

NOVEMBER

Wellness & Gratitude

This November is the perfect time to pause, reflect, and embrace gratitude as a foundation for emotional wellness. With the holidays right around the corner, it is easy to feel overwhelmed. By practicing gratitude and strengthening positive mental health habits, you can reduce stress, build resilience, and approach the season with more balance, calm, and energy.



Mindful Moments

Over 75% of adults report feeling stressed on a daily basis. Taking just a few mindful minutes each day to pause and reset can make a real difference. Whether it's deep breathing, stretching, or stepping outside, even two minutes of stillness is enough to reduce stress, calm your mind, and sharpen focus.



Acts of Kindness

Research shows that doing just one act of kindness a day can cut stress levels in half. Gratitude grows stronger when we share it. Simple gestures like offering a compliment, holding the door, or writing a quick thank-you note can brighten someone else's day and boost your own sense of joy. Kindness is contagious—let's spread more of it this season!



Community Connection

Loneliness has the same impact on health as smoking 15 cigarettes a day. The holiday season is the perfect time to strengthen relationships and lean on your support system. Joining group activities, sharing gratitude with friends and coworkers, or making time for meaningful conversations helps build resilience and combats stress. Connection is one of the most powerful tools for emotional wellness.

Each week, focus on these three steps:

3 Mindful Breaks

Schedule three mindful resets. Pause to breathe, stretch, or simply be present for a few minutes.

2 Acts of Kindness

Do two intentional acts of kindness. (Compliment someone, send a thank-you text, or lend a hand)

1 Connection Check-In

Make one meaningful connection. Call a friend, grab coffee with a coworker, or check in with a family member.