

For Your Benefit

Wellness Newsletter



FALL 2018

Hello Fall!

“Autumn is a second spring when every leaf is a flower.”

CONTENTS

Page 1
Interesting Facts About Autumn

Page 2
October: National Bullying Prevention Month

Page 3
Wellness Trends of 2018

Page 4
Get Moving!
Eat Well

Have a wellness tip, story, or other tidbit you would like to share? Contact the WCIF Wellness Coordinator!

Janée Cargil, Editor
janee@wcif.net | 360.292.4471

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Interesting Facts About Autumn

Autumn, also known as fall in North American English, is one of the four temperate seasons. Autumn is the transition season between summer and winter, best noticed by the color change in leaves and the harvest. The date of the beginning of autumn varies according to climate, tradition and culture, but when it is autumn in the Northern Hemisphere, it is spring in the Southern Hemisphere, and vice versa.

Here are some fall facts you may not know!

1. While Americans typically use the word “**fall**,” the British use the word “**autumn**,” though both terms date around the 16th century. Before these terms, the period was called “harvest.”
2. In **Greek Mythology**, Autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking Spring.
3. **Autumn, especially in poetry, has often been associated with melancholia.** The possibilities of summer are gone, and the chill of winter is on the horizon. Skies turn grey, the amount of usable daylight drops rapidly, and many people turn inward, both physically and mentally.
4. **Levels of testosterone in both men and women are at their highest in the fall.** Scientists speculate the surge may be a result of ancient mating instincts or that decreasing daylight somehow triggers it.
5. A study in the Journal of Aging Research found that **babies born during the Autumn months are more likely to live to 100 than those born during the rest of the year.**
6. **No film with autumn in its title has won an Oscar.** Spring, summer and winter have one each.
7. Since 1997, **Autumn has been one of the top 100 names for girls in the United States.**
8. According to seasonal patterns of relationships in Facebook profiles, autumn is the time when more singles change their status to “**In a Relationship**” or “**Engaged**” than the yearly average.
9. **Fall colors are caused by the amount of sugar found in leaves.** This is why Maple trees are so vibrant.



October: National Bullying PREVENTION MONTH

► Warning Signs for Bullying

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

► Signs a Child is Being Bullied

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs. Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

► Signs a Child is Bullying Others

Kids may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

► Why don't kids ask for help?

Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale.
- Kids may fear backlash from the kid who bullied them.
- Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.

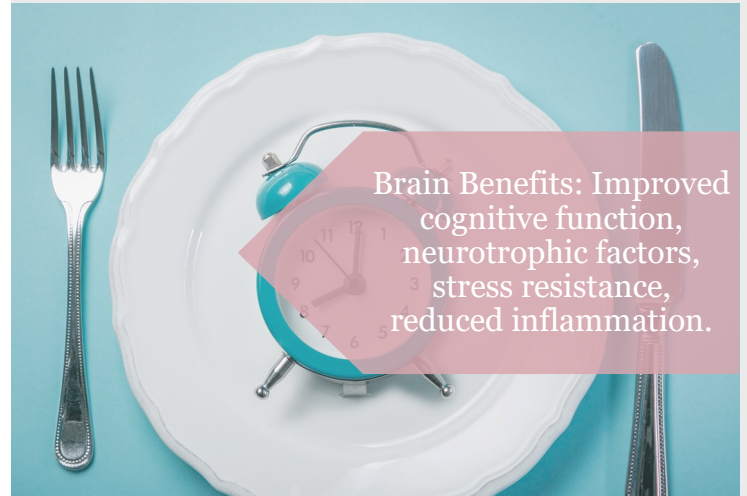




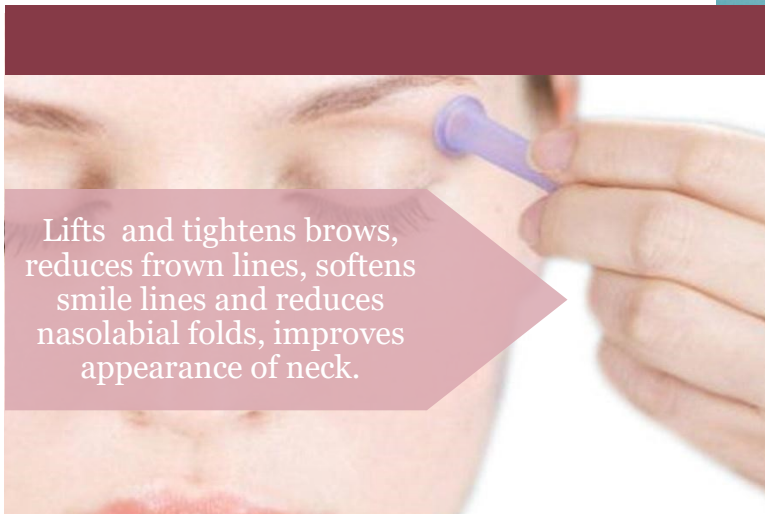
WELLNESS TRENDS OF 2018

Intermittent Fasting

This diet is about restricting the times at which you eat, not necessarily the actual food. Intermittent fasting looks different for everyone and can consist of 12-hour fasts (while sleeping), short eating windows during the day, or 24-hour fasts a few times a week or month. It's thought to decrease inflammation, oxidative stress, cholesterol, and the risk of cancer, while increasing metabolism, blood sugar control, and the ability to burn fat.



Brain Benefits: Improved cognitive function, neurotrophic factors, stress resistance, reduced inflammation.



Lifts and tightens brows, reduces frown lines, softens smile lines and reduces nasolabial folds, improves appearance of neck.

Facial Cupping

You've likely heard of cupping for soothing sore muscles, as professional athletes often sport the circular remnants of the treatment on their bodies. However, facial cupping is one trend to be aware of this year. Fortunately this practice won't leave bruising circles on your face. It's done with a small suction cup that gently lifts facial tissue to increase blood circulation and assist in lymphatic drainage.

Social Media Detoxing

While technological advances happen every day, many people are looking to escape their high-tech devices. The negative impact of social media has become apparent, and wellness influencers are speaking out about the need to unplug from our devices and stop comparing—a side effect of social media that has become toxic.



By doing a digital detox, you will sleep better, increase your attention span, and boost your productivity.

Get Moving!

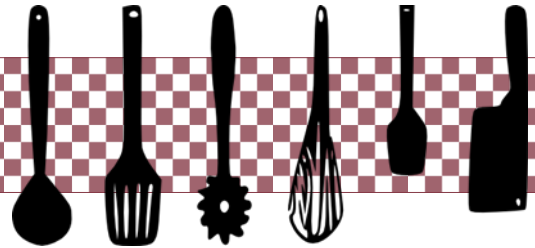


Guide to Fall Fitness and Health

The end of summer can seem like a sad time of year, but there's something about the cool, crisp air that can breathe some new life into your usual routine, especially when it comes to exercise.

1. **Take Advantage of the Great Outdoors.** Without the heat and humidity, outdoor workouts become much more comfortable and, after a busy summer, many of us are ready to get back to some sort of fitness routine.
2. **Get back to the Gym.** When the weather turns iffy, getting to the gym can help you stay on track with your workouts, especially if you get involved in a variety of activities. To make the most out of your time at the gym, don't just do the same machines each time you go.
3. **Get Fit at Home.** You don't have to go to a gym to get back into fitness. Working out at home can be just as effective, especially if you're just not crazy about the gym or you're on a budget.
4. **Try Something New.** Summer often finds us being weekend warriors—going for long bike rides, playing sports and just generally getting out and being more active. When fall hits, many of us head to the gym or bring our workouts indoors and that can quickly lead to boredom and burnout. Instead, try something different like Tai Chi, Yoga, or CrossFit.

Eat Well



Pumpkin Alfredo

INGREDIENTS

12 oz. fettuccine
2 tbsp. butter
2 garlic cloves, minced
3/4 c. pumpkin puree
1/2 c. whole milk
1/2 c. finely grated Parmesan
1/2 tsp. chopped rosemary
1/4 tsp. grated nutmeg
2 tbsp. chopped parsley

Yields: 4
Total Time: 0 hours 15 minutes

DIRECTIONS

Step 1
In a large pot of salted boiling water, cook fettuccine according to package directions until al dente. Drain.

Step 2
In a large skillet, melt butter over medium heat. Add garlic and sauté until fragrant, about 1 minute. Stir in rosemary and pumpkin. Pour in milk and stir until evenly combined, then stir in Parmesan and nutmeg. Season with salt and pepper. Simmer for 5 minutes, or until you reach your desired consistency.

Step 3
Turn off heat and toss pasta in sauce. Garnish with parsley and more Parmesan, if desired.

