



WHAT'S HAPPENING IN WELLNESS

November 2023



Stress Less and Be Grateful

Stress has many faces – overwhelmed at work, dealing with an ill family member, multi-tasking kid duties. But not all stress is negative. Positive stress is being excited about a new position, going on a date, or competing in a step challenge 😊

Knowing your stressors will help you identify if you're dealing with positive or negative stress. November 1 is International Stress Awareness Day. Take this time to recognize your stressors and find healthy, positive ways to manage them (walking, therapy, nature, etc.) before they become overwhelming.

#BeWellAtAPS

EVENTS THIS MONTH

Weekly

Walk It Out Wednesday

November



- November 1: International Stress Awareness Day
- November 14: [For The Culture](#) (Do The Most)
- November 16: [Surviving the Holidays](#) (Operation Hope)
- November 18: In-Person [Cooking Demonstration](#) (Do The Most)
- November 21: Caring for the Caregiver (DeerOaks Online Webinar)
- November 20-24: Thanksgiving Break/Flex Schedule
- November 23: Thanksgiving Day

November 26: Atlanta Falcons vs New Orleans Saints ([Purchase Tickets here](#))

*ABG Membership Required
+Registration Required

For additional information

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In-Person Meal Demo



Nutritionally dense foods have high vibrational frequencies—energy! Let’s have a family meal that has all the flavor but none of the negative impacts on the body. This session has a pre-survey that allows participants to select specific dishes that they want “re-imagined”. Based on the responses, we develop new recipes thus creating a new “plate”. In-person participants enjoy this new “plate” as we share our process. The recipe cards for these dishes will be provided digitally for all participants. Expect to take ownership of the meal creation process and apply the principles of the program for this shared meal.

Session 5 (90 min): High Vibrational Family Meal (IN-PERSON, 50 PARTICIPANT MAX)

REGISTER HERE BY NOVEMBER 8th: [High Vibrational Family Meal Survey](#)

November Monthly Resources

[New Seasons New Savings- Working Advantage](#)

[Sleep Better Challenge](#) SHBP

[Employee Newsletter](#) & [Supervisor Newsletter](#) – Deer Oaks EAP Service