

# November 2024



**Motto of the month:**  
Small steps lead to big changes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Because health is personal™

				<p>Gratitude is a key ingredient for a happy &amp; fulfilling life, and for good reason! Make gratitude a daily practice for <b>National Gratitude Month</b>.</p>		<p>Be extra gentle with yourself today. Your body might need some extra time to adjust to the time change.</p>		<p>Election anxiety is something many people feel, marked by worry, fear, and uncertainty. <a href="#">Learn how the power of movement can help alleviate election anxiety through exercise!</a></p>	
<p>We all need a break! Take a day or two of PTO, go for a walk, or schedule a midday exercise class. Don't wait until the weekend or until you're fully burnt out to take action.</p>				<p>Spend time outdoors today doing something you enjoy. You'll see how nature's calming influence can boost your mood.</p>		<p>This <b>Alzheimer's Awareness Month</b> is a time to raise awareness, show support &amp; fight Alzheimer's disease as a family.</p>		<p>Celebrate your wins. Take the time to hit pause and congratulate yourself for your accomplishments. Otherwise, you'll forget why you're working so hard in the first place.</p>	
<p>Explore the physical and mental health <a href="#">benefits of laughter</a>.</p>				<p>When was the last time you took a day for just you? Self-care isn't selfish; it's necessary.</p>		<p>Check these <a href="#">breathing exercises</a> for better sleep.</p>		<p><b>World Diabetes Day</b> <b>Diabetes</b> &amp; prediabetes impact about 1/3 of Americans. Help your employees with chronic conditions thrive through behavior change.</p>	
<p><b>It's National Healthy Skin Month</b> Check for irregular spots, hydrate, and apply sunscreen to keep your skin glowing year-round.</p>				<p>We walk the talk: Hear from Carrie as she shares <a href="#">her own care navigation experience</a> at Personify Health.</p>		<p><b>National Family Caregivers Month</b> Taking on the role of a caregiver comes with its unique challenges, often leaving very little time for self-care.</p>		<p>The risk of anxiety &amp; depression is higher in people who sit more. Set a timer for 10 minutes &amp; move your body in a way that feels great to you!</p>	
<p>Having a laugh is good for the soul. Stay light-hearted, crack a joke, and don't forget to have fun.</p>				<p>Giving Tuesday: Last week was about giving thanks &amp; today is about giving back. Pay it forward by volunteering in your community, donating, or lending a hand.</p>		<p>Keep the connection going! Strike up a conversation with a stranger today, you never know what you'll learn.</p>		<p>We walk the talk: <a href="#">Explore Jenn's care navigation experience at Personify Health</a></p>	
				<p>How are you feeling? How are the people around you feeling? Task yourself to check up on at least 3 people today.</p>		<p>Multi-tasking may seem like a good idea, but it can lower your productivity. Make it your goal for the day to focus on one task at a time.</p>		<p><b>Lung Cancer Awareness Month</b> Do you know <a href="#">why lung cancer hits non-smokers?</a></p>	
				<p>Your team doesn't have to agree on everything to be successful. Remember, cognitive diversity in the workplace boosts creativity &amp; helps with problem solving.</p>		<p><b>Great American Smokeout</b> Help your people ditch the habit for better health. Learn about workplace smoking cessation programs.</p>		<p>Health is personal. Now your benefits are, too. <a href="#">Say goodbye to one-size-fits-all solutions.</a></p>	
				<p>Check these important things about <a href="#">diabetes signs and symptoms</a>.</p>		<p>Take time to reflect on how far you've come this year &amp; celebrate your accomplishments, big or small.</p>			
				<p>Practice the art of saying no. Set clear boundaries by saying no to the things you can't take on so you can say yes to what you want.</p>		<p>On a budget? Try meal prepping, you'll eat healthier &amp; save money on eating out too.</p>			