

# November

## Gratitude Month

What are you grateful for? Expressing our gratitude has surprising health benefits—including improving our sleep, mood and immunity.



## Day of the Dead

This multi-day festival from Mexico is a time to celebrate those who have died. Share a story about someone you love who lives on in your memory.



## Fall Back

Gradually shift bedtimes, mealtimes and exercise schedules by 15-20 minutes a day until you're back on schedule. Eating healthy can help, too.



## World Diabetes Day

Healthy habits can keep you feeling good and help you avoid diabetes complications. Learn what you can do to live a full and rich life with diabetes.



## International Day for the Elimination of Violence Against Women

Today, support organizations working to make sure girls and women worldwide are safe and allowed to grow to their full potential as individuals.



## Native American Heritage Day

The day after Thanksgiving is a day for Americans of all backgrounds to celebrate the history, achievements and contributions of Native Americans.

## The Benefits of Health Tracking

Is an attitude of gratitude a priority for you in November? Tracking your progress can be easy in the Castlight “Feel Grateful” Healthy Habit. Complete the 7-day challenge to encourage behavior change and earn points towards rewards.



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800-681-6758