan shavings, for serving (optional)

Sauce:

1/3 cup maple syrup

1/3 cup Dijon mustard



Instructions

1. Preheat your oven to 400°F. Lightly spray a large sheet pan with cooking spray. Spread the diced sweet potatoes and halved Brussels sprouts on the sheet pan. Turn the Brussels sprouts cut side down so they get that nice golden sear!
2. Drizzle everything with olive oil, sprinkle with seasoning, then add salt and pepper to taste. Roast the sweet potatoes and Brussels sprouts for a first-round in the preheated oven for 15 minutes.
3. Make the sauce: Combine maple syrup and Dijon mustard in a mason jar and shake well.
4. Remove the sheet pan from the oven, and add sliced sausage, garlic, and red onion. Drizzle the maple-Dijon sauce over and toss with the veggies and spread everything on the sheet pan in one layer. Return the sheet pan to the oven and continue to roast until veggies are tender, about 15 minutes longer.
5. Remove the sheet pan from the oven. Drizzle the sauce over the sausage and veggies and toss to coat. Sprinkle the sausage and veggies sheet pan with parsley and parmesan and serve immediately.

Give Your Immune System a Boost!

Seasonal Food	Benefits
Mushrooms	Good source of vitamin D.
Sweet Potato	A fall and winter favorite high in Vitamin A & C.
Ginger	Assisting in the battle against colds and the flu.
Fresh Garlic	May help kill bacteria and viruses.
Cinnamon	Pure cinnamon not cinnamon sugar! may help reduce the amount of time getting over colds and the flu.
Berries	Naturally high in vitamin C and other antioxidants.
Honey	Found to prevent the growth of bacteria.
Yogurt	Good source of Vitamin A, protein and zinc, and contains healthy bacteria that may protect your digestive tract from disease-causing germs.