

AUTUMN RESET: HEALTHY HABITS FOR A NEW SEASON

Your Monthly Dose of Wellness, Growth and Support

Welcome friends!

September marks the beginning of a new season, bringing opportunities to settle into routines while adjusting to the changing pace of daily life. As summer comes to a close, many of us find ourselves balancing new responsibilities, shorter days, and the importance of caring for both our physical and mental well-being during this seasonal transition.

This month, we're exploring the connection between body image and self-esteem, and how practicing self-compassion can support a healthier relationship with ourselves. We'll also be looking at ways to strengthen your immune system before cold and flu season arrives, along with simple evening routines that promote better sleep and help you recharge. To round things out, we're sharing a fresh, healthy salad roll recipe and a collection of clinician-recommended resources to support your wellness journey.

Here's to embracing the season with confidence, building healthy habits that support both mind and body, and taking small, meaningful steps toward feeling your best every day.

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Pumpkin baked oats

Book Your Appointment Today!



MENTAL HEALTH SPOTLIGHT

Body Image and Self-Esteem

Body image and self-esteem are closely connected, and together they can have a significant impact on our mental health and overall well-being. Body image refers to the way we think and feel about our physical appearance, while self-esteem is how we value ourselves as a whole. Although appearance can influence self-esteem, it is important to remember that our worth is made up of so much more than how we look. Our kindness, resilience, relationships, talents, and values all contribute to who we are.

With unrealistic beauty standards in the media and constant comparisons on social media, it's easy to become critical of our appearance and lose sight of everything our bodies do for us each day. Over time, these thoughts can affect both our body image and our confidence, making it harder to recognize our strengths and appreciate ourselves.

Improving body image and self-esteem doesn't happen overnight, but small, intentional changes can make a meaningful difference. Practicing self-compassion, surrounding yourself with positive influences, focusing on your strengths, and appreciating your body for its function rather than its appearance are all ways to begin building a healthier relationship with yourself. If body positivity feels out of reach, exploring a body neutrality mindset can be a helpful place to start. Rather than focusing on loving every part of your body, body neutrality encourages you to appreciate all that your body allows you to do each day. Every small step toward treating yourself with kindness matters.

Read our full [blog post](https://reflectivesoulwellness.com/why-so-many-women-struggle-with-weight-and-self-worth/) <https://reflectivesoulwellness.com/why-so-many-women-struggle-with-weight-and-self-worth/>

“Don’t waste your life’s purpose worrying about your body. This is your vessel; it’s your house, it’s where you live. There’s no point in judging it. Absolutely no point.”

-Emma Thompson



HEALTH SPOTLIGHT

Green Tea, Cold and Flu Risk

BY DR. ALI MCMILLAN, BSC. ND

The problem with having two kids enrolled in two different schools is that they bring home colds from both places. I don't want to be constantly sick so I have spent some time looking through studies to find some things I could do to reduce my own risk of getting sick. The green tea research showed promise.

I found a meta-analysis (a study or studies) on the benefits of green tea for cold and flu prevention. This meta-analysis is fairly big (which is good) and includes data from 3748 subjects. Overall, consuming green tea and related products or gargling with green tea reduced cold and flu risk by about 26%.

Consuming green tea (and related products) and gargling with green tea are pretty different actions. Fortunately, the study separated the data a little further. Consuming tea or catechin-containing capsules reduced the risk of both influenza infection and acute URTI (a cold) by 32%, while green tea gargling reduced both by 17%, so it appears drinking or taking green tea products works a bit better than gargling.

I wish the study would have reported how the tea drinkers compared to the supplement takers but it did not. They did report that drinking 3 cups of green tea a day was more effective than drinking one per day. Green tea supplements carry some risks that drinking green tea does not. I would not recommend taking a green tea supplement unless under guidance by a healthcare provider.

Regular green tea is safe for most people, though some may react to the caffeine content.

Here is a link to the study for those interested: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8456193/>

...but green tea makes me nauseous

Yes, green tea makes me nauseous too, but only on an empty stomach. Green tea contains tannins and tannins from any source can cause a bit of nausea. Some people notice these effects with wine and coffee as well. But tannins don't normally have the same effect on a full stomach. By choosing to consume tannin rich foods and drinks after meals, you can often avoid any nausea.

If you do choose to drink green tea on an empty stomach and feel nauseous after, a quick snack should help alleviate that feeling

WELLNESS SPOTLIGHT

Creating an Evening Routine for Better Sleep

When evenings feel rushed, many people carry the day's stress into bedtime, staying busy, scrolling, or trying to unwind without giving their mind and body a chance to slow down. But sometimes what sleep needs most is a gentle transition from the demands of the day into a state of rest.

Creating an evening routine can help signal to the nervous system that it is time to relax, making it easier to settle down and prepare for sleep. Simple habits such as dimming the lights, enjoying a calming activity, stretching, reading, journaling, or keeping a consistent bedtime can support deeper rest and a greater sense of balance.

If you've been feeling tired, restless, or stuck in a cycle of poor sleep, your body may not need more effort, it may need more consistency, calm, and time to recharge.

RECOMMENDED RESOURCES

Books:

- **Set Boundaries, Find Peace: A Guide to Reclaiming Yourself-**
Author: Nedra Glover Tawwab
- **Maybe You Should Talk to Someone: A Therapist, Her Therapist,
and Our Lives Revealed-** Author: Lori Gottlieb
- **Atlas of the Heart: Mapping Meaningful Connection and the
Language of Human Experience-** Author: Brené Brown
- **The Gifts of Imperfection: Let Go of Who You Think You're
Supposed to Be and Embrace Who You Are-** Author: Brené Brown
- **Why Has Nobody Told Me This Before?-** Author: Dr. Julie Smith
- **Burnout: The Secret to Unlocking the Stress Cycle-** Authors: Emily
Nagoski, PhD and Amelia Nagoski, DMA



YouTube Videos:

- **How to Make Stress Your Friend-** Kelly McGonigal | TED
- **The Power of Vulnerability-** Brené Brown | TED
- **How to Stop Screwing Yourself Over-** Mel Robbins
- **Inside the Mind of a Master Procrastinator-** Tim Urban | TED
- **The Science of Happiness: How to Be Happier-** Robert Waldinger | TED
- **Why We're Unhappy — The Happiness Trap-** Russ Harris
- **The Difference Between Healthy and Unhealthy Love-** Dr. Ramani
Durvasula
- **How to Manage Your Emotions-** Dr. Tracey Marks



NUTRITION SPOTLIGHT

PUMPKIN BAKED OATS

- For the wet ingredients:
- 1 (15 ounce) can pumpkin puree
- 2 eggs
- 1 ¼ cup (300g) milk of choice
- ⅓ cup (51g) coconut sugar (or sub brown sugar)
- ¼ cup (78g) pure maple syrup
- 1 teaspoon vanilla extract
- For the dry ingredients:
- 2 ½ cups (238g) old fashioned rolled oats
- 2 teaspoons baking powder
- 1 tablespoon pumpkin pie spice
- ¼ teaspoon salt
- Optional mix-ins:
- Optional, but recommended: ½ cup chopped pecans
- Optional cream cheese glaze:
- 2 tablespoons softened cream cheese
- 2 tablespoons powdered sugar
- ½ teaspoon vanilla extract
- 1-2 teaspoons milk of choice, to thin glaze



Instructions

- Preheat the oven to 350 degrees F. Grease a 9x9 inch pan and set aside.
- In a large bowl, whisk together the pumpkin, eggs, milk of choice, coconut sugar, pure maple syrup, and vanilla until well combined.
- Add the dry ingredients to the bowl with the wet ingredients: oats, pumpkin pie spice, baking powder and salt. Mix until combined, then fold in chopped pecans, if using.
- Pour mixture into prepared pan and smooth top. Bake for 35-45 mins or until the edges are slightly golden brown and the middle is set. Allow to cool for 10 minutes while you make the optional cream cheese glaze, if using.
- In a small bowl, whisk together the softened cream cheese, powdered sugar, vanilla and milk until smooth. Drizzle over the baked oatmeal and top with additional chopped pecans, if desired. Cut into slices and enjoy! Serves 6-8.