

A detailed autumn-themed floral arrangement is positioned on the right side of the image. It includes a large yellow pumpkin at the top, a smaller orange pumpkin below it, several dried leaves in shades of brown and orange, clusters of red berries, yellow and orange chrysanthemums, pinecones, and a walnut. The arrangement is set against a white background.

HELLO NOVEMBER



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THE TRUTH ABOUT NICOTINE POUCHES



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<https://tinyurl.com/yerz97ez>

Nicotine pouches under brands such as Zyn, On!, Velo, are small bags that contain the addictive chemical, nicotine, and other ingredients. It does not contain tobacco. Pouches are placed between the gum and lip to absorb nicotine without smoking or swallowing that triggers a release of dopamine for a feeling of pleasure, alertness, and relaxation. As tolerance develops, these effects may become less intense and require higher doses to achieve the same sensation.

NOT APPROVED

NOT FDA-APPROVED



WEAKENED IMMUNE SYSTEM



**HEART, LUNG, STOMACH, BLOOD
PRESSURE, AND FERTILITY PROBLEMS**



EXPENSIVE

IT'S STILL UNKNOWN THE LONG-TERM EFFECTS OF
NICOTINE, HOWEVER, NICOTINE IS **UNSAFE** LEADS TO
EXTREME ADDICTION.

WORK WITH YOUR DOCTOR ON A **PLAN TO QUIT!**



HEALTH BENEFITS OF ALMONDS

- High in muscle-building protein and heart healthy fiber
- Anti-inflammatory properties
- High in antioxidants
- Helps raise 'good' cholesterol levels
- Helps lower 'bad' cholesterol levels
- A good source of gut-friendly prebiotics
- High in magnesium

BLUEBERRY ALMOND CHIA PUDDING

- ½ c. unsweetened almond milk
- 2 tbsp. chia seeds
- 2 tsp. pure maple syrup
- ½ tsp. almond extract
- ½ c. fresh blueberries, divided
- 1 tbsp. toasted slivered almonds

STEP 1

Stir together almond milk, chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours.

STEP 2

When serving, stir the pudding well. Spoon about half the pudding into a bowl and top with half the blueberries and almonds.



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<https://tinyurl.com/benefits-of-almonds>



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HEALTH BENEFITS:

CARDIO BOOST

Raises your heart rate faster than regular walking, matching the intensity of running.

MUSCLE STRENGTH

Builds power in your quads, glutes, hamstrings, and calves with every single step.

BONE HEALTH

Acts as a weight-bearing exercise that helps keep your bones strong.



**TAKE THE STAIRS FOR A
STRONGER HEART**

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LGPS2AYITZY](https://www.youtube.com/watch?v=LGPS2AYITZY)

30 DAYS OF GIVING GRATITUDE



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Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐
Say Thank You	Tell Someone You Love Them	Donate Un-used Items	Call a Friend	Give a Small Gift
Day 6 ☐	Day 7 ☐	Day 8 ☐	Day 9 ☐	Day 10 ☐
Practice Thankful Pauses	Send a Thank You Note	Be Kind to a Stranger	Coffee Date	Write a Gratitude Note
Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐	Day 15 ☐
Compliment a Stranger	Spread Positivity	Help a Small Business Owner Out	Call a Family Member	Text a Compliment to a Friend
Day 16 ☐	Day 17 ☐	Day 18 ☐	Day 19 ☐	Day 20 ☐
Pay it Forward	Volunteer	Take Care of Your Body	Thank a Service Worker	Thank Yourself
Day 21 ☐	Day 22 ☐	Day 23 ☐	Day 24 ☐	Day 25 ☐
Get Out Into Nature	Acknowledge a Personal Accomplishment	Invest in Yourself	Random Acts of Kindness	Make a Gratitude List
Day 26 ☐	Day 27 ☐	Day 28 ☐	Day 29 ☐	Day 30 ☐
Help a Neighbor	No Complaining Day	Do a Job for a Loved One	List Some Things You Take for Granted	Start a Gratitude Journal

NAME

When you express gratitude, you incorporate mindfulness into your routine, as well as practicing a form of self-care.

Live Well, Work Well

November 2026

The Right Way to Catch Up on Sleep

November is recognized as National Sleep Comfort Month, a time to focus on healthier sleep habits and the factors that affect rest. It's also a good moment to address a common question. After a week of short nights, does sleeping in on the weekend actually help?

First off, many adults try it. A survey of nearly 8,000 adults found that nearly half regularly sleep in on weekends, and the need is real. Adults generally need seven to nine hours of sleep each night, yet the U.S. Centers for Disease Control and Prevention estimates that 1 in 3 adults don't get enough.

Missing sleep creates what experts call sleep debt, the gap between the sleep the body needs and the sleep it receives.

Catching up does work, but only partially. Evidence points to a sweet spot of about one to two extra hours, and studies have linked weekend catch-up sleep among short weekday sleepers to a lower risk of heart disease, dementia and metabolic syndrome. A weekend does not erase a week of short nights, however. Research has found that even six nights of short sleep can impair the body's ability

to regulate blood sugar, and one small study suggests that recovering from a single lost hour can take up to four days. Sleep specialists say recovery takes days to weeks, not a weekend. As such, several habits can make catching up more effective:

- Add 30 to 60 minutes to your nightly sleep until you feel rested, instead of relying on one long lie-in.
- Keep a consistent bedtime and wake time, aiming for at least seven hours of sleep.
- Take an afternoon nap of under 30 minutes, as longer naps can leave you feeling sluggish.
- Keep the bedroom cool, dark and quiet, and avoid screens, alcohol and heavy meals close to bedtime.

Individuals who stay tired despite getting enough sleep may wish to speak with a healthcare provider. Conditions such as sleep apnea, insomnia and restless legs syndrome can interfere with rest, and each can be treated.

Eat Fruit for Heart Health

Fruit is one of the simplest ways to support heart health. Eating fruit may help lower several key risk factors for cardiovascular disease, including high cholesterol, high blood pressure and inflammation.

Fiber is one reason why fruit is beneficial for your heart. The soluble fiber in fruit dissolves in water and forms a gel in the gut that traps cholesterol, which the body then excretes. Cardiologists note that the typical American diet contains very little fiber, so fruit can help close that gap.

Potassium is a mineral that helps ease tension on blood vessel walls and counter the effects of too much sodium. Researchers have reported that eating plenty of whole fruit may reduce the risk of developing high blood pressure. The vitamins and antioxidants in fruit may also reduce inflammation, which is linked to cardiovascular disease.

Furthermore, berries are a leading choice for their fiber, with raspberries offering the most. Blueberries contain anthocyanins, the plant pigments responsible for their color, which studies suggest can improve blood flow. Apples and watermelon are also among the fruits cardiologists recommend.

To reap the heart-healthy benefits of fruit, try to choose a variety of whole fruits, so you're getting a range of nutrients. Also, opt for fresh fruit since cooking or baking can reduce nutrient content. Fruit juice should also be limited, as it lacks the fiber found in whole fruit and can cause a sugar rush. Individuals managing a health condition or taking medication should speak with a healthcare provider before making major dietary changes.

Start Planning Now to Lower Holiday Financial Stress

While the holiday season often brings joy and togetherness, it can also cause financial stress for many individuals. Holiday costs tend to stay lower for households that begin planning and setting money aside early, whether the spending goes toward gifts, decorations, meals or travel.

The 2026 Holiday Shopping Survey revealed that 58% of Americans feel greater financial concern heading into the holidays than last year.

Experts recommend creating a holiday spending plan that sets a realistic budget, accounts for hidden costs such as shipping and wrapping, and prioritizes essential purchases to avoid unnecessary debt. Several steps can make the plan easier to follow:

- List every expected holiday cost, including gifts, shopping, entertainment, food, drinks and travel.
- Shop early to spread costs across months.
- Watch for sales and compare prices.
- Tighten discretionary spending a little each week and build a holiday fund ahead of time.
- Set a dollar limit for each person and track spending against the budget.
- Review spending weekly so adjustments can happen before holiday events.
- Pay with cash or debit to avoid interest charges that linger after the holidays.

Keeping these tips in mind can help households stay on budget and head into the holiday season with less financial stress.

Recipe of the Month

Roasted Root Vegetables

Makes: 6 servings

Ingredients

- 1 sweet potato (chopped)
- 1 rutabaga (chopped)
- 1 onion (chopped)
- 1 potato (chopped)
- 2 carrots (chopped)
- 1 turnip (chopped)
- 1 Tbsp. olive oil
- 3 oz. reduced-fat Parmesan cheese
- ¼ oz. garlic powder
- ¼ oz. ground sage
- ¼ oz. dried rosemary

Preparations

1. Heat oven to 350 F.
2. Evenly spread all the vegetables on a baking sheet or baking dish. Drizzle the oil and seasonings over the vegetables. Toss to combine. Bake for 30 to 40 minutes or until all vegetables are tender.
3. Sprinkle with Parmesan cheese before serving.

Source: USDA

MENTAL HEALTH MINUTE

November 2026

The Impact of “Movement Snacks” on Mental Health

Physical activity guidelines are well established, yet time remains a persistent barrier. “Movement snacks,” also known as exercise snacks, offer an alternative: brief bursts of activity, typically lasting 30 seconds to five minutes, distributed throughout the day. These quick breaks may benefit both physical and mental health by improving fitness, boosting energy and mood, and reducing the effects of prolonged sitting.

The following are examples of movement snacks:

- Climbing several flights of stairs
- Performing a quick set of squats
- Taking a brisk walk after a meeting or meal
- Completing short cycling intervals
- Doing desk push-ups or calf raises between tasks
- Marching in place during a phone call

This approach addresses a significant public health concern. National survey data indicate that more than one-third of American adults sit for six or more hours daily, and even individuals who meet weekly exercise recommendations often spend much of the day sedentary. Movement snacks are designed to interrupt these extended periods of inactivity.

Movement snacks can also support mental health. Short sessions require little effort, making them easier to repeat. Each completed session can feel like a small win, and stepping away from a workstation provides a brief mental reset during demanding workdays.

Several limitations warrant mention. Most existing research focuses on physical outcomes, and mood-related benefits are largely self-reported. Further study is needed to determine how movement snacks influence clinical conditions such as anxiety and depression. The practice is intended to complement, not replace, longer workouts or professional mental healthcare.

Meaningful activity does not require a gym membership or an extended time commitment. Interrupting sedentary time every one to two hours is a simple, accessible strategy for supporting both physical and mental well-being.

The Power of Gratitude and Positive Thinking

Practicing gratitude can do a lot for your mental health. The American Psychological Association defines gratitude as a sense of happiness and thankfulness in response to a fortunate happenstance or tangible gift. It can be both a fleeting feeling and a lasting trait that grows with practice.

Gratitude means recognizing and appreciating the positive aspects of life, and it can reduce stress and anxiety. Focusing on what you have can make you feel more hopeful and better able to handle setbacks. Gratitude often leads to more positive thinking, which helps you savor the present and notice the good in your life, even the small things. This can encourage optimism and build resilience, helping you recover from setbacks more quickly. Gratefulness also provides a sense of emotional control, allowing calmer responses to stress. Staying positive means meeting challenges with hope and a constructive mindset.

Consider these tips to practice gratitude:

- **Keep a gratitude journal.** Write down a few things you're grateful for each day and why they matter.
- **Try gratitude affirmations.** Repeat what you're grateful for to yourself daily to reinforce positive thinking.
- **Express thanks.** Send a text or note, or thank someone in person, to strengthen your relationship.
- **Embrace mindful moments.** Pause to appreciate the good around you, such as a sunny day or a kind gesture.
- **Try meditation.** Focus on the present and visualize the positive aspects of your life.

By incorporating simple practices into your daily routine, you can harness the power of gratitude to improve your mental health and overall well-being. Remember, gratitude is a journey; every small step can lead to a more positive and fulfilling life. If you have any concerns, seek help from a mental health professional.