

## Wishing y'all a Happy and Healthy Fall from UAH Health Services!

**Stay Active and Get Outside!** Gorgeous weather has arrived with a serious break in humidity and is a great incentive to venture back outside. North Alabama has so many places to walk, bike, hike, and play that are just begging you to come outside and enjoy the bright colors that are about to explode! Have you ever checked your average daily screen time on your phone? I challenge you to do so right now. Can you set aside at least 30 minutes of your screen time and grab a friend, family member, or take some “me time” to take in some fresh air and get moving? Not only is walking around UAH’s campus beautiful, but also a jaunt around your neighborhood will benefit you in so many ways. It boosts mood, energy levels, endorphins (the happy neurochemicals), strengthens muscles and bones. For more places to move, see the following lists:

Land Trust Trails -Guided Hikes Available!

(<https://www.landtrustna.org/2022/01/10/hike-the-land-trust/> )

Greenways (walk, run, bike, board, skate+)

(<https://www.huntsvilleal.gov/environment/parks-recreation/parks-and-nature/trails-greenways/>):

**Eat Healthy!** Soups, roots, and fruits to enjoy this fall can be found at some of the lingering farmer’s markets. Not all, but some stay open through October or later! Some veggies that are peaking this season include butternut and spaghetti squash, pumpkin-of course, sweet potatoes, brussel sprouts, cabbage, arugula, turnips, beets, broccoli, cauliflower, kale, and more! Some delicious fruits include apples, pears, cranberries, persimmons, figs, pomegranate, grapes, blackberries, dates, kumquats, quinces and plums.

Farmers Markets (<https://www.huntsville.org/things-to-do/shopping/farmers-market/>)

Ayers-year round

The Green Street Market-Thursdays thru October 26th

Madison City Farmers Market-Saturdays thru November

Madison County Farmers Market-Wednesdays-Saturdays thru November

Oakwood Farms Market-Fridays year round

The Market at Midcity-Sundays thru November

Outdoor Market at Lowe Mill-Saturdays thru October 21st

And more!

**Prioritize!** Prioritize your health and self-care. According to the American Psychiatric Association about 5% of the population experience a phenomenon called SAD, or Seasonal Affective Disorder. This is a form of depression that can last from mid-late fall through 40% of the year and is associated with the decreasing sunlight. It can also affect and worsen depression in individuals who already deal with depression. Be sure to take a minute to do a "self check in." With all the wonderful chaos of the season, it's easy to forget to make sure YOU are doing well. Prioritize what is really important to you, be intentional about getting enough sleep, and reach out for help if you are having trouble.

Symptoms of SAD (<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder/>)

- Feeling depressed most of the day everyday
- Losing interest in activities you once enjoyed.
- Experiencing changes in appetite or weight
- Difficulty sleeping
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Difficulty concentrating
- Oversleeping
- Craving for carbohydrates
- Social withdrawal
- Having thoughts of death or suicide

**Have Fun!** Fall sends an exciting buzz in the air. Here are some ways to shake up routine and create unique memories that will keep your cup full far beyond the fall season (<https://www.huntsville.org/blog/list/post/things-to-do-in-fall-in-huntsville/>):

- Festifall at the Huntsville Botanical Garden-Thru October 31
- Huntsville Ghost Walks
- Round Top Folk Festival at Burritt on the Mountain- November 4-5
- Hubert Family Farms Sunflower Fields
- Tate Farms Pumpkin Patch and more!
- Lyon Family Farms Pumpkin Patch and more!
- Fall Color Special Train Ride-October 28 and November 4
- Whistlestop BBQ Festival-October 20-21
- Scotts Orchard Apple Picking-Thursdays through Sundays thru October
- Corn Mazes +-4D Farm, Hidden River Farm, JDM Farm, Tate Farm and more
- Arx Mortis Haunted attraction in Killen, AL (<https://www.arxmortis.com/>)

Don't forget that the small things are fun and meaningful too. Cooking or baking, gardening or creating, spending time with the people and activities you love. There is not a wrong answer!