

# FEELING GOOD

October 2025 | Good news for a happier, healthier you.

## Self-Care Tips for Mental Health Awareness Week: October 5-11

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. Even small acts of self-care in your daily life can have a big impact.

### Here are some self-care tips:

**Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

**Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.

**Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

**Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

**Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

**Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.

**Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

**Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.**

## October Health Awareness:



Learn more about this month's featured health observances:

- Domestic Violence Awareness Month  
[opdv.ny.gov](http://opdv.ny.gov)
- Liver Cancer Awareness Month  
[acr.org](http://acr.org)
- National ADHD Awareness Month  
[cdc.gov](http://cdc.gov)
- National Audiology Awareness Month  
[asha.org](http://asha.org)
- National Bullying Prevention Month  
[stopbullying.gov](http://stopbullying.gov)
- National Dental Hygiene Month  
[ada.org](http://ada.org)
- National Physical Therapy Month  
[apta.org](http://apta.org)
- National Sudden Cardiac Arrest Awareness Month  
[stopcardiacarrest.org](http://stopcardiacarrest.org)
- Sudden Infant Death Syndrome (SIDS) Awareness Month  
[safetosleep.nichd.nih.gov](http://safetosleep.nichd.nih.gov)
- Mental Illness Awareness Week  
[nami.org](http://nami.org)
- National Primary Care Week  
[aafp.org](http://aafp.org)

# Resources for Breast Cancer Awareness Month



Understanding breast health is essential, whether you're navigating a diagnosis, supporting a loved one, or simply seeking knowledge. We want to share these free educational resources to guide you every step of the way.

## Downloadable Glossary

Facing a breast cancer diagnosis can be overwhelming. Our glossary of common terms helps empower you with knowledge as you navigate treatment and care. [Download Now](#)

## Signs & Symptoms

Early detection can make all the difference. Learn the warning signs of breast cancer and how to conduct a self-exam to catch potential issues early. [Get the eBook](#)

## Early Detection Guide

Early detection saves lives. This guide explains the 3 critical steps—breast self-awareness, well-woman exams, and mammograms—so you can stay proactive about your breast health. [Get a Free Copy](#)

## Healthy Living & Risk Reduction

Learn how lifestyle choices can lower your risk for breast cancer. Our guide includes a personal risk assessment and tips for healthier living. [Get a Free Copy](#)

Whether you need financial assistance, emotional support, or help navigating cancer care, our resources are here for you.

**Financial Support:** Explore free and low-cost mammograms, patient navigation, and relief for unexpected treatment costs.

**Emotional Support:** Join our virtual support group or request a HOPE Kit to provide comfort during treatment. [Learn More](#)

## Caregiver Support

Caregivers are an essential part of the journey. Our free guides offer practical advice and emotional encouragement to help you care for loved ones with breast cancer. [\[Get a Free Guide\]](#)

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



## Halloween Treats: Better Safe than Scary

Halloween is a fun-filled time for kids and adults alike, but foodborne illnesses can spoil the fun. Follow these safety tips to keep your treats from turning into tricks:

**Pre-Snack:** Make sure children have a light meal before heading out for trick-or-treating. This prevents them from snacking on treats before you can inspect them.

- **Inspect Treats:** Only allow children to eat commercially wrapped candy. Check for any signs of tampering like tears, pinholes, or unusual appearances. Toss anything suspicious.
- **Food Allergies:** For children with food allergies, carefully read labels and avoid homemade goods.
- **Choking Hazards:** Remove gum, hard candy, peanuts, or small toys that may pose choking risks to younger children.
- **Apple Bobbing:** Rinse apples and other fruits under cool running water, using a produce brush to clean them thoroughly before playing.



## For Halloween parties at home, don't forget these tips:

- **Serve Pasteurized Cider:** Avoid harmful bacteria by serving only pasteurized juice or cider.
- **Skip Raw Dough:** Don't eat raw cookie dough or cake batter with uncooked eggs.
- **Cook Safely:** Ensure hot foods reach the proper internal temperature to prevent illness.
- **Chill Perishables:** Keep foods like sandwiches and salads refrigerated and don't leave them out for over two hours (one hour if above 90°F).

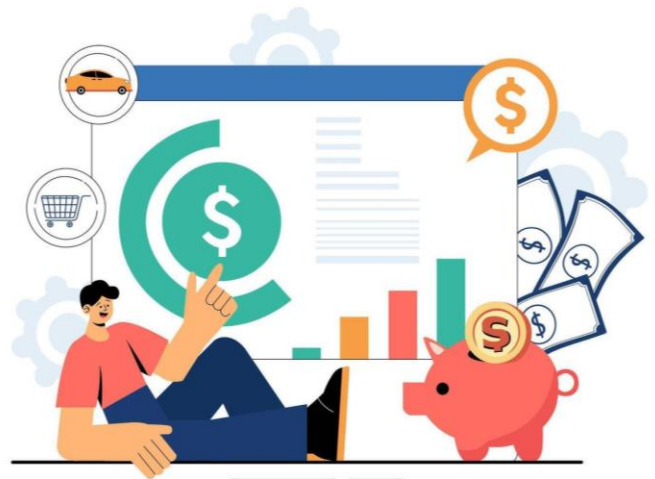
**By following these tips, you can ensure your Halloween stays safe and fun for everyone!**

# October is Financial Planning Month: Take Charge of Your Financial Future

This month serves as a reminder to take a step back, evaluate your financial situation, and make necessary adjustments to secure your financial journey.

## The Importance of Financial Planning

Financial Planning Month was established in 2002 by the Financial Planning Association (FPA) to promote the significance of having a comprehensive financial plan. It emphasizes essential financial habits such as **budgeting**, **saving**, **investing**, and preparing for **retirement**. With the holiday season approaching, now is the perfect time to ensure your finances are on track.



## Key Activities for Financial Planning Month

**Set Clear Financial Goals:** Identify specific, measurable, achievable, relevant, and time-bound (**SMART**) goals. Whether it's building an emergency fund or saving for a vacation, having clear objectives can guide your financial decisions.

**Review Your Current Financial Situation:** Take stock of your income, expenses, debts, and investments. This assessment will help you understand where you stand financially and identify areas for improvement.

**Budget for the Holidays:** As the year draws to a close, plan for holiday expenses. Setting a budget for gifts, travel, and entertainment can help you avoid overspending and financial stress.

**Tax Planning:** Work with a financial advisor to run tax projections and explore strategies to minimize your tax liability. Being proactive can lead to significant savings when tax season arrives.

**Retirement Planning:** Assess your retirement savings goals and contributions. Whether you're just starting or nearing retirement, it's crucial to evaluate your progress and make necessary adjustments.

## Resources for Financial Planning

- [LetsMakeAPlan.org](https://letsmakeaplan.org): Find a Certified Financial Planner (CFP) to guide you through your financial goals.
- [Investor.gov](https://investor.gov): Free financial planning tools and calculators.
- [mymoney.gov](https://mymoney.gov): Provides practical steps to improve your financial wellness, including spending and saving strategies.
- [usa.gov](https://usa.gov): Tips for budgeting to meet your financial goal.

*Financial Planning Month is an excellent opportunity to take control of your financial future. By setting clear goals, reviewing your financial situation, and utilizing available resources, you can make meaningful strides toward achieving your financial aspirations.*

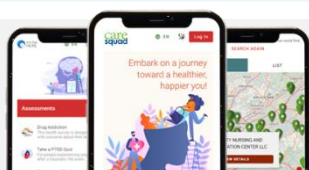


## The Eight Dimensions of Wellness

This video explores **the Eight Dimensions of Wellness** and helps you understand the practical strategies and ways you can begin developing healthy habits that can have a positive impact on your physical and mental health.

<https://youtu.be/tDzQdRvLAfM>

WATCH



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