

HOW TO STAY HEALTHY DURING HALLOWEEN IN 2022

Written by Shut Eye

Halloween is almost here. After a tough year, everyone will be looking forward to a break. Halloween falls on a Monday in 2022, so it'll be an opportunity for people to finally let loose. Here are 8 tips to have a great and healthy Halloween this year. Whether you are a parent guiding children this year, or a teenager going to a party, you'll find something useful here. Stay safe and healthy during this Halloween.



1. Add something bright to the costumes

Part of what makes Halloween fun is scary costumes. It's normal for classic costumes like a witch or skeleton to have dark colors. Try adding something bright, even if it's just small. You don't want the world to finally go back to normal and then be hit by a car.

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Nothing in nature blooms all year long, be patient with yourself.

Quotes sourced from *Self By Design*

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Book of the Month Recommendation

Broken
(in the best possible way)

by Jenny Lawson

Since her debut book, *Let's Pretend This Never Happened*, Jenny Lawson has dazzled readers with her incredible wit and hilarious stories. But in *Broken*, Lawson takes a slightly more serious tone as she describes her intense struggles with depression. Nothing seems to break her out of her fog. She fights insurance companies to cover better treatment and shares an intimate look into her experience.

2. Remember Halloween is cold

There's always someone shivering in a tiny costume. Halloween is the last day of October, so the weather is basically November weather, and you won't be celebrating until the sun goes down. It's almost always colder than you were expecting, especially if you planned a costume earlier in the year. Consider a costume that can integrate warm clothing.

3. Bring the whole squad together

Halloween is somewhat unique among holidays in that it isn't oriented around family. That doesn't mean you should spend it alone though. Make a plan to spend it with a group of friends. A few good laughs would be good for everyone's mental health.

4. Eat a normal dinner

I'm shocked at the adults who eat a light meal (or totally skip supper) and are shocked to feel terrible later on. Don't plan on eating enough candy to feel full, even sugar obsessed children will feel sick if they try that.

5. Inspect the candy stash

We've all heard the rumors of poisoned candies or hidden razor blades. While such events are actually extremely rare, it's still a good idea to look over all the candy before eating any of it. A torn wrapper should be thrown away.

6. Consider Wearing a Mask

What the status of lockdowns will be by Halloween isn't clear. If you plan to trick or treat, or especially if you'll be at a cramped party, consider wearing a mask. Halloween makes it easy to wear one since it can be a part of your costume.

7. Easy on the Candy

People always think of Thanksgiving and Christmas as the holidays that make you fat. Halloween candy frequently gets let off the hook. I won't tell you to skip the candy, I'm not a monster, but consider just having a few pieces.

8. Hand out sugar-free.....just kidding.

Of course, eating too much sugar is bad for you. But hey, mental health matters too, and the occasional treat makes us all feel a lot better. If you are just hanging around at home and giving out the treats, don't be the guy who gives out pencils or raisins. Even if you stay home, consider the above tips too. A night with good friends and costumes can be a great time, there's no need to go out.

For more information or advice, contact eni online at:

www.eniweb.com

How to Observe World Mental Health Day October 10th, 2022

Do group therapy

Register for a group therapy workshop. This can allow you and your peers to express themselves in a safe environment. We tend to hold onto the idea that pushing through and carrying on is the best way, but issues can arise unexpectedly if they aren't properly dealt with.

Practice self-care

There are many changes you can make to your life that can continue beyond World Mental Health Day. Developing a regular sleep routine, adjusting your diet to healthier options, taking lunch breaks, and going on long walks are just some of the options. The point of self-care is to understand your specific needs. Find time to ask yourself what you want and go for it.

Follow the theme

Each year, there's a new theme and even if it doesn't directly involve your struggles, you can still learn from it. Spend some time and research the subject. Awareness extends beyond yourself and it could provide you with the proper tools to better understand others.