

# Caring for you in all ways. Always.<sup>SM</sup>



## Seasonal superfoods to try this fall

Fall brings a harvest of colorful, nutrient-rich foods. So much seasonal produce is flavorful and nutrient-packed, and fall offers plenty of “superfoods” that can help you feel energized and nourished. Here are a few delicious fruits and veggies to try:

- **Pumpkin and other squashes.** Try them roasted, blended into soups, or even baked into healthy muffins.
- **Apples, pears, and cranberries.** Add apples or pears to oatmeal, salads, or baked goods, and toss cranberries into stuffing, sauces, or grain bowls.
- **Brussels sprouts, kale, and other hearty greens.** Sauté, roast, or add them to soups and stews to balance out richer fall flavors.
- **Mushrooms, leeks, and onions.** Sauté mushrooms with garlic and herbs or build rich soups and stews with leeks and onions for a satisfying, cozy meal.

## Staying mentally fit as the seasons shift

Changes in seasons can affect energy and mood. Paying attention to your mental well-being can help you stay balanced. Check in with yourself about how you’re feeling, stay connected to others, prioritize movement, and get a little sunlight each day.

## How to understand your sleep needs

While 7-9 hours is the “sleep standard,” your specific sleep needs are unique. Discover your sleep needs by noticing your energy shifts and finding your natural rhythm.

## Expert help, delivered with heart

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