



 **BlueCross BlueShield
of Vermont**
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Health Kit | **October 2020**

Hello!

Here is your Health Kit for October 2020. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

Now, more than ever, it's important to practice self-care regularly – it's vital for your physical, emotional, and mental well-being. This month's Health Kit includes information to help you put in place self-care activities that restore your energy and sense of self.

Poster

In this month's poster, you'll learn different types of self-care activities you can do to meet your needs.

[Download Poster](#)

Brain Game

Complete this word search to find words associated with self-care.

[Download Game](#)

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Recipe

Sweet potatoes are in full swing this time of year! This healthy Ground Turkey Sweet Potato Skillet is a one-pan meal that's so flavorful and ready in less than 30 minutes!

[Download Recipe](#)

Short Video: Basics of Self-Care

Watch this short video to learn the basics of self-care.

[Watch Video](#)

Podcast: Myth-Busters

This month's podcast dispels a few myths about self-care

[Listen](#)

Additional Information:

[For More Information on Self-Care](#)

Coming up...

Tune in next month for information on staying healthy during the holidays.