

# NOVEMBER WELLNESS NEWSLETTER

Wellness is the holistic integration of physical, social, emotional, financial, cultural, spiritual, intellectual, and environmental dimensions. Below are a few quick tips and resources for enhancing your wellness this November!



## TRY JOURNALING

A good wellness practice is journaling - writing down our thoughts and feelings regularly to understand them more clearly. Also a great way to practice gratitude!

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1>



## KINGSTON EVENTS

There are so many great ways to get out and enjoy events happening in Kingston. Try out the Farmer's Market or go to live music with friends this November!

<https://www.visitkingston.ca/events/>



## REST UP

Make sure to get adequate amounts of sleep to support your mental and physical health. Here are some tips to getting better sleep this month:

[https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)



## GOOD READS

Take a break and enjoy some some pleasure reading this November! Surf the top 100 books from 2022 here:

<https://www.chapters.indigo.ca/en-ca/home/indigo's-top-100-books-of-the-year///942738-cat.html>