

FEELING GOOD

October 2024 | Good news for a happier, healthier you.

Self-Care Tips for Mental Health Awareness Week

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being for some, decreasing caffeine and alcohol consumption can be helpful.

Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

Focus on positivity. Identify and challenge your negative and unhelpful thoughts.

Stay connected. Reach out to friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

October Health Awareness:

Learn more about this month's featured health observances:

- [National Breast Cancer Awareness Month](#)
- [National Bullying Prevention Month](#)
- [Domestic Violence Awareness Month](#)
- [National Down Syndrome Awareness Month](#)
- [Health Literacy Month](#)
- [Sudden Cardiac Arrest Awareness Month](#)
- [Mental Illness Awareness Week](#)
- [World Mental Health Day](#)
- [World Psoriasis Day](#)

Resources for Breast Cancer Awareness Month



Understanding breast health is essential, whether you're navigating a diagnosis, supporting a loved one, or simply seeking knowledge. We want to share these links to free educational resources to guide you every step of the way.

Downloadable Glossary

Facing a breast cancer diagnosis can be overwhelming. Our glossary of common terms helps empower you with knowledge as you navigate treatment and care. [Download Now](#)

Signs & Symptoms

Early detection can make all the difference. Learn the warning signs of breast cancer and how to conduct a self-exam to catch potential issues early. [Get the eBook](#)

Early Detection Guide

Early detection saves lives. This guide explains the 3 critical steps—breast self-awareness, well-woman exams, and mammograms—so you can stay proactive about your breast health. [Get a Free Copy](#)

Healthy Living & Risk Reduction

Learn how lifestyle choices can lower your risk for breast cancer. Our guide includes a personal risk assessment and tips for healthier living. [Get a Free Copy](#)

Whether you need financial assistance, emotional support, or help navigating cancer care, our resources are here for you.

Financial Support: Explore free and [low-cost mammograms](#), [patient navigation](#), and relief for unexpected treatment costs.

Emotional Support: Join our virtual [support group](#) or request a [HOPE Kit](#) to provide comfort during treatment. Learn more about [NBCF Metastatic Breast Cancer Retreats](#).

Caregiver Support

Caregivers are an essential part of the journey. Our free guides offer [practical advice and emotional encouragement](#) to help you care for loved ones with breast cancer. [Get a Free Guide](#)

Get more info and resources at: nationalbreastcancer.org



Halloween Treats: Better Safe than Scary

Halloween is a fun-filled time for kids and adults alike, but foodborne illnesses can spoil the fun. Follow these safety tips to keep your treats from turning into tricks:

- **Pre-Snack:** Make sure children have a light meal before heading out for trick-or-treating. This prevents them from snacking on treats before you can inspect them.
- **Inspect Treats:** Only allow children to eat commercially wrapped candy. Check for any signs of tampering-like tears, pinholes, or unusual appearances. Toss anything suspicious.
- **Food Allergies:** For children with food allergies, carefully read labels and avoid homemade goods.
- **Choking Hazards:** Remove gum, hard candy, peanuts, or small toys that may pose choking risks to younger children.
- **Apple Bobbing:** Rinse apples and other fruits under cool running water, using a produce brush to clean them thoroughly before playing.

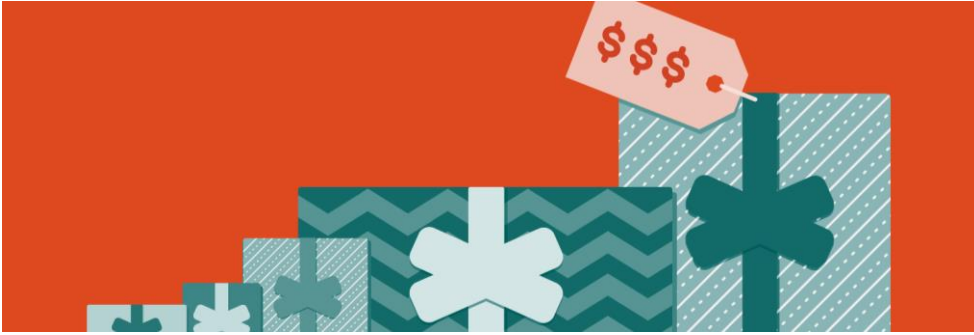
For Halloween parties at home, don't forget these tips:



- **Serve Pasteurized Cider:** Avoid harmful bacteria by serving only pasteurized juice or cider.
- **Skip Raw Dough:** Don't eat raw cookie dough or cake batter with uncooked eggs.
- **Cook Safely:** Ensure hot foods reach the proper internal temperature to prevent illness.
- **Chill Perishables:** Keep foods like sandwiches and salads refrigerated and don't leave them out for over two hours (one hour if above 90°F).

By following these tips, you can ensure your Halloween stays safe and fun for everyone!

A Five-Step Spending Plan To Avoid Holiday Debt



The holidays can put a financial burden even on the savviest of shoppers and savers. But like most things, taking time to plan can help you avoid the stress that comes with overspending. Before you hit the mall or shop for Black Friday deals, keep reading to learn how to make a holiday spending plan that works for you.

1. Set a budget: First, make sure your account for all of your typical expenses so that you don't come up short on bills or things like rent. Next, think about what else you may be spending on in the coming months. Are you hosting a party at your home, or traveling to visit family or friends? If so, estimate what those things will cost you. Once you've subtracted any expenses from your usual budget, you can think about how much you have to spend on gifts.

2. Make a list: With all of the excitement of the holidays, it can be easy to get carried away. Make a list of the gifts you need and cross them off as you go. Check your list several times before you go shopping so that you don't leave anything off. This is when a personal rule may come in handy. You might set a [personal rule](#) for yourself, such as: If something isn't on your list, don't buy it.

3. Get creative: There may be ways to give a meaningful gift at a fraction of the cost as buying something from a store. This may not work for everyone on your list, but here are some low-cost suggestions:

- Homemade mixes in a mason jar, such as hot chocolate, bean soup, or cookie mixes
- Your favorite recipes with photos in a custom picture book

4. Decide how you're going to pay: Are you going to use cash or credit cards to pay for gifts? A helpful rule to set for yourself is to only bring the amount of money you plan to spend. That way you can help yourself stay within your budget because once you spend the money you brought, you're done. On the other hand, using a [credit card](#) can give you more consumer rights if the item is broken when you open the box and doesn't require you to travel with large amounts of cash. If you buy holiday gifts with a credit card, ensure you have a plan and budget to pay off the bill.

5. Track your holiday spending: Just as you track your shopping list, keep tabs on your spending. Check periodically to ensure you're sticking to your budget and adjust if necessary to avoid overspending. If you don't keep track of what you spent, you could end up with an unpleasant surprise if you exceed your budget.

Mindfulness Coach

provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.

[iOS Download](#)

[Android Download](#)



Looking for Mental Health Resources?

Help is available, and hope is within reach. If you or someone you know is facing a mental health or substance use crisis, here are some free resources to turn to:

[SAMHSA's National Helpline](#)

is a 24/7 treatment referral and information service.

[988 Suicide & Crisis Lifeline](#)

offers 24/7, confidential support for people in distress.

[The Trevor Project](#) provides 24/7 crisis support services to LGBTQ+ young people.

[FindTreatment.gov](#) helps people seek treatment for mental and substance use disorders.

[National Institute of Mental Health](#) outlines additional mental health services.



© 2024 [caresquad.com](#) Explore more at [app.caresquad.com](#)