

Your guide to thriving

SEPTEMBER & OCTOBER 2026
MEMBER NEWSLETTER



What actually helps your immune system?

Your immune system works hard every day to help protect your body from illness. While no specific food or quick fix can prevent you from getting sick, having healthy daily habits can help your immune system do its job. Small, consistent choices make a bigger impact than trying to find an overnight solution. Here are a few things to keep in mind:

- ✓ **Healthy habits**, like getting enough sleep, moving your body often, and eating nutritious foods, support your immune system over time.
- ✓ **Managing stress** is another way to support your overall health.
- ✓ **Washing your hands** and staying up to date on vaccines can reduce your risk of illness.



Featured webinars

September: Return to Work

After an Absence

October: Saving Strategies

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Manage stress during life changes

Life changes can affect your emotions, routines, relationships, and sense of stability. Small routines, self-care, support from others, and healthy coping habits can make the transition more manageable.



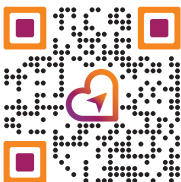
Give comfort foods a healthy twist

Comfort foods can be both satisfying and nutritious. Simple ingredient swaps, balanced portions, and adding fruits or vegetables can make your favorite meals healthier without sacrificing flavor.



Manage your anger at work

On-the-job frustration is normal, but it can cause big problems when it turns into unmanaged anger. Recognizing early signs, pausing before responding, and focusing on solutions can help improve difficult situations.



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 **HealthAdvocateSM**