

# Monthly Newsletter



MARCANN  
HEALTH  
SERVICES

November & December 2025



Season's greetings from Marcann Health Services. May this season bring us all a renewed sense of hope, gratitude, and acceptance as we journey forward together.

Welcome to this month's edition of Marcann Health Services. As the season unfolds, Marcann Health Services embraces the spirit of acceptance and connecting with our community. We continue our commitment to fostering understanding, healing, and coping.

During this season, we encourage all to share holiday traditions. Honoring traditions in our community is a meaningful way to recognize the deep cultural roots that promote healing, resilience, and connection.

By embracing and sharing these practices, we foster a supportive environment that honors diversity and strengthens the bonds between families, and more. Celebrating these traditions not only enrich our community, but also encourages a deeper understanding of wellness that goes beyond the physical, nurturing the mind, body, and spirit.

"A Healthy Self Starts With A Healthy Mind"

This holiday season is a wonderful time to savor delicious meals and create joyful memories. While it's important to enjoy these moments, being mindful of your eating habits can help maintain your health and well-being. Try to balance indulgent treats with nutritious choices and listen to your body's hunger and fullness. Remember, it's not about restriction but about enjoyment.

Equally vital during this busy time is prioritizing good sleep. Quality rest supports digestion, reduces stress, and overall stay on track of your health goals. Aim for consistent sleep patterns even amidst holiday festivities to keep your energy and mood balanced.

In this newsletter you can expect:

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Honoring  
Holiday  
Traditions

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Maintaining  
Physical  
Wellness

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Seasonal  
Engagement

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Coping  
Strategies

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# Seasonal Engagement

As the holiday season approaches, it's the perfect time to engage with your community and make a positive impact. Consider donating to local shelters, food banks, and more which often need extra support during November and December to those facing hardship.

Volunteering is another meaningful way to give back. By participating in these activities, you not only brighten someone else's season but also enrich your own. Embrace the season of giving by finding ways to contribute your time, resources, and kindness.

Recently, researchers explored that last factor. It seems that those who volunteer not only experience less chronic pain, but they have a greater tolerance for pain, in general. The study connected three factors: pain, depression, and life purpose. Of the 200 women they studied (aged 50 and up), those who volunteered were almost 10 percent more likely to have a strong sense of purpose, be less depressed and experience less pain.

Religion can be a powerful source of comfort and strength, reminding us that it's never too late to start a journey of self-discovery.

Joining a church or spiritual community offers more than just a place to worship, it provides a supportive network where you can find belonging and shared purpose. Our beliefs and faith can help us navigate life's challenges and inner peace.

Over the past four years, The National Churches Trust has been actively researching exactly what role church buildings play within society. As research progressed, the group said, it became evident that the role of churches was wider than expected due to its effect on well-being, community and youth groups. Churches frequently now act as bases for food banks because the locations are easily accessible and central to local communities in need.

It's never too late to start going to church and find your faith. Many churches promote values like forgiveness, gratitude, and hope, which are linked to better emotional resilience. Starting this journey at any age means opening up yourself to these benefits. So, whether you've never been to church before or it's been a while, stepping through these doors can be a meaningful step toward improving your overall well-being.





## Coping Strategies

This holiday season, while joyful, can also bring stressful and emotional challenges. To navigate this time with wellness in mind, consider these coping strategies. First, prioritize self-care by maintaining regular sleep, nutrition, and physical activity.

*Thank you for reading!*