

October 2026

Wellness NEWSLETTER

HEALTH OBSERVANCE

Breast Cancer Awareness

Wellworks For You

Breast cancer is one of the most common cancers among women, and it can affect men too, though rarely. It's also highly treatable when caught early. That's the whole point of awareness: early detection changes outcomes.

Know what's normal for you

Your best tool is familiarity with your own body. Everyone's baseline is different, so what matters is noticing a change. Worth paying attention to:

- A new lump or thickening in the breast or underarm
- Changes in size, shape, or contour
- Skin dimpling, puckering, or redness
- Nipple changes, including discharge or an inverted nipple

Most changes are harmless, but don't sit on them. You're never wasting a provider's time by asking.

Don't skip screening

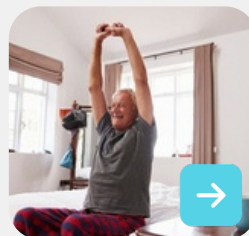
Mammograms catch what you can't feel yet, which is exactly when treatment works best. The right timing depends on your age and personal risk, so have a quick conversation with your provider about when to start and how often to go. If breast cancer runs in your family, mention it.

Pick one action this month

- Book the mammogram you've been meaning to schedule
- Have the risk conversation with your provider
- Get familiar with your own baseline
- Share this with someone who's overdue for a check

Awareness that ends at a ribbon is just decoration. Awareness that ends with an appointment on your calendar is what actually protects you.

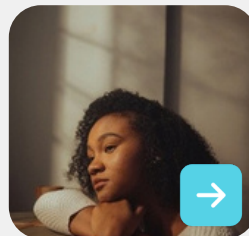
Source: <https://www.nationalbreastcancer.org/>



2 SLEEP HYGIENE REFRESH:

Building a Better Nighttime Routine

Tips and habits to improve your sleep and overall health.



3 WORLD MENTAL HEALTH DAY

Creating Space for Your Emotional Wellbeing

Simple ways to create space for your emotional wellbeing.



4 Featured Recipe

HEALTH TIP CORNER



Sleep Hygiene Refresh: Building a Better Nighttime Routine

Jamie Carter

Ensuring that you get a good night's sleep is such an important part of not just wellbeing but your entire life! A good night of sleep is defined by the quantity (how long you are asleep, not too many or too few hours) and quality (how quickly you fall asleep and stay asleep during the night). Most adults do best with seven or more hours a night, though the right number can look a little different from person to person.

A lack of good sleep can lead to not just fatigue and a bad mood in the morning, but also an increased risk of chronic diseases like heart disease, diabetes, and high blood pressure. Building a bedtime routine can help set you up for a good night's sleep.

Try one or more of the following habits and see how they help improve your night!

Remember, you may not see positive results the first night or two you try these, so give it time to work.

- Avoid screens, including TVs and phones, for at least 30 minutes before bed. Try swapping screens for a book or another hobby, like puzzles or a craft.
- While being active can improve your quality of sleep, avoid activity 2 or more hours before heading to bed.
- Stick to a consistent sleep schedule. Aim to go to bed and wake up around the same time each day. This will help regulate your circadian rhythm and melatonin levels.
- Set your bedroom up for rest. A room that is quiet, dark, and on the cooler side makes it easier to fall asleep and stay asleep through the night.
- Watch the timing of what you eat and drink. Skip caffeine in the afternoon and evening, and keep large meals and alcohol away from bedtime so your body can settle in.

Source: <https://www.cdc.gov/sleep/about/index.html>

WORLD MENTAL HEALTH DAY

Creating Space for Your Emotional Wellbeing

Caitlyn Keenen

Since 1992, October 10th has been observed globally as World Mental Health Day. This day was developed to raise awareness of mental health issues around the world and to rally efforts in support of mental health. On this day, mental health professionals have the chance to speak about their work and shed light on the actions needed to make mental health care a priority worldwide.

Why should we observe World Mental Health Day?

Taking care of our mental health is important in every life stage as it is a key factor in overall health and is closely linked to physical health. Plus, mental health is more than just not having a mental health condition. It's also about positive wellbeing and the ability to thrive; however, that is easier said than done.

With stress from factors like family, relationships, work, and finances, it's vital to create a space for your mental and emotional wellbeing. This space introduces a purposeful break between a stressful event and how you react.

Creating this space helps lower overwhelming feelings, reduce stress, and bring calm throughout your day.

With the constant stresses of everyday life, how can you intentionally pause to give yourself room to breathe? Below are some tips to give your mental and emotional wellbeing more room.

- Avoid overextending yourself when your plate is already full
- Limit social media and screen time
- Prioritize your rest
- Declutter your areas. Start small, with a drawer or shelf, and slowly work to full rooms
- Create a dedicated workspace that is separate from living spaces
- Let in natural light
- Pause between daily tasks to take deep, thoughtful breaths
- Take time to reflect or write in a journal
- Eliminate excess noise

Source: <https://www.cdc.gov/emotional-well-being/improve-your-emotional-well-being/index.html>



FEATURED RECIPE

Healthy 20 Minute Sheet Pan Sausage and Veggies

 4 - 6 SERVINGS |  20 MINUTES

High protein, Keto friendly

INGREDIENTS

- 12-16 ounces smoked turkey or chicken sausage, about 3 cups
- 2 cups sweet potato, diced into 1/2" cubes
- 2 cups broccoli florets
- 1 cup bell pepper, chopped (any colors you like)
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning, or taco, Cajun of your favorite spice blend
- ½ teaspoon salt
- ½ teaspoon black pepper

DIRECTIONS

1. Pre-heat oven to 400F.
2. Slice the sausage into 1" rounds. Dice the sweet potatoes into small 1/2" cubes.
3. Add the sausage, veggies and minced garlic to a large baking sheet. Drizzle with olive oil and sprinkle with the Italian spices or your favorite spice blend. Seasoning with salt and pepper. Toss veggies with your hands until they are fully combined and coated with olive oil and spices.
4. Bake for 20 minutes, flipping halfway. Enjoy with rice, quinoa, in sandwiches or as is.

NUTRITION

Per Serving:

Calories: 376
Saturated Fat: 22g
Total Sugars: 5g

Per Serving:

Protein: 24g
Dietary Fiber: 5g

Source: <https://gimmedelicious.com/20-minute-sheet-pan-healthy-sausage-and-veggies/>