



## Monthly Health Zone - Let's make fall healthy & work on your Emotional Health

Did you know that Emotional Wellness is observed during October? Many of us get so wrapped up in our everyday hectic schedules that we often forget or "don't have time" to unplug, take time for ourselves, or try to maintain a sense of calm and balance.

Your emotional well-being has powerful effects on your overall health and can affect your immune system, physical activity, sleep, diet, and how you deal with your emotions. What exactly is "Emotional Wellness", you ask? Being emotionally well, refers to your ability to process feelings in a healthy positive way and manage stress of everyday life. We all experience stress, and learning how to manage it effectively is crucial to maintaining good mental and physical health. Activities such as yoga and meditation are tools that have proven to be quite successful.

If you are experiencing high levels of stress and experiencing some of the physical symptoms associated with it, such as high blood pressure and/or headaches, you may want to consider talking to your doctor or a therapist who can guide you toward activities and treatment options. They can help put you on the path to enjoying life.

Try setting some goals for reducing the stress in your life. Consider what your biggest stressor are and how to best remove them and while working on that, take time to enjoy the beauty October gives us.

**With a new season approaching, focus on trying to alleviate some of the stressors in your life by enjoying the simple things fall has to offer. See how many things you can check off on this 'Fall Bucket List'**

### FALL BUCKET LIST



<input type="checkbox"/> VISIT A PUMPKIN PATCH	<input type="checkbox"/> apple farm visit
<input type="checkbox"/> pumpkin crafts	<input type="checkbox"/> LEAF PEEPING
<input type="checkbox"/> GO TO A FOOTBALL GAME	<input type="checkbox"/> carve pumpkins
<input type="checkbox"/> make leaf prints	<input type="checkbox"/> MAKE APPLE PRINTS
<input type="checkbox"/> DRINK APPLE CIDER	<input type="checkbox"/> eat candy apples
<input type="checkbox"/> jump in puddles	<input type="checkbox"/> MAKE GLYCERINE LEAVES
<input type="checkbox"/> FLY KITES	<input type="checkbox"/> roast s'mores in the fire pit
<input type="checkbox"/> donate to a foodbank	<input type="checkbox"/> TAIL GATE
<input type="checkbox"/> MAKE POPCORN FROM A COB	<input type="checkbox"/> bob for apples
<input type="checkbox"/> play dress up	<input type="checkbox"/> MAKE HALLOWEEN COSTUMES
<input type="checkbox"/> BAKE PUMPKIN BREAD	<input type="checkbox"/> make a fall mantel
<input type="checkbox"/> drink pumpkin pie coffee	<input type="checkbox"/> GO HIKING
<input type="checkbox"/> FIND OUR WAY THROUGH A CORN MAZE	<input type="checkbox"/> get cozy

## Eat Better

### Caramel Apple Nachos

Apple nachos are a great snack whether you're looking for a smart tailgating recipe or just an easy and simple recipe to snack on.

#### INGREDIENTS:

- 4 large green apples
- 1 cup Kraft caramels, unwrapped
- 1 Tablespoon water
- 1 cup white chocolate chips
- 1/2 cup miniature chocolate chips
- 1 Heath candy bar, crushed



#### INSTRUCTIONS:

1. Clean & dry apples. Slice each into 8 pieces & place on large platter
2. Place caramels in a microwave-safe bowl with 1 Tbsp. water. Microwave in 25 second intervals until melted. Drizzle warm caramel over apples.
3. Place white chocolate chips in a separate microwave-safe bowl. Microwave in 25 second intervals until melted. Drizzle over apples.
4. Top apples with mini chocolate chips & crushed candy bar. Serve immediately and enjoy!



### Butternut Squash Soup

This vegan butternut squash soup is the ultimate fall comfort food!

#### INGREDIENTS:

- 2 Tablespoons EVO
- 1 large yellow onion, chopped
- 1/2 tsp. salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 1 Tbsp chopped fresh sage
- 1/2 Tbsp minced fresh rosemary
- 1 tsp grated fresh ginger
- 3-4 cups vegetable broth
- Freshly ground pepper
- Chopped parsley, toasted pepitas and/or crusty bread for serving.



#### INSTRUCTIONS:

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of pepper & saute until soft (5-8 min). Add the squash and cook until it begins to soften, stirring occasionally, for 8-10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender (20-30 minutes)
3. Let cool slightly and pour into a blender, working in batches if necessary and blend until smooth. If your soup is too thick, you can add more veg. broth.
4. Sprinkle with chopped parsley or toasted pepitas and serve with some crusty bread.

• If you have a healthy recipe that you would like to submit, please send it to: [jkytcbak@thiel.edu](mailto:jkytcbak@thiel.edu)