

Your guide to thriving

NOVEMBER & DECEMBER 2025
MEMBER NEWSLETTER



Spread cheer, not germs

The holiday season is peak time for colds, flu, and other bugs. Take these simple actions to help you and those around you stay healthy.

- ✓ **Wash your hands.** Use warm water and soap to wash for at least 20 seconds, especially before eating or after being out.
- ✓ **Carry hand sanitizer.** It's handy for shopping trips or travel when a sink isn't nearby.
- ✓ **Disinfect frequently touched areas** like door handles, light switches, counters, remote controls, and phones.
- ✓ **Be cautious about giving holiday hugs.** If you or a loved one are under the weather, a wave or warm smile can show just as much love.



Featured webinars

November: Mindful Eating

December: Family Ties

On your member website:

Go to EAP: Life & Work > Home > Webinars



Practicing gratitude year-round

Gratitude can boost your well-being, and making it a habit gives you the biggest benefits! Whether you write down what you're grateful for or take moments to pause and reflect, aim to do it daily.



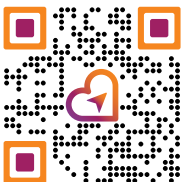
How to be merry and mindful

If the holidays feel overwhelming, remember that you don't have to do it all. Say no to things you don't have the energy for. Take time to slow down and savor what you love about the season.



Balancing fitness and festivities

Stay on track during the holidays by making healthy choices most of the time. Fit in quick bursts of exercise or simplify your routine so you have time to connect with loved ones and enjoy the season.



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