



Junior Officer Advisory Group

Readiness & Deployment Committee

Behavioral Health Team

Practicing Wellness

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Wellness Tips to Prepare for the Upcoming Fall Season

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Mother Nature will soon begin to wind down and transition from the brightness, warmth, and longer days of summer to falling leaves, shorter and darker days, and cooler weather for fall. Seasonal changes are not limited to our natural environment but also impact our rhythm and overall health and wellness. Truth is that the transition to the shorter and busier days of fall can be challenging. Fall signals return to school, exposure to more contagious illnesses, and hectic schedules. As fall quickly approaches, this a great opportunity to begin planning for the upcoming season by getting organized, setting new goals, re-evaluating previous goals, and exploring your resources. To experience a seamless transition from summer to fall, it is important to identify your priorities and to adopt and implement healthier new habits and lifestyle changes.



Wellness Tips to Prepare your Mind and Body for the Fall Season:

- Identify realistic goals and list your motivation for accomplishing these goals.
- Create balance by ensuring that you are making time for things that bring you joy (i.e., family time, sight-seeing, baking, traveling, holiday hosting, shopping, community work and/or relaxation).
- Develop healthier routines/habits that support wellness and lead to positive feelings, increased energy, inspiration, and relationship satisfaction.
- Embrace support from others, such as a support person or group, to allow for companionship, growth, encouragement, and accountability.
- Improve physical wellness, including healthy eating habits, regular physical activity, adequate sleep, seeking help for mental and physical concerns, and attending preventive medical appointments.
- Improve emotional wellness, including expressing feelings, adapting to emotional challenges, coping with stressors, and being present and intentional in your actions and interactions.

Reference:

Substance Abuse and Mental Health Services Administration. Creating a Healthier Life: A Step-by-Step Guide to Wellness. CREATING A HEALTHIER LIFE, A STEP-BY-STEP GUIDE TO WELLNESS ([samhsa.gov](https://www.samhsa.gov)).