



This autumn, fall in love - with yourself!

Your fall challenge is to work up the “**nerve**” to de-stress!

Have you ever heard of the vagus nerve? It is the longest cranial nerve that connects your brain with your heart and gut. It is part of your parasympathetic nervous system and works to keep the body calm. Some benefits of stimulating the vagus nerve can be emotional regulation, reduced blood pressure, inflammation reduction, treatment of headaches and migraines, and boosted happiness levels.

Some ways to activate the vagus nerve include:

- Meditation
- Humming or listening to music
- Laughter
- Cold water exposure (try an icepack on the face or a cold shower)
- Mindful breathing
- Yoga (specifically sphinx pose)
- Massage therapy



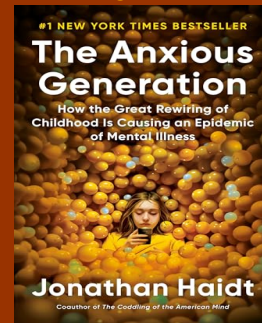
EAP's Fall Wellness Picks

Podcast:



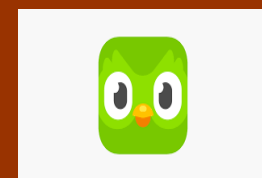
"The Daily Grateful with Michael Crose" is a 10-minute podcast that airs every weekday, focusing on gratitude as a daily habit. With its short and engaging format, practical tips, and accessibility, it's the perfect companion for a quick dose of positivity and inspiration.

Inspiring Read:



The Anxious Generation shows how smartphones, social media, and helicopter parenting have led to a decline in young people's mental health and offers actionable solutions to help both our kids and ourselves become mature, emotionally stable adults.

App:



Try the free Duolingo App to start learning a new language.

"I notice that Autumn is more the season of the soul than of nature."

- Friedrich Nietzsche





Autumn Cultural Spotlight: Diwali

Fall Activity Ideas:

- Build a fun scarecrow (then visit the Charlottetown Scarecrow festival and see how your creation measures up)
- Visit an apple cidery
- Get lost in a corn maze with loved ones
- Explore one of PEI's stunning art galleries
- Meet up with friends at a cozy cafe for a hot fall drink
- Go on a nature walk and pick flowers. Make two bouquets and gift one to a friend
- Go horseback riding on a red dirt trail surrounded by fall beauty



Diwali is a significant festival in Hinduism, Jainism and Sikhism. In a multicultural and diverse country like India, everyone has their own way of celebrating this festival. Even though their belief in it may be different, the enthusiasm, vivaciousness and joy it brings to people's lives is what binds everyone together. Diwali is celebrated as the festival of lights, during which homes are decorated with candles. Diwali projects the rich and glorious past and teaches its observers to uphold the true values of life.



For your next gathering, swap the usual charcuterie board for a colorful Diwali box. Click here for inspiration!

This fall, check in with yourself and make it a priority to get your daily DOSE!

- D - Dopamine:** Improves motivation. Try exercising, eating some dark chocolate, and listening to music.
- O - Oxytocin:** Increases feelings of trust. Try meditation, petting an animal, giving a loved one a hug.
- S - Serotonin:** Enhances mood. Try getting regular sunshine, massage therapy, and practicing gratitude.
- E - Endorphins:** Reduces physical pain. Try swimming, watching a funny movie, and dancing.

Mix up the ways in which get your daily dose of happiness chemicals and have some fun with it!



Employee Assistance Program

Tel: 902.368.5738

Website: <https://psc.gpei.ca/employee-assistance-program>

Email: eap@gov.pe.ca