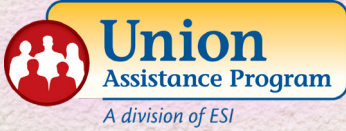


G r a t i t u d e

c h a n g e s

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November 2025 Newsletter

The Power of Gratitude

How thankfulness, caregiving, and support strengthen our health and connections this season.

Gratitude is more than saying “thank you.” It’s a practice that can boost well-being, reduce stress, and strengthen relationships. Research shows grateful people often sleep better, feel healthier, and report greater happiness. Expressing appreciation has been linked to reduced stress, stronger resilience, and greater life satisfaction. In busy or difficult times, pausing to notice what’s going well can shift perspective. Gratitude doesn’t erase struggles, but it helps us focus on what sustains us.

Gratitude doesn’t stop with the person who feels it. When we express thanks, it often inspires others to do the same, setting off a ripple effect that strengthens connections at home, at work, and in the community. In the workplace, this ripple is especially powerful. A heartfelt “thank you” to colleagues can spark them to share appreciation with someone else. Over time, small acts of recognition build trust, boost morale, and foster a culture of care. With the holidays and particularly Thanksgiving ahead, look for simple ways to share your appreciation - in words, notes, or small gestures. Like kindness, gratitude is contagious, and your expression of it may travel further than you realize.

Supporting Family Caregivers

November is designated as [National Family Caregiver’s Month](#). Millions of people today provide care for loved ones such as an aging parent, a partner with health challenges, or a child with special needs. While caregiving is an act of love, it can also be stressful, exhausting, and isolating. Many caregivers juggle work, family, and financial responsibilities while putting their own health and well-being last. If you’re a caregiver, know that you are not alone. Support groups such as the [Caregiver Action Network](#) and the [Caregiver Support Network](#), as well as counseling support from your Member Assistance Program (MAP) can help ease the burden. Make sure to tap into your [MAP’s Locators](#) to find eldercare and childcare support services in your area. And remember - taking time for your own health is not selfish - it’s essential. If you know someone who is a caregiver, you can make a difference. **Here are a few simple ways to help:**

- **Listen without judgment.** Sometimes caregivers just need to be heard. Avoid second-guessing, back-seat driving and criticism.
- **Offer practical help.** Cook a meal, run errands, or sit with their loved one so they can rest.
- **Be flexible.** Understand if they cancel plans or seem distracted.
- **Encourage self-care.** Remind them it’s okay to take a break.
- **Contribute financially.** Caregiving can be costly. Help with direct costs or give gift cards for groceries, gas, and other necessities.

Featured November Webinar

Mindful Eating

Does eating in your car or wolfing down lunch at your desk sound familiar? Between hectic schedules and the different roles that food plays in our lives, eating mindfully can be a challenge. In this session, learn the concept of mindful eating and how to apply it as we explore the role mindfulness plays both in managing weight and enhancing physical and emotional wellbeing. To access this Webinar and related resources, log in to www.UnionAP.com during November.



November Training

As we approach year end, things can get very busy. But micro-trainings of 5 to 15 minutes can keep you sharp and help you get new ideas. Browse thousands of training topics for personal and professional growth. To get you started, we offer a few suggestions or search for your own themes. Simply click on **"Member Login"** at www.UnionAP.com, sign in, and click on the comprehensive training library in the **"Training Center."**

- **NEW! Think Beyond the Obvious | Course ID: SVL_005281**

Learn how to combine critical thinking with creativity to tackle complex challenges. Analyze problems deeply while exploring imaginative and unconventional pathways to effective solutions in this 12-minute video.

- **NEW! Break Down Problems Creatively | Course ID: SVL_005301**

Dissect complex challenges with creativity. This 11-minute video course teaches innovative frameworks for simplifying problems, identifying root causes, and generating imaginative solutions that address core issues effectively.

- **Overcoming Anxiety and Depression | Course ID: SVL_072266**

In this 9-minute video, learn the connection between anxiety and depression, habits contributing to anxiety, and what to tell yourself the next time you are depressed.

Diabetes Awareness Month

Are you at risk of diabetes, the nation's 7th leading cause of death? Over a third of US adults have prediabetes but don't know it. Get tools for preventing or managing diabetes: [Prevent Prediabetes: Learn Your Risk.](#)

Accessing Your MAP Training Center

1. Go to www.UnionAP.com and click the 'Member Login' button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click **REGISTER** to create your Username and Password. *You only need to register once.*
4. Click the 'Training Center' and then choose 'Comprehensive Training Library'.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the 'Play' or 'Start' button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Key November Dates

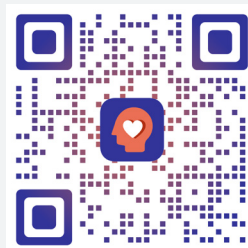
- [Lung Cancer Awareness Month](#)
- [Alzheimer's Awareness Month](#)
- [National Epilepsy Awareness Month](#)
- 11/11 - [Veterans Day](#)
- 11/12 - [World Pneumonia Day](#)
- 11/14 - [World Diabetes Day](#)
- 11/20 - [Great American Smokeout](#)
- 11/27 - [Thanksgiving](#)

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How to Scan A QR Code

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)



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