

Health Highlights  
Fall breathing issues | Fall self-care

ANCHOR INTRO:  
FALL CAN BE SEEN AS A RESET PERIOD.  
FROM CHANGES TO OUR BREATHING AND SLEEPING HABITS –  
TO THE WAY WE TAKE CARE OF OURSELVES.  
MATT SHEEHAN HAS THAT – IN TODAY'S HEALTH HIGHLIGHTS.

### **PKG**

**MATT TRACK 1: FALL SELF-CARE** <<(FALL IS A GREAT TIME TO TRY SOMETHING NEW. AND THAT DOESN'T JUST MEAN THE NEWEST PUMPKIN SPICE LATTE. BUT – THAT COULD BE PART OF THE EQUATION!

THE SEVEN PILLARS ARE A GREAT PLACE TO START WHEN IT COMES TO PUTTING TOGETHER A WELLNESS ROUTINE. THEY ARE MENTAL... EMOTIONAL... PHYSICAL... ENVIRONMENTAL... SPIRITUAL... RECREATIONAL AND SOCIAL. IT'S IMPORTANT TO MAKE EACH PILLAR YOUR OWN AND TRY FOR AS MANY PILLARS YOU CAN FOR YOUR OVERALL WELLNESS. MANY OF THESE NATURALLY INTERTWINE. OSF HEALTHCARE PSYCHOTHERAPIST SARA BENNETT SAYS QUIETING YOUR MIND IS A GREAT WAY TO BOOST MENTAL HEALTH.

**Sara Bennett | Psychotherapist | OSF HealthCare SOT (Quieting our minds)** <<("It's really nice when things slow down and you can just cuddle up in front of a fire with a blanket and some hot chocolate," Bennett says. "Just enjoy the slowness. Being able to quiet your mind is a really great aspect of self-care.">>)

**MATT TRACK:** BENNETT SAYS GETTING OUTSIDE FOR A HIKE WITH FRIENDS – CAN HELP WITH THE RECREATIONAL... ENVIRONMENTAL... AND PHYSICAL PILLARS. WHILE VOLUNTEERING IN YOUR COMMUNITY CAN IMPROVE YOUR SOCIAL AND SPIRITUAL HEALTH.

**MATT FALL BREATHING ISSUES TRACK 2:** <<(THE COOLER FALL BREEZE SWEEPING THROUGH THE MIDWEST – IT CAN BE A WELCOME SIGHT FOR SOME. BUT TO THOSE WITH SEVERE BREATHING DISORDERS – IT CAN BE A CHALLENGING TIME. DR. JUANBOSCO AYALA – A PULMONOLOGIST WITH OSF HEALTHCARE – SAYS GETTING A FLU VACCINE IS A GREAT WAY TO PROTECT YOURSELF. HE SAYS YOU NEED TO KEEP AN EYE ON YOUR BREATHING HABITS – AND IF THEY'RE CHANGING WITH THE COOLER WEATHER.

**DR. JUANBOSCO AYALA, OSF HealthCare PULMONOLOGIST SOT (Drop in temps impact on breathing)**

<<("Especially people with asthma or patients with emphysema or COPD, we notice some of their symptoms may come to the forefront with this change in weather. Things such as cough, shortness of breath and wheezing are common symptoms that may unfold during this timeframe.">>)

**MATT TRACK:** DR. AYALA ADDS IF YOU HAVE A PERSISTENT COUGH THAT WON'T GO AWAY – OR A FEVER... CHILLS... AND NIGHT SWEATS... IT'S IMPORTANT TO SEE YOUR DOCTOR RIGHT AWAY. FOR THOSE WHO LOVE TO SLEEP WITH THE WINDOWS OPEN IN THE FALL... DR. AYALA SAYS THAT'S TOTALLY FINE.

FOR THESE STORIES AND MORE – HEAD TO NEWSROOM-DOT-OSFHEALTHCARE-DOT-ORG. WITH TODAY'S HEALTH HIGHLIGHTS – I'M MATT SHEEHAN>>)