

# Helping you

**CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER**

FALL ISSUE • NOVEMBER 2023

## The health topic for November is infection awareness.

This month, you'll find information to support members in getting their flu vaccine and remembering tried-and-true tactics for staying well.

You'll also find other wellness-related links to share with your employees.

Get in touch with UMR if you have any questions or want additional resources.

## Infection awareness resources

You can use the links below to download this month's PDFs to print and display in your workplace. Or you can pass them along to your employees via email, digital newsletter or your intranet.

### [No flu for me this year](#) [Spanish version](#)

This poster educates members on the harmful effects of the flu and encourages them to get a flu shot vaccination.

### [Soap and water save lives](#) [Spanish version](#)

This poster educates members on how simple hand washing can help prevent the spread of disease and encourages them to wash their hands regularly or use hand sanitizer.

These additional article links can help your employees learn more about infection prevention:

- [Key facts about influenza](#)
- [Infection prevention basics](#)
- [How infections spread](#)
- [Show me the science](#)
- [COVID-19 resources](#)

## Healthy recipes

- [Old-Fashioned Beef Stew](#)
- [Fig Walnut Bars](#)
- [Dinner In a Pumpkin](#)
- [Pumpkin Seed Cluster Snack Mix](#)
- [Carrot Cookies](#)



## Healthy You magazine

UMR sends a monthly digital newsletter directly to members with information about what's in the latest issue of *Healthy You* magazine. You can also post a link to the magazine on your intranet site or share specific articles that might interest your employees. This month we're promoting these articles:

### [6 food safety tips for the holidays](#)

Here's how to keep food poisoning off the menu when preparing a holiday meal.

### [Welcoming in 'Old Man Winter'](#)

Follow these 10 tips to prepare your home for colder weather.

### [Finding balance](#)

During this season of generosity, don't forget to give back to yourself.

Find the entire **Fall** issue [here!](#)

## Mental health awareness

A 2021 American Psychological Association survey of American workers found that nearly 3 in 5 employees reported negative impacts of work-related stress, including:



Burnout can have a negative impact on not only work, but also our relationships and health. But when employees recognize the triggers, signs and steps they can take to lower their stress, they may be able to lessen the symptoms of burnout. This ["Beating Burnout" article](#) includes practical tips that can help.