

NOVEMBER 2026 WELLNESS NEWSLETTER

MAP OUT YOUR WEEK

Having a general plan about the week ahead can be a major stress reliever. This month's theme is about organizing your personal and family's activities and the benefits of having a mutual support system. Spending a little time to lay things out also saves time later.



Routines help our brains anticipate what's coming next. That's why having a plan and a little organization can be such a powerful stress reliever.

NOVEMBER FEATURED ARTICLES

MAP OUT YOUR WEEK

THE IMPORTANCE OF CHORES

FAMILY MEETINGS

SLOW COOKER TIPS FOR BUSY DAYS

MONTHLY VIDEO



ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

WEEKLY PLANNER FOR THE WIN

Click this [link](#) to create and customize a weekly planner to map out your week. If you prefer to use an app to plan your week, you can research a number of free options for your device.

BEWELL@WORK WORKSHOP

November 17th @ 11:00am to 12:00pm

Join us for "**Healthy Meal Prep- A Step-by-Step Guide**" workshop. Find out what it takes to improve your healthy meal prep skills in just four steps.

You will learn:

- How to plan for success
- Time and money-saving tips that work
- How to use meal grid method
- New recipes

REGISTER



[Check out all of our past and future workshops and webinars here. Register today!](#)

Map Out Your Week



Having a plan helps manage what comes next, which can be a major stress reliever.

Get the family together to map out the week's activities.
Create a plan that works for everyone.

Build a circle of mutual support with friends and neighbors to help with weekly tasks, such as dropping off and picking up kids at school.

Run errands for others in your support circle when you have extra time.

Plan meals and snacks to eat at home, work, and school.





The importance of chores

Children are often more capable than we realize. Presenting children with age-appropriate challenges and responsibilities is how parents help them grow. Helping out around the house is the perfect training ground to help prepare your kids for life.



GETTING STARTED

- Talk to your child about what it means to be responsible. Explain their new duties as a way they help the family and learn skills they will need for their whole life.
- Create a visual schedule or chore chart.
- Discuss being consistent and reliable.
- If appropriate, lay out consequences for neglecting chores.
- As a parent, be consistent with your expectations.
- The younger the child, the more guidance they will need, especially in the beginning. Do chores with them at first until they have enough skill and confidence.

AGE-APPROPRIATE CHORES



Toddlers (2-3)

Toddlers are eager helpers and love to do what you are doing. They will need lots of hands-on guidance, but it's worth the effort.

- Pick up toys
- Wipe up spills
- Put laundry in the hamper
- Fill up a pet's food bowl



Preschoolers (4-5)

At this age, more independence may develop as your child gains more motor control and has a better memory.

- Clear the table
- Make their bed
- Water plants
- Sort laundry
- Use a handheld vacuum to clean



Primary schoolers (6-9)

This is the age to reinforce independence and consistency with chore expectations. Your child may begin to push back a bit, but stay firm.

- Clean their room
- Wash dishes
- Vacuum, sweep, or mop
- Help with meal prep
- Rake or pull weeds



Middle schoolers (10-13)

By middle school, your child can truly help with tasks around the house and should have the ability to do a variety of chores.

- Do laundry
- Take out trash
- Load and unload the dishwasher
- Wash the car
- Make their lunch



High-schoolers (14+)

Moving toward adulthood, now is the time to make tasks more challenging and ensure they have the necessary skills.

- Mow the lawn
- Prepare a meal
- Care for siblings
- Help with deep cleaning
- Iron and mend clothes

Weekly family meetings



A WEEKLY FAMILY MEETING IS A TIME TO BE TOGETHER, CHECK IN, AND ADDRESS ANY ISSUES THAT ARISE.



- **Make the meeting fun:** Plan a special dessert to enjoy. Create a relaxed mood with special lighting or comfy pillows.
- **Have an agenda:** While you don't want the meeting to be too formal, you should have a schedule to keep you on task.
- **Get everyone involved:** Let people take turns leading discussions. Encourage input and prioritize creative problem-solving.
- **Set a respectful tone:** This is a good time to practice resolving conflict with respect and consideration.
- **End on a good note:** If a tough topic needed to be addressed, be sure to end with something positive. Talk about fun upcoming events or brainstorm vacation ideas.

Healthy Meal Prep

A Step-by-Step Guide

HEALTHY MEAL PREP SUCCESS IS COMING YOUR WAY!

Whether you're new to the idea of preparing more meals at home, or a seasoned cook looking for easy ways to create healthy meals for you and your family, this event is for you!

Find out what it takes to improve your healthy meal prep skills in just 4 steps.

You will learn:

- How to plan for success
- Time and money-saving tips that work
- How to use the meal grid method (including recipes)

Join us for this engaging presentation that will build your healthy meal prep skills. You'll come away with real-life solutions that work!

DATE: Tuesday, November 17th, 2026

TIME: 11:00 a.m. - 12:00 p.m.

LOCATION: ZOOM

CLICK HERE



HOME



Slow cooker tips *for busy days*

A slow cooker can be a handy kitchen tool. It can help you get dinner on the table on busy nights. They don't take a lot of prep time or expert cooking skills to use. Plus, they are less expensive than other cooking devices.

HERE'S HOW TO USE A SLOW COOKER TO YOUR ADVANTAGE:

1. **Set it up the night before.** Add all your ingredients to the insert in the evening and put it in the refrigerator. The next morning, put the insert in the cooker, turn it on, and go! If it doesn't have a removable insert, simply put the ingredients into a big bowl instead. Then transfer it into the cooker in the morning.
2. **Check the temperature.** Before serving any food, use a food thermometer to be sure it's fully cooked.
3. **Hands off.** Don't open a slow cooker lid during cooking. This releases a lot of heat, which can interfere with proper cooking.
4. **Thaw meat in the fridge first.** The low, slow cooking process may not get the meat hot enough for safety. Always thaw meats first by putting them in the refrigerator 24 to 48 hours before you cook them.
5. **Layers matter.** Tough, dense vegetables and starches like potatoes and winter squash can go on the very bottom of the cooker. They won't get too soft or mushy. However, softer vegetables like spinach, broccoli and peas should **not** go on the bottom.
6. **Add quick finishes.** When it's time for dinner, add some fresh herbs or flavors like lemon juice. Throw together a quick side dish, like microwaving some frozen vegetables. Or, cut up a fruit salad the night before and have it ready to go!
7. **Use cheaper meats.** You can buy tougher cuts of meat, which cost less. Then slow cook them for several hours and you'll get tender results.

