Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information.

**HEALTHY HOLIDAY HABITS**

A summary of Tips and Tools to change habits:

- Identify the habit
- Recognize the effect of the habit
- List triggers for the habit
- Monitor your progress (i.e. write it down, use a suggested app or an accountability partner)
- Forgive yourself if you waver

**Nutrition Websites**

November is National Diabetes Month. Save these sites/apps for meal planning and more:

- **Nutrition.gov** – information about diet, health conditions and meal planning.
- **Choose-my-plate.gov** – explore various foods and the MyPlate app.
- **MyFitnessPal**: track your food/calories.

**EMORY UPDATES**

Nov. 6 is the deadline for annual benefits enrollment and the flu campaign.

Emory Healthcare has a health and wellness blog Advancing Your Health

**EXERCISE APPS**

- Blomeyer Health Fitness Center classes have gone virtual. Class calendar shown [here](#).
- Yoga on the go with [Yoga Studio](#)
- Strength workouts with [StrongLifts](#)
- HIIT Workouts with iOS [Interval Timer](#)

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." — Epicurus

**KUDOS!!!**

Congratulations to our very own Drs. Castellano, Crochet, Jamieson, and Lindsey for their recognition during Faculty Recognitions Week!

Submit kudos to members of the GYN/Ob Department [here](#)