



## October 2025 Newsletter

Your Monthly Dose of Wellness, Growth, and Support



# Building Emotional Resilience

## Mental Health Focus

### ▮ Strengthening Resilience This Fall ▮

The transition into October can feel heavy. Shorter days, colder mornings, and shifting routines sometimes make life feel harder. This is where resilience comes in. Resilience isn't about "toughing it out" or ignoring pain. It's about giving yourself the skills and mindset to recover after stress, setbacks, or loss.

#### Why resilience matters for mental health:

- People who practice resilience experience lower levels of anxiety and depression.
- Resilience helps us reframe challenges as opportunities for growth instead of personal failures.
- It builds self-confidence by showing us we can handle hard times.

## Ways to strengthen resilience this fall:

- **Reframe your inner dialogue:** Notice negative thoughts and gently shift them. For example: *“This is too much, I can’t do it”* → *“This is difficult, but I’ve handled challenges before.”*
- **Strengthen social ties:** Research shows connection is the single biggest predictor of resilience. Even five minutes of genuine connection a day can reduce feelings of loneliness and stress.
- **Balance rest and action:** Resilience doesn’t mean “go, go, go.” It means finding the balance between restorative rest and small, achievable actions that keep you moving forward.

▮ *Think of resilience like a muscle—the more you exercise it with small steps, the stronger it gets.*

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## ▮ Focus & Habits: Small Steps, Big Shifts (Inspired by James Clear)

Fall is a season of change, which makes it the perfect time to revisit your habits. James Clear teaches that **habits are the compound interest of self-improvement**—small, consistent actions create powerful long-term results.

### Why focus on habits now?

- Seasonal transitions naturally disrupt routines. This can either feel like chaos or like a fresh start.
- Strong habits provide stability when life feels unpredictable.
- Building identity-based habits (“I’m the type of person who...”) strengthens self-confidence and reduces stress.

### How to build better habits this October:

- **Start tiny:** Instead of “I will meditate for 20 minutes daily,” try “I will take three deep breaths when I sit at my desk.” Small wins build momentum.
- **Stack habits:** Attach new habits to existing ones. Example: *“After I brush my teeth, I’ll stretch for two minutes.”*

- **Design your environment:** Keep cues visible. A water bottle on your desk reminds you to hydrate. Resistance bands in the living room remind you to move.
- **Focus on identity, not outcomes:** Instead of “I want to lose 10 pounds,” try “I’m a person who cares for my body with nourishing choices.”

Want to learn more? Check out our **UPCOMING EVENTS** section below to learn about our upcoming class (Discovering You) to help you reconnect with your authentic self, clarify your values, and create meaningful habits that reflect the person you want to become.

▮ *Each small habit is a vote for the person you want to become. This month, decide who you’re becoming, and cast your votes daily.*

## Health & Wellness Focus

### ▮ Health Spotlight: Immune Support for Fall

Autumn is a season of gathering indoors, and with it comes an increase in colds, flu, and respiratory infections. Supporting your immune system before you get sick can make a huge difference.

#### Naturopathic strategies for immune health:

- **Vitamin D:** As daylight decreases, so does our natural vitamin D production. Vitamin D plays an important role in regulating immune response. Ask your provider to check your levels—many Canadians and northern U.S. residents are deficient by October.
- **Prioritize restorative sleep:** Chronic sleep deprivation reduces infection-fighting white blood cells. Create a bedtime routine, keep screens out of the bedroom, and try to aim for 7–9 hours.
- **Herbal support:** Echinacea and elderberry have long been studied for shortening the duration of colds. Astragalus may help your body adapt to stress while boosting immunity.
- **Hydration:** Cooler air dehydrates us faster, and dry indoor heat doesn’t help. Aim for 2–3 liters of water or herbal teas daily.

Need assistance with getting your health on track? Speak with Dr. Ali McMillan she would be happy to support you on this journey. Learn more about Ali in our Clinician Spotlight below.

▮ *Tip: Treat immune support like insurance—you don't wait until the accident to get coverage, you prepare before.*

## ▮ Physical Health Spotlight: Move With The Season ▮

As days grow shorter, many people notice a dip in energy and motivation. Exercise can start to feel like a chore—but shifting your mindset and adapting to the season can make all the difference.

### Why movement matters in fall:

- Physical activity increases serotonin and dopamine, which improve mood and reduce anxiety.
- Exercise supports immune function by reducing inflammation and boosting circulation.
- Movement helps regulate sleep cycles, which are often disrupted as daylight hours shrink.

### Practical strategies for October movement:

- **Take it indoors:** Resistance bands, yoga, or bodyweight workouts can be done anywhere, no equipment required.
- **Try “exercise snacks”:** Instead of long sessions, aim for 5–10 minutes of activity spread throughout the day. Even brisk stair climbing counts.
- **Make it enjoyable:** Pair movement with something you love—your favorite playlist, podcast, or a cozy walk with a friend under the fall leaves.
- **Layer up & get outside:** Fresh air and daylight exposure support vitamin D levels and regulate circadian rhythms.

▮ *Remember, the best workout isn't the most intense one—it's the one you'll actually enjoy and repeat.*

## ▮ Nutrition Corner: Pumpkin Power

Pumpkins are more than festive decorations. They are rich in **beta-carotene** (a precursor to vitamin A), which supports vision, skin health, and immune function.

They're also a great source of fiber, which stabilizes blood sugar and supports gut health—the foundation of our immune system.

### Nutritional benefits of pumpkin:

- **Vitamin A:** Enhances eye health and strengthens immune defenses.
- **Antioxidants:** Help protect your body from cell damage and inflammation.
- **Fiber:** Promotes healthy digestion and keeps you fuller longer.
- **Magnesium & Potassium:** Support heart health and muscle function.

### Try this nourishing Pumpkin Smoothie:

- ½ cup unsweetened pumpkin puree
- 1 frozen banana
- 1 cup almond or oat milk
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp maple syrup (optional)

Blend until smooth. It's creamy, naturally sweet, and tastes like fall in a cup!

## ▮ Nutrition Corner: Harvest Squash Power Bowl

This fall-inspired power bowl is rich in vitamins, minerals, fiber, and plant-based protein. It's colorful, filling, and makes a wonderful lunch or dinner that fuels both body and mind.

### Ingredients (serves 2–3):

- 2 cups cubed **roasted squash** (butternut or acorn work best)
- 1 cup **quinoa**, cooked
- 1 cup **kale or spinach**, lightly massaged with olive oil
- ½ cup **chickpeas**, roasted or pan-sautéed
- ¼ cup **pomegranate seeds** (or dried cranberries)
- 2 tbsp **toasted pumpkin seeds** (pepitas)
- 2 tbsp **feta cheese** (optional)

### Dressing:

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp maple syrup
- 1 tsp Dijon mustard
- Pinch of salt and pepper

## Instructions:

1. Preheat oven to 400°F (200°C). Toss cubed squash with olive oil, salt, and pepper, then roast for 25–30 minutes until golden and tender.
2. Cook quinoa according to package directions. Fluff with a fork.
3. Massage kale or spinach with a drizzle of olive oil to soften it.
4. Whisk dressing ingredients together until smooth.
5. Assemble bowls: start with greens and quinoa, then layer on squash, chickpeas, pomegranate seeds, and pumpkin seeds. Top with feta if desired. Drizzle with dressing before serving.

## Why it's good for you:

- **Squash** provides vitamin A for immune and skin health.
- **Quinoa & chickpeas** add plant-based protein and fiber for steady energy.
- **Kale** delivers calcium and antioxidants.
- **Pumpkin seeds** give zinc and magnesium for mood and immune support.
- **Pomegranate seeds** add antioxidants and a refreshing pop of flavour.

☆☆ *This dish is a perfect example of food as medicine—nourishing, balanced, and grounded in seasonal wellness.*

# Upcoming Events

## October



**Own Your Focus:  
ADHD Tools For Teens**



**Becoming You - A  
Guided Journey to**



Learn more

Learn more



Join us for an empowering and informative psychoeducational class designed to help you better understand grief and loss that often follow a relationship breakdown and build skills to promote healing, self-acceptance and deeper self-understanding.



Join us for an engaging talk on the power of your digestive microbiome! ▯ Learn simple, science-based ways to support a healthy gut and reduce bloating for better overall wellbeing.

Educator: Sandra - Registered Clinical  
Counsellor  
Date: October 22, 2025  
Time: 6:00 - 7:30pm  
Cost: \$27.96

[Learn more](#)

Educator: Dr. Ali McMillan - Naturopathic  
Doctor  
Date: November 18, 2025  
Time: 6:00 - 7:30pm  
Cost: \$55.20

[Learn more](#)



## Holiday Health Survival

Stay on track this holiday season—join us at Reflective Soul Therapy & Wellness on **Thursday, Nov. 27** for “Holiday Health Survival,” a practical session with simple strategies to enjoy celebrations without losing your fitness or nutrition progress. You’ll leave with clear, doable plans to reduce stress, prioritize movement and nutrition, and start the new year feeling proud—not like you’re starting over.

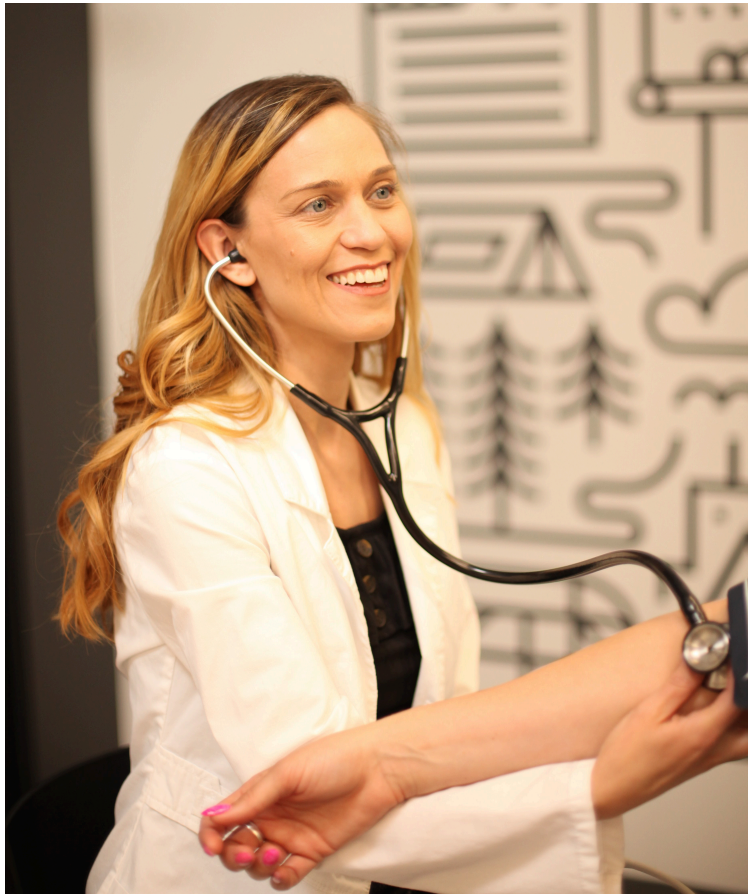
Educator: Dawn Thalheimer - Certified  
Nutrition Coach & Personal Trainer  
Date: November 27, 2025  
Time: 6:00 - 7:30pm  
Cost: \$23.76

[Learn more](#)



# Did You Know?

## ▯ Practitioner Spotlight: Meet Dr. Ali McMillan, Naturopathic Doctor ▯



We are so excited to feature **Dr. Ali McMillan**, our Naturopathic Doctor here in Kelowna, B.C. Dr. Ali brings both passion and expertise to her practice, combining a deep understanding of science with a compassionate approach to patient care.

After completing her undergraduate degree in Biological Sciences at the University of Guelph, she went on to earn her Doctor of Naturopathy degree at the Canadian College of Naturopathic Medicine in Toronto. Shortly after, she made Kelowna her home, where she now lives with her husband and two boys. For the past four years, she has been helping individuals in our community find practical and effective ways to feel their best.

What sets Dr. Ali apart is her commitment to truly listening. She takes time to thoroughly understand each patient's health story, offering gentle but effective, **evidence-based solutions**. Her care goes beyond quick fixes—she works closely

with patients to create robust, personalized treatment plans that empower them to make informed choices about their health.

**Areas of clinical focus include:**

- Hormonal concerns (especially PMS)
- Digestive issues such as IBS, SIBO, and chronic constipation
- Stress management, anxiety, burnout, and depression
- Sleep problems and chronic fatigue
- High cholesterol, high blood pressure, and weight management
- Nutritional deficiencies and anemia
- Back pain and rare diseases

Her treatments are **holistic and integrative**, often blending education, nutrition, herbal medicine, supplementation, meditation practices, and **acupuncture** to support long-term health and healing.

When she's not in the clinic, you'll likely find her hiking Kelowna's trails, thrifting unique finds, baking and meal prepping, or enjoying time in her garden.

☆☆ ***Her approach is simple: listen deeply, guide with evidence, and help patients create meaningful, lasting change.***

Book Appointment Now

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## Bone Density Screening Opportunity

Reflective Soul Therapy & Wellness in Kelowna will host BoneHealth BC, a company providing convenient assessments of bone health. A Bone Mineral Density scan is a viable tool for determining bone health, assessing osteoporosis, and guiding preventative treatment measures to reduce the risk of fractures and bone strength.

**BENEFITS:**

- ✓ Early detection of Osteoporosis and Osteopenia
- ✓ Monitoring treatment efficacy
- ✓ Guidelines for lifestyle change



✓ Early detection of other conditions

[Learn More](#)

## ▮ Final Note

October is the perfect time to nurture both your inner and outer health. By investing in resilience, preparing your immune system, nourishing your body with seasonal foods, moving joyfully, and shaping habits that align with your identity, you can step into winter feeling steady, capable, and supported.

## Social Media Access

Looking to learn more, we offer great educational information in our blogposts.



[Read Our Blog Posts Here](#)



**REFLECTIVE SOUL THERAPY & WELLNESS**

EMPOWERING WELLNESS, INSIDE & OUT

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