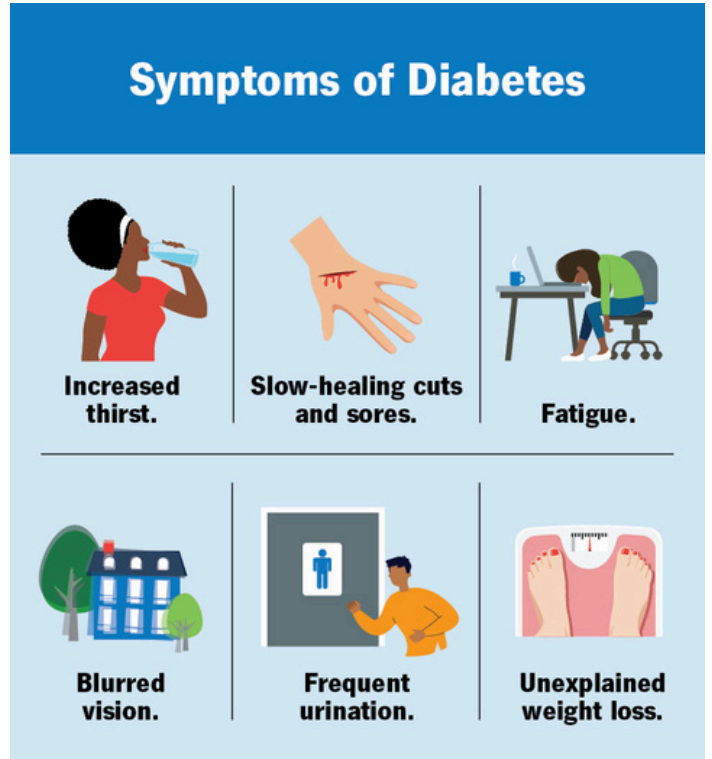


NATIONAL DIABETES MONTH

National Diabetes Month is a crucial time to raise awareness about the impact of diabetes and the importance of prevention and treatment. By focusing on education and proactive health measures, we can help reduce the incidence of diabetes through lifestyle changes such as balanced diet, regular exercise, and routine health screenings.

Early detection and proper management, including medication adherence and blood sugar monitoring, are essential for those living with diabetes to prevent complications and maintain a good quality of life. This month serves as a reminder of the collective effort needed to combat this growing health issue and support those affected.

Symptoms of Diabetes



- Increased thirst.** (Illustration: A woman drinking water)
- Slow-healing cuts and sores.** (Illustration: A hand with a cut)
- Fatigue.** (Illustration: A person sitting at a desk looking tired)
- Blurred vision.** (Illustration: A house with a blurred foreground)
- Frequent urination.** (Illustration: A person at a urinal)
- Unexplained weight loss.** (Illustration: Feet on a scale)

MENTAL HEALTH CORNER

HAVE A HAPPIER HOLIDAY SEASON 4 TIPS FOR MANAGING STRESS



Take care of yourself

1 in 3 people say they are more stressed during the holidays. Many feel pressed to do everything (and perfectly). But having fun and making time for self care can make the holidays more enjoyable.

Plan ahead

Your health comes first, even during the holidays. Plan time for yourself each day to reset. Even a short coffee break or yoga session can make a big impact on your stress levels.



Anticipate your stressors

45% of Americans say they dread the holidays. If spending long periods of time with family will add to your stress, consider breaking up the time together, participating in a relaxing activity or bringing a friend for support.

Reach out for support

Don't isolate yourself during stressful times. Reach out to a loved one, a friend or a licensed professional for help. There's nothing wrong with asking for support.

