



Holiday Health Tips



It's finally fall! Before the season gets too busy and the holidays are upon us, take a moment to check out a few tips and resources you can use to keep you and your family eating well, being active, and staying safe throughout the season.

Eat healthy all season long

- Find out what fruits and vegetables are in season during fall—plus, check out a variety of healthy recipes you can make using these ingredients: [Fun with fall produce](#).
- Feeling a little chilly? Make a healthy soup to fill you up and keep you warm. Try some of these recipes: [Hearty, healthy soups for fall](#).

Get movin'...

- Try these ideas to [get your whole family moving this fall](#).
- Don't forget, when it's cold outside you can always [squeeze in some exercise at work](#) or by [turning your everyday activities like errands and chores into exercise!](#)

Stay safe and healthy

- Check out this list of [simple tips to stay healthy this fall](#).
- And don't forget to get your flu shot! [Here are 5 great reasons why you should get one](#).

Preventing Diabetes

November is American Diabetes Month, an opportunity to learn more about this condition that impacts nearly 30 million Americans and understand what you can do to prevent it.

Understand your risk

The cause of type 2 diabetes is not completely understood, but there are certain factors that can put you at risk.

- Excess weight, including being overweight or obese; unhealthy diet
- Family history of diabetes, specifically a parent, brother or sister; age 40 or older
- Sedentary lifestyle; lack of exercise; smoking

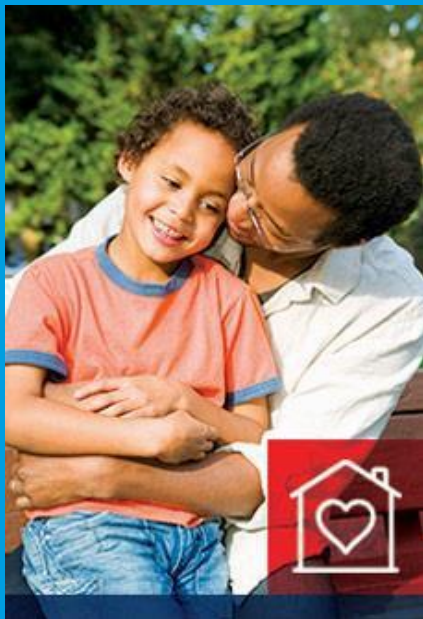
Take action now!

Changing these lifestyle factors can not only help you lower your risk of diabetes—they can also help you be healthier in general.

- **Lose weight.** Being overweight or obese is the leading cause of diabetes. Aim to lose weight through healthy eating and exercise. Even losing just a few pounds can help!
- **Eat better.** Follow a balanced meal plan that includes plenty of fruits and vegetables, and other high-fiber foods. Eat consistent, moderate amounts of food at regular intervals. Limit added sugars.
- **Quit tobacco.** People who quit smoking can reduce their risk of diabetes.



Build a Resilient Family



Everyone faces disappointments and difficult challenges at one time or another. Teaching your kids to be resilient—gaining the ability to adapt to change and stress and adopt a "never give up" attitude—is an important life skill. These tips can help build resilience:

- **Focus on strengths.** When a family member faces a difficult situation, reminding them of their personal attributes will help them get through it.
- **Stay level-headed during setbacks.** If you react strongly and lose your composure, those around you may react similarly. Managing your emotions during a crisis is essential to being resilient.
- **Avoid being overprotective of your children.** This may prevent them from learning from their own experiences and mistakes and achieving their own successes.
- **Don't swoop in to save the day.** When a loved one is facing a crisis, hear their concerns and offer advice when asked, rather than trying to solve the problem for them. This helps them develop problem-solving skills and confidence to overcome adversity.
- **Share enjoyable activities.** Your family can draw on this memory bank of pleasurable experiences to get through the hard times.

Concerned about Opioid Abuse?



Here's what you need to know

Have you or a loved one been prescribed opioid painkillers and worry about misusing them? It's a common concern. An estimated 2.1 million people in the US are suffering from substance abuse related to these powerful pain relievers. Knowing the facts and seeking help early could be a lifesaver! Health Advocate can help. Here's what you should know.

What are opioids?

Opioids are powerful prescription pain relievers like hydrocodone (e.g., Vicodin) or oxycodone (e.g., OxyContin or Percocet). They're often prescribed after an injury or surgery.

What's the concern?

- Opioids are addictive and easy to overmedicate and misuse. Anyone can become addicted.
- Taken over time, opioids can produce serious mental and physical effects that can interfere with the ability to function normally. They can also create a constant need to take the drug, which can result in overdose or even death.
- Once addicted to opioids, many people have switched to Fentanyl—a synthetically-made opioid that's more potent than heroin, and often obtained as an illegal narcotic.
- Fentanyl is responsible for a growing number of overdose deaths.

How can you protect against opioid misuse?

Spotting the beginning signs of abuse early can lead to successful interventions. Look for these warning signs:

- **Drowsiness.** Nodding off during a conversation, meeting, class or dinner.
- **Inability to focus.** Poor concentration can result in impaired performance and missed days at work or school.
- **Loss of relationships.** People misusing painkillers may be increasingly isolated or choose to be with others who have similar addictions.
- **Physical changes.** Signs include: small pupils, itching or flushed skin, an unkempt appearance, confusion, slurred speech, or frequent flu-like symptoms — nausea, fever and headache can be signs of withdrawal when someone can't get more of the drug.

For additional resources, visit www.asam.org/resources/patientresources