



*Jumpstart the
Season with
a Reason*

Intro

Who says the holidays have to be stressful? For many people, October is just the beginning of the madness. We encourage you to plan ahead this year and save yourself some stress later on. Thrive's monthly toolkits focus on helping you enhance your overall well-being. This month, we are providing ideas on how to excel through these upcoming months. Read about tips and tricks for your seasonal journey (with bonus info on Breast Cancer Awareness Month). Remember to have fun, be creative and don't forget the true meaning of each holiday you celebrate. Think of October as a month of opportunity to be productive, get ahead and kick off your most enjoyable holiday season yet.



Be the
reason
someone
smiles 😊
today!

Bonus

World Smile Day is Oct. 2, an event celebrated on the first Friday of every October since 1999. Harvey Ball, a commercial artist from Massachusetts, not only initiated this happy day but also created the famous yellow smiley face in 1963, paving the way for the emojis, now a part of our everyday life. So, don't forget to keep a smile on your face all day on Friday the second, and remember, smiles are contagious!





Purpose

Use this holiday season to discover your strengths and shine like a star. Are you the organizer and planner? Are you the best at choosing gifts? Do you bring people together? Are you the jokester at family reunions? Are you a magical chef? Whatever it might be, use your strength to your advantage to make your life easier. At the start of each week, spend a couple of minutes by yourself and create a list of what you wish to accomplish before the upcoming weekend. Your list can include anything from meal planning to work tasks to planning a family vacation over the New Year holiday. Check off what you've accomplished as you go so you can visually see your achievements. If there is anything left, put it on your list for the next week. Keep focused and meet your goals one step at a time.



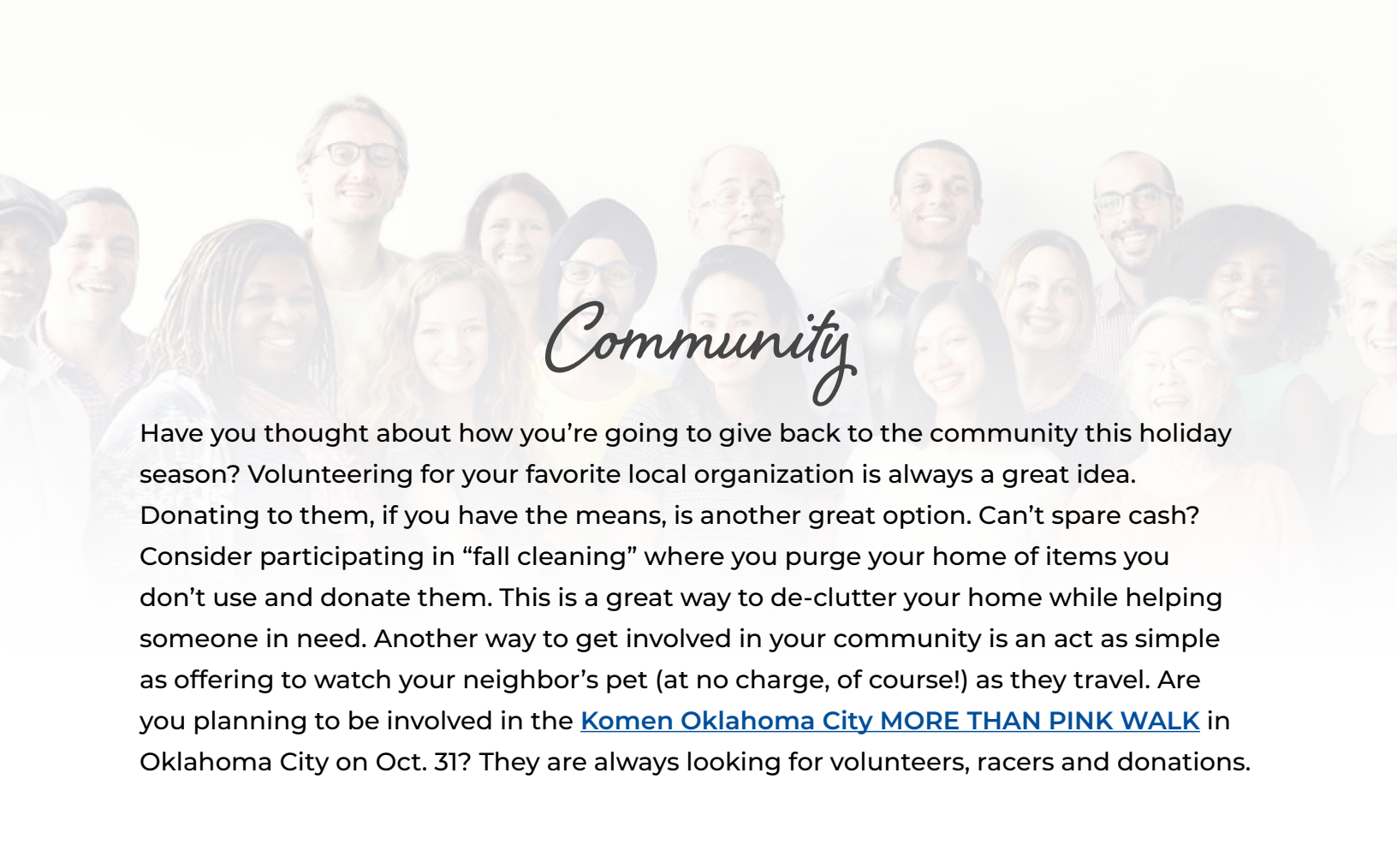
To Do

Physical

You need to stay physically healthy, especially this time of year, because you can't afford to be sick right now. Here are some tips:

- Remember to set aside time for exercise, even if it's just a walk with your dog or neighbor.
- Don't overdo the sweets from all the holiday treats.
- Focus on making handmade, healthier goodies.
- Cut back on sugar, use whole wheat flour, and try out different recipes with fruit in them to get your vitamins and antioxidants.
- Despite your busier schedule, you want to make sure you don't give in to the fast food industry, even if it seems like the "easy way out" after a long day. If you don't already, this is great time of year to start meal planning and/or meal prepping. Planning ahead never hurts. Spend Sundays planning out each meal for the week and making sure you have all the necessary grocery items.
- If you have extra time, start cooking. You can freeze or refrigerate meals for a quicker, healthier option on those nights that are extra busy.
- Don't neglect sleep. Getting plenty of rest can help you recover from the busyness of the holidays.





Community

Have you thought about how you're going to give back to the community this holiday season? Volunteering for your favorite local organization is always a great idea. Donating to them, if you have the means, is another great option. Can't spare cash? Consider participating in "fall cleaning" where you purge your home of items you don't use and donate them. This is a great way to de-clutter your home while helping someone in need. Another way to get involved in your community is an act as simple as offering to watch your neighbor's pet (at no charge, of course!) as they travel. Are you planning to be involved in the [Komen Oklahoma City MORE THAN PINK WALK](#) in Oklahoma City on Oct. 31? They are always looking for volunteers, racers and donations.

Bonus

October is Breast Cancer Awareness Month, an annual campaign to raise awareness and funds in the fight against this deadly disease. Each year in the United States, more than 200,000 women are diagnosed with breast cancer and more than 40,000 die from it. Although it is rare (less than 1 percent of the cases in our country), men can contract this disease as well. As referenced on the [National breast Cancer Foundation's Breast Self-Exam webpage](#), Johns Hopkins Medical Center states, "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important." Women of all ages are encouraged to perform breast self-exams at least once a month. Some common symptoms of breast cancer are pain, a change in size or shape of the breast, nipple discharge other than breast milk, or a lump in the breast or underarm. Be aware, not all patients present with symptoms. According to the [Centers for Disease Control and Prevention \(CDC\)](#), women ages of 40 to 74 should have a screening mammogram every two years. [Find out if you are eligible for free or low-cost mammograms](#). Don't miss out on your routine checkups, and talk with your doctor if you have any questions or concerns.

<https://www.cdc.gov/cancer/features/breast-cancer.html>



Financial

It is important to keep your finances under control during the season of giving. So that everyone is on the same page in your household, discuss a budget for the holiday months. This sets limits and can help prevent overspending on gifts, food, vacations and decorations. Here are some tips on being frugal throughout the holiday season:

- Gift a service instead of spending money – for example, offer to mow/shovel your parents' or grandparents' yard for a month.
- Gift homemade items – sew or knit something with all the random fabric scraps and yarn lying around. Baked goods are always a much appreciated gift as well. While you are in your creative mode, use this time to teach your kids a new skill and bond with them, all while saving money.
- Gift card promotions – often times, restaurants or businesses will offer gift card promotions such as “Buy this \$25 gift card and get a free \$10 e-gift card.” Take advantage of promotions like these, making two gifts instead of one.
- Plan your big holiday meals now and make a shopping list. Keep an eye out for when these items go on sale to snag a deal!

Mark your calendars – Oct. 16 is National Boss's Day. Don't forget to thank your boss for being there for you and show some extra appreciation that day.



Social

Planning ahead is crucial this time of year and can prevent stress later on. Here's a list of things to get started on early:

- Create a holiday card mailing list. Consider sending digital cards.
- Write down gift-giving ideas and keep an eye out for when these items go on sale.
- When it comes to gifts for neighbors or close friends, consider baking something homemade now, freezing it and delivering it later.
- Get your guest room guest-ready.
- Don't forget to plan family time. This is a time of year to make memories, so set time to go sledding, look at lights, visit Santa in the mall, see a holiday play, watch a movie together and anything else you love doing together as a family.





Things That Make Me HAPPY

- SUMMER time
 - Tattoos
 - JOURNEY
 - Vacation
 - You :)
 - GOOD DREAMS!
 - Warm Weather
 - Traveling
 - When You Text Me
- ART
 - coffee
 - HUGS
 - Candles
 - Photography



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Emotional

October is Emotional Wellness Month. Emotional wellness is not just about making sure you are happy all the time, but rather being aware of what you are feeling and how it is affecting your other pillars of well-being. This month, be sure to schedule an appointment for “me” time every day. Consider taking 10 minutes of your lunch break to meditate, become aware of the emotions you are feeling and to focus on what is happening around you. Relax and take deep breaths during this time. You can write down what you are feeling, whether it is positive or negative. Before bed each day, try to reminisce on the day and focus on what you are grateful for. Make it a goal to be more aware of your emotions.