



Conquer stress to stay healthy

Conquering stress can keep you and your loved ones healthy. As cold and flu season approaches, it's crucial to understand that your emotional well-being has a direct impact on your immune system. Dive into the insights below to discover effective strategies for stress management, immune-boosting tips, and much more to help you navigate this season in optimal health.

Navigating cold and flu season

No one enjoys being sick. You want your loved ones to stay healthy too. The key to avoiding illness is taking care of yourself in different ways.

In broad terms, when your body is stressed, it focuses on dealing with that. The result is that the hormones released because of stress suppress your immune system.¹ This can make you more susceptible to illness.

You can keep yourself healthy by doing two things—reducing stress and taking steps to help boost your immune system. The good news is there are many actions that do both.

Did you know that your **mental state, especially stress, affects your immune system?**

Reduce stress

- ✓ **Remember to breathe.**
Relax and pay attention to your breathing. This will calm you down in stressful moments.
- ✓ **Process.**
Release your thoughts and feelings through journaling or talking with friends or a therapist.
- ✓ **Find fun.**
Do activities that make you happy. Ask a friend to join for added fun.
- ✓ **Move.**
Physical activity helps enhance a sense of well-being and reduces negative feelings.²
- ✓ **Rest.**
Limit caffeine, alcohol and screen time before bedtime to help you get a good night's sleep.³

Boost your immune system

- ✓ **Cut out processed, refined foods.**
These include hot dogs, sausages, white bread and pastries, refined sugars (cane sugar, brown sugar, molasses), cream, butter, shortening, fast food and fried foods.⁴
- ✓ **Eat healthy, well-balanced meals.**
Include a variety of fruits, vegetables, whole grains, lean proteins and healthy fats.⁵
- ✓ **Stay hydrated.**
Drink plenty of water and other calorie-free beverages like green tea. Try to limit alcohol and avoid sodas and other sweetened beverages.⁵

Adopting these healthy habits can help reduce your stress levels, paying off far beyond cold and flu season.

¹<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/stress>

²<https://mentalhealthcommission.ca/blog-posts/57251-move-to-boost-your-mental-health/>

³<https://www150.statcan.gc.ca/n1/pub/82-003-x/2022003/article/00001-eng.htm>

⁴<https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/>

⁵<https://cdhf.ca/en/how-nutrition-can-support-gut-health-and-the-immune-system/>



6 outdoor fall adventures

Please note: Before you start any new exercise routine, talk to your doctor to make sure it's safe.

Leaves are changing, and sweater weather is coming. Cooler weather offers new options to enjoy the great outdoors. Regular exercise is one of the foundations of a healthy lifestyle. It helps control body weight and protects against a variety of diseases. Exercise also helps lower blood pressure and improves your health overall.¹ Try these exciting outdoor activities to stay active this fall.



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Hiking



Hiking is a relaxing way to keep your step count high during the fall. The changing leaves create a beautiful outdoor landscape. Visit a park or nature trail, or plan a day trip to the mountains. Some parks offer paved and wheelchair-accessible trails so that everyone can enjoy them. Invite friends, family or a significant other. You can pack a light meal for a picnic. Homemade, healthy trail mix is a great option for light trail snacking.

Visit a pumpkin patch

It's harvest time. Visit a local pumpkin patch and browse the fields for the perfect pumpkin. Many farms offer family-friendly activities like pumpkin decorating and hay rides. Walking the fields and kneeling to look at different pumpkins keeps you moving. As a bonus, you get a delicious (or spooky) pumpkin to take home.



Apple picking



Don't like pumpkins? Try apple picking as an activity. If you live in a climate where apples grow, visit an orchard. Pick enough to snack on or cook with for weeks. Apples will add a boost of healthy flavour to your menu. Plus, you may have enough left over to share with friends.

Camping

If you are looking for a weekend adventure, camping has much to offer. You can hike or ride bikes on a camping trip. Spending the night under the stars can be a low-cost way to escape daily stress and a good way to ground yourself. Spend your days exploring your surroundings. Spend your nights making lifelong memories with family and friends around the campfire.



Bike riding



Biking burns calories and is a popular way to stay active. Many national parks have bike trails to enjoy. Much like hiking and camping, biking in the fall can be visually stunning. Not getting away? Biking locally allows you to bask in the changing seasons.

Leaf collecting

Looking for colourful leaves is like taking an art walk in nature. There are books and apps that identify different leaves. Borrow one from the library and see which ones are in your local area. Like recording your activities and feelings in your journal, pressing leaves between the pages is a way of being mindful of your days.



Adding physical activity into your daily routine delivers feel-good chemicals that help boost your mood and reduce stress.² It also improves your physical health and mental well-being. While you are out and about, relax and breathe deeply. Become aware of your senses. Focus on your breath and relax your muscles to help soothe your nerves.

How do you increase your activity level when the seasons change?

¹<https://www.heartandstroke.ca/healthy-living/stay-active/benefits-of-physical-activity>

²<https://cmha.ca/news/the-mood-boosting-benefits-of-getting-active/>

Feel better with healthy comfort foods



Shorter days and cooler nights signal that it's time to spend more time inside. Unfortunately, this is when cold and flu germs are also making the rounds. Whether we're delighting in the coziness of our fluffy sweater or lying low because we're under the weather, we often crave comfort foods.

Enjoy these delicious recipes that are not only nutritious but might help you feel better too.



Chicken noodle soup

It's delicious and offers it all—protein, vegetables, herbs and flavour.¹

Makes 6 servings | Prep: 10 minutes | Cook: 35 minutes

Ingredients

- 1 tsp olive oil
- ½ cup minced onion
- ½ cup diced carrots
- ½ cup sliced celery
- 2 garlic cloves, crushed
- 2 Tbsp cornstarch
- ¼ tsp dried oregano
- 1 bay leaf
- 3 cups reduced-sodium chicken broth
- 1 cup chopped cooked chicken breast
- 6 oz medium egg noodles, uncooked
- Black pepper, to taste

Preparation

In a large saucepan over medium heat, heat the olive oil. Add onion, carrots, celery, and garlic. Sauté until tender, about 5 to 6 minutes. Sprinkle the cornstarch and dried oregano over the vegetables and stir to combine. Cook for 1 minute. Stir in chicken broth and bay leaf. Bring to a boil and reduce heat. Simmer, covered, for 20 minutes. Add chicken and noodles. Cook, covered, for another 10 minutes or until the noodles are tender. Discard the bay leaf. Add black pepper to taste.

Nutrition information | Serving size: 1 cup



Calories: 117 | Total fat: 3 g | Saturated fat: 1 g | Sodium: 69 mg | Cholesterol: 28 mg
Total carbs: 13 g | Fiber: 1 g | Sugars: 2 g | Protein: 9 g | Potassium: 92 mg



Cauliflower pizza casserole

With flavours borrowed from your favourite pizzeria, this warm, bubbly treat delivers gluten-free goodness and fibre too.²

Makes: 4 servings | Prep: 10 minutes | Cook: 40 minutes

Ingredients

- 2 heads cauliflower, sliced into 1-inch pieces
- 2 Tbsp + 2 tsp extra virgin olive oil
- 14.5 oz can crushed tomatoes
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 cup low-fat ricotta cheese
- 1 cup shredded part-skim mozzarella cheese

Preparation

Preheat oven to 425°F. Lay out cauliflower onto two baking sheets and drizzle with 2 Tbsp olive oil. Place in oven and cook until browned on the bottom, around 15 minutes. Flip and cook until both sides are browned, another 10 minutes or so. While the cauliflower cooks, use a saucepan over a medium flame to heat 2 tsp olive oil. Add crushed tomatoes, oregano and garlic powder, and simmer for about 5 minutes. Mix in ricotta. Remove cauliflower from oven and reduce heat to 350°F. In a large baking dish, spread one layer of cauliflower. Spread tomato and ricotta mixture over the cauliflower. Top with another layer of cauliflower. Sprinkle mozzarella cheese over the second layer of cauliflower. Bake until cheese is melted and starting to brown, around 15 minutes.

Nutrition information | Serving size: ¼ of baking dish



Calories: 296 | Total fat: 16 g | Saturated fat: 5 g | Sodium: 391 mg | Cholesterol: 24 mg
Total carbs: 27 g | Fiber: 10 g | Sugars: 16 g | Protein: 17 g | Potassium: 963 mg



Spicy pineapple turmeric smoothie

It's fresh and fruity with a spice that's nice.

Makes: 2 servings | Prep: 10 minutes

Ingredients

- 2 cups pineapple chunks, about 1 inch
- ½ cup orange juice
- ¼ cup full-fat coconut milk well-shaken
- 1½-inch fresh turmeric peeled and thinly sliced against the grain (or 1½ tsp ground turmeric)
- ½ medium ripe banana
- 1 medjool date, pitted
- ¼ Thai chili pepper or a pinch of crushed red pepper flakes
- 1 cup ice cubes

Preparation

Combine everything but the ice in the blender. Add the ice. Blend on high speed until smooth, about 1 to 2 minutes. Divide into two cups and serve right away.

Nutrition information | Serving size: ½ recipe



Calories: 174 | Total fat: 3 g | Saturated fat: 2 g | Sodium: 12 mg | Cholesterol: 0 mg
Total carbs: 38 g | Fiber: 5 g | Sugars: 25 g | Protein: 2 g | Potassium: 595 mg

¹<https://library.teladochealth.com/hc/en-us/articles/360057636614-Chicken-Noodle-Soup-Recipe>

²<https://library.teladochealth.com/hc/en-us/articles/4652047098515-Deconstructed-Lower-Carb-Comfort-Food-Favorites->

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