

BREAKROOM BUZZ

September 2025

Tips for Restarting Good Habits After a Summer Schedule

As the summer schedule winds down, it's a great time to reset and ease back into a regular work routine. Start by gradually reestablishing consistent sleep and wake times. Set up a clean, organized workspace to stay focused and productive.

Use SMART goals:

- **Specific:** What's the goal?
- **Measurable:** How will progress be tracked?
- **Achievable:** Is the goal realistic?
- **Relevant:** Does it align with the priorities?
- **Timely:** What's the deadline?

Embrace a growth mindset by viewing challenges as chances to improve. Prioritize health with quality sleep, nutritious meals, movement, and stress management. If feeling overwhelmed, don't hesitate to seek help.



September is Food Safety Month

Use a food thermometer to ensure food is cooked thoroughly.

Safe minimum internal temperatures:

- 140 F: Reheating fully cooked ham
- 145 F: Beef, pork, veal, lamb, fish, shellfish, fresh or smoked uncooked ham
- 160 F: Ground beef, pork, veal, lamb, and egg dishes
- 165 F: Casseroles, poultry, stuffing, leftovers

Source: USDA, 2025

Hydration: What to Drink and When

The human body is about 60% water. Staying hydrated is important, especially during sports and exercise, but what is the best drink for hydration? Here are some common drinks and when it is advisable or not to drink them:

- **Sports drinks:** Many of these drinks have lots of added sugar, and many now contain caffeine, which could cause the blood sugar to spike. These drinks can help maintain hydration levels during lengthy exercise like long-distance running or cycling, but are not recommended for normal hydration needs.
- **Water and flavored water:** Water is always great when suffering from any level of dehydration. If dehydration is severe, water with electrolytes will also be needed.
- **Juice:** If drinking juice, try not to drink more than 8 ounces daily and drink 100% fruit juice. It can help with hydration, but may not be the best choice since it is high in carbohydrates.
- **Milk:** Milk can be a good choice since it's about 87% water. It's also a natural source of electrolytes, carbs, and high-quality protein. Some dairy-free alternatives can also be good sources of electrolytes, so check the label.
- **Sugar-sweetened beverages, like lemonade, punch, soda:** Consuming too much sugar when dehydrated can increase urination, which worsens dehydration. If something sweet is wanted, try no-sugar varieties, or add fresh fruits and herbs to water.



Check out this blog for a list of financial tasks for the fall:
go.illinois.edu/financial-fall-do.

facebook.com/Family.Finances.Food

instagram.com/family.finances.food

twitter.com/famfinancefood

youtube.com/user/UIExtension



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer and Environmental Sciences. University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. ©2025 University of Illinois Board of Trustees. For permission to reprint, revise, or otherwise use, contact extension@illinois.edu.