

November 2025

GROWING WELLNESS



Mental Health Minute Why Joyspan Matters

Joyspan refers to the duration and depth of joy experienced throughout life. While lifespan measures how long we live, and health span measures how long we live in good health, joyspan asks a more personal question: Are we enjoying our lives as we age?

By consciously expanding your joyspan, you're not only enhancing your emotional wellbeing but also building a more resilient, engaged, productive and purpose-driven life, both inside and outside the workplace. Small, intentional practices can lead to lasting improvements in how you experience each day, helping you thrive through change, connect meaningfully with others and find fulfillment in your personal and professional journey.



Live Well, Work Well

The November edition of Live Well, Work Well is here to help you practice gratitude, reduce strain caused by “tech neck”, and adjust to daylight saving time.

National Monthly Awareness

November is National National Diabetes Month. This is a great time to commit to a healthy lifestyle to reduce your risk of Type 2 diabetes. Getting diagnosed early can help you manage the disease and avoid risky complications. The American Diabetes Association recommends blood glucose screening every three years for people aged 35 and older.

PASSION ★ RESPECT ★ INNOVATION ★ DRIVE ★ EXCELLENCE