

January 2026

Wellness NEWSLETTER

NATIONAL BLOOD DONOR MONTH

Give the Gift of Life: Why Blood Donation Matters

Every January, National Blood Donor Month highlights a lifesaving act that can make an enormous difference in someone else's life: donating blood. Hospitals and emergency centers rely on a steady blood supply every day, yet winter often brings lower donation rates due to weather, holidays, and seasonal illness. If you've ever considered giving blood, this month is the perfect time to take that step.

Why Blood Donation Is So Important

Donated blood is used for surgeries, cancer treatments, traumatic injuries, chronic conditions, and unexpected medical emergencies. For many patients, it's not just helpful — it's essential. Just one donation has the potential to save up to three lives.

What to Expect When Donating

If you've never donated before, the process is quick and well-organized. You'll start with a brief health screening, followed by the donation itself, which typically takes about 8–10 minutes. The entire visit lasts roughly an hour, and the staff are there to guide you at every step.

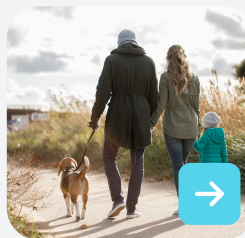
How to Prepare for a Successful Donation

- **Drink plenty of water** before and after donating
- **Eat a healthy meal** prior to your appointment
- **Get a good night's sleep**
- **Wear clothing** that allows easy access to your arm

Make a Meaningful Impact This Month

If donating blood is an option for you, consider scheduling an appointment at a local blood drive or donation center. Your generosity can bring hope, healing, and even save lives — a powerful way to start the new year.

Source: <https://www.redcrossblood.org>



2 LIVESIMPLY: SUSTAINABLE ROUTINES

Simple Changes, Big Results

Start the year with simple, sustainable habits that support every pillar of your wellbeing.



3 SUPPORTING YOUR MENTAL HEALTH AFTER THE HOLIDAYS

Finding Balance After a Busy Season

The post-holiday season can feel exhausting. Simple, intentional habits can help you regain balance.



4 Featured Recipe

HEALTH TIP CORNER



LiveSimply: Sustainable Routines Simple Changes, Big Results

The start of a new year naturally inspires change, but the real challenge is creating habits that last beyond January. The LiveSimply approach encourages small, meaningful adjustments that fit your lifestyle, support your wellbeing, and build consistency across all eight pillars — physical, emotional, social, environmental, occupational, spiritual, intellectual, and financial wellness.

Start Small and Build Momentum

Sustainable habits begin with simple, achievable steps. Choose one or two areas you want to focus on — such as moving more, sleeping consistently, or organizing your space — and set goals that feel manageable. Remember, small wins build confidence and lead to long-term success.

Lean Into What Motivates You

Understanding why a habit matters to you can make it more meaningful. This might include improving your mood, supporting your long-term health, feeling more organized, or reducing stress. Revisit your “why” regularly to stay motivated.

Be Flexible and Kind to Yourself

Setbacks are normal. Instead of starting over, simply start again — and adjust your routine if needed. Sustainable wellness is about progress, not perfection.

By focusing on consistency, purpose, and small steps, you can create routines that support your wellbeing all year long.

Source: <https://www.apa.org/topics/behavioral-change>

SUPPORTING YOUR MENTAL HEALTH AFTER THE HOLIDAYS



Finding Balance After a Busy Season

After weeks of celebrations, travel, disrupted schedules, and financial or social pressures, January can bring a mix of relief and emotional fatigue. The post-holiday period is a common time to feel drained, overwhelmed, or mentally “off.” With a few intentional steps, you can ease the transition and support your mental wellbeing.

Reestablish Your Routine Gradually

Jumping back into a full schedule can feel like a shock. Instead, ease into your structure by prioritizing sleep, rebuilding a consistent meal routine, and adding light activity throughout your day. Even small efforts can help restore balance.

Declutter Your Space — and Your Mind

A fresh start doesn't require a full home makeover. Tidying a single drawer, clearing your inbox, or removing holiday decorations at your own pace can create a sense of order and calm.

Acknowledge Your Feelings

It's normal to feel a mix of emotions this time of year — from joy and gratitude to sadness, loneliness, or stress. Instead of pushing these feelings aside, give yourself permission to experience them. Journaling, talking with someone you trust, or practicing mindfulness can help you reset emotionally.

Reconnect With What Grounds You

Simple grounding activities — like going for a walk, spending time outside, practicing breathing exercises, or focusing on hobbies — can boost your mood and reduce mental clutter.

Know When to Seek Extra Support

If low mood, anxiety, or stress begins interfering with your daily life, connecting with a mental health professional can provide guidance and relief. You're never expected to navigate challenges alone.

By taking small, compassionate steps, you can move into the new year feeling centered, refreshed, and supported.

Source: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

FEATURED RECIPE

Healing Curry Butternut Squash Lentil Soup

Vegetarian

🕒 4 SERVINGS | ⌚ 50 MINUTES

INGREDIENTS

- ½ tablespoon coconut oil or olive oil
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 yellow onion, diced
- 1 large carrot, thinly sliced or diced
- 1 medium (2 pound) butternut squash, peeled and cubed (about 5-6 cups diced)
- 1 tablespoon yellow curry powder
- 1 tablespoon freshly grated turmeric (or 1 teaspoon ground turmeric)
- 1 (15 ounce) can light coconut milk
- 3 cups organic low sodium vegetarian broth
- 1 cup green or brown lentils, rinsed and sorted
- 2 tablespoons all natural creamy peanut butter or cashew butter
- ¾ teaspoon salt, plus more to taste
- Freshly ground black pepper
- 3 cups organic spinach

DIRECTIONS

1. Heat coconut oil in a large pot over medium-high. Sauté garlic, ginger, and onion until softened.
2. Add carrot and butternut squash; cook briefly. Stir in curry powder and turmeric.
3. Add coconut milk, broth, lentils, and peanut butter; season with salt and pepper.
4. Bring to a boil, then cover and simmer 20 minutes until lentils are soft.
5. Blend half the soup carefully until smooth, then return it to the pot.
6. Stir in spinach until wilted.
7. Adjust seasoning and serve with cilantro, peanuts, or lime.

Source: <https://www.ambitiouskitchen.com/healing-thai-butternut-squash-lentil-soup/>

NOTES

To make yours in the slow cooker: add all the ingredients to the bowl of a slow cooker, except for the broth; it's recommended to reduce the broth to 2 ½ cups. Cook on high for 3-4 hours or low for 6-8 hours. Continue with blending part of the soup after it is cooked.

Feel free to use cubed sweet potato or pumpkin if that's what you have on hand.

NUTRITION

Serving Size: 1 to 1.5 cups of soup

Per Serving:

Calories: 377
Carbohydrates: 55.4g
Saturated Fat: 14.2g
Total Sugars: 12.8g

Per Serving:

Protein: 10.5g
Dietary Fiber: 15.7g
Sodium: 620 mg

Source: <https://theclevermeal.com/roasted-root-vegetable-salad/>