



Wellness Newsletter

— from the school nurse

October is National Emotional Wellness Month

Emotional Wellness Month reminds us to disconnect and take time out for our brain to rest and recharge.

Did you know your emotional health is just as important as your physical health? Your emotional well-being has powerful effects on your overall health.

Nowadays, we have such busy schedules, and our attention is being pulled in so many ways; it is so very important to maintain a sense of calm and balance.

The following are ways you can engage in emotional wellness.

- Set healthy boundaries
- Say no without feeling guilty
- Take time to relax
- Practice self-care
- Feel good about yourself
- Connect and find support with friends and family
- Forgive yourself and recognize you're human
- Have a positive outlook on life

Mindful Breathing

Breathe in 3 seconds. Hold for 4 seconds.
Breath out for 5 seconds.
Repeat often.

Stay Active During the Fall

As we say goodbye to warmer weather our physical activity seems to lessen. Check out some of these ways to keep active!

Enjoy the Season: Take a walk outdoors, hike on some local trails, or go for a bike ride to look at the beautiful fall colors! Visit the apple orchard or pumpkin patch and walk through a corn maze or haunted trail. Grab a rake and jump in the leaves.

Sign Up for a Holiday Run: During the Fall there are many fun runs to enter. See if there is a color run, zombie chase, turkey trot, reindeer romp, etc. to participate in. Grab a friend or family member to join in on the fun!

Get Active Indoors: Join a fitness class or sports league with a friend. Hop on a treadmill while you scroll social media or watch your favorite show. Create a walking challenge with some friends or coworkers. Stridekick is a great app for creating challenges with friends.

Monthly Tip

— *Rest* —

Wind down early.

Stick to a regular sleep schedule.

Healthy adults need at least 7 hours of sleep each night.

monthly Recipe



SPAGHETTI SQUASH LASAGNA

Serves 4

- 1 small spaghetti squash (approx. 3 1/2 to 4 lbs.)
- 1 lb ground beef/turkey/chicken
- 1/2 tbsp Italian seasoning + pinch of salt
- Nonstick cooking spray
- 4 cups all-natural marinara sauce
- 3 cups part-skim ricotta cheese
- 1 cup grated Parmesan cheese
- 1/4 cup finely chopped fresh basil (optional)

Preheat oven to 375° F.

Line large baking sheet with parchment paper. Set aside. Cut spaghetti squash in half lengthwise. Remove seeds and membrane. Place spaghetti squash, cut side down, on baking sheet. Bake for 40 to 45 minutes, or until tender.

While squash is cooking, brown ground meat in a large skillet. Add seasoning and salt. Break up the meat and cook until cooked through. Set aside.

Reduce oven temperature to 350° F. Scrape spaghetti squash flesh into stringy noodles.

Lightly coat 4-quart baking dish with spray. Evenly layer half spaghetti squash, half marinara sauce, half ground meat and half ricotta cheese in baking dish. Repeat with second layer. Evenly top with Parmesan cheese.

Bake for 30 to 32 minutes, or until golden brown and bubbly. Garnish with basil if desired.