

Upcoming Awareness Campaigns 2026

September

National Suicide Prevention & Recovery Month

- FASD Awareness Day (Sept 9th)
- World Suicide Prevention Day (Sept 10th)
- Gender Equality Week (Sept 21st–25th)
- National Day for Truth and Reconciliation (Sept 30th)

October

Occupational Therapy Month and Women's History Month

- Seniors Day (Oct 1st)
- World Mental Health Day (Oct 10th)
- Invisible Disabilities Awareness Week (Oct 18th–24th)
- Workplace Bullying Awareness Week (Oct 12th–18th)

November

Men's Health Awareness Month

- Addictions Awareness Week (Nov 15th–21st)
- Grief and Bereavement Day (Nov 17th)
- International Day for the Elimination of Violence Against Women (Nov 25th)

"Life starts all over again
when it gets crisp in the
fall."

— F. Scott Fitzgerald

~

"No spring nor summers
beauty hath such grace as I
have seen in one autumnal
face."

— John Donne

The Rhythms of Autumn

There is something about autumn that naturally pushes people toward reflection and reset. The weather changes. The light shifts. Schools restart. Workplaces get busy again. Calendars suddenly fill up after the looser rhythm of summer. Even people who do not have children often notice that September and October feel a bit like a second New Year.

For many people, this season brings a mixture of motivation and pressure. There can be excitement about getting back on track, but also stress when routines become too rigid, overwhelming, or unrealistic. The challenge is not just creating routines. It is creating routines that actually support well-being rather than draining it.

Healthy routines are less about perfection and more about reducing friction in daily life. When



people are overwhelmed, exhausted, or emotionally stretched, even small decisions can begin to feel surprisingly heavy. Good routines help lower the mental load by creating predictability and structure. They give the nervous system a sense of stability during busy or uncertain periods.

One common mistake people make in autumn is trying to overhaul everything at once.

New meal plans, new exercise schedules, stricter sleep routines, productivity goals, reduced screen time, family organization systems, and ambitious work expectations can all collide at the same time. That usually works for about two weeks before people begin feeling discouraged or burned out.

Instead of aiming for a total life transformation, it is often more sustainable to focus on a few "anchor habits." These are small routines that create positive ripple effects in other areas of life. Examples might include going to bed at a more consistent time, taking a short walk after dinner, packing lunches the night before, spending ten uninterrupted minutes connecting with a child, or setting aside technology for part of the evening.

If you are heading into September already noticing concerns about stress, burnout, work-life balance, family pressures, or emotional exhaustion, consider reaching out for support sooner rather than later. Sometimes even a single conversation can help people clarify priorities, set realistic intentions, and build routines that feel sustainable instead of overwhelming. The team at Walmsley is available to support you as you move into the busy autumn season.

Wishing you all the best,
Jeremy Biffert RCC

Want to
Access
EFAP?

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walmsley.ca/contact-us.html



Autumn Word Search

Autumn	M	P	F	X	Z	L	V	L	T	Y	T	T	U	C
Fall	Y	O	W	U	A	I	A	U	Y	S	B	S	Q	T
Harvest	L	U	L	X	B	J	A	N	E	U	W	W	H	O
Leaves	C	N	L	E	I	I	J	V	T	E	J	G	G	T
Crisp	R	M	A	T	L	E	R	L	A	E	I	A	F	B
Cozy	I	U	F	U	D	A	F	T	M	L	R	H	K	K
Sweater	S	T	C	A	H	R	E	K	I	S	B	N	E	G
Pumpkin	P	U	N	F	G	R	A	W	Q	E	E	S	Z	K
Acorn	A	A	T	I	E	Q	T	H	R	R	J	E	E	G
Orchard	P	E	A	C	K	W	J	I	C	T	N	V	E	C
Maple	L	L	C	C	Y	P	F	B	D	R	U	A	R	F
Breeze	S	P	O	E	E	N	M	S	S	U	O	E	B	L
Bonfire	F	A	R	C	O	Z	Y	U	M	Z	W	L	Q	S
Lantern	Y	M	N	B	I	G	I	X	P	H	B	S	T	L
Twilight														

Fall Facts

Foliage trickery: Leaves don't actually change to orange and red in the fall; those are their natural colors! During the summer, those colors are hidden by green chlorophyll. As sunlight decreases, chlorophyll production stops, revealing the bright carotene (orange) and xanthophyll (yellow) already in the leaves.

Gluten-Free APPLE CRISP

For the Filling:

- 6 C peeled & sliced apples
- (pears are good too!)
- 2 tbsp lemon juice
- 1/3 C granulated sugar
- 1 tsp cornstarch
- 1 ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg (optional)
- ½ tsp. cardamom (optional)

For the Topping:

- ¾ C old-fashioned oats
- ½ C almond flour
- 2/3 C brown sugar
- 1 tsp. ground cinnamon
- ¼ C chopped pecans or walnuts (optional)
- ½ C unsalted butter cold and cubed
- Pinch of salt

Instructions:

1. Preheat oven to 350F
2. Lightly grease 9-inch baking dish
3. Toss filling ingredients together & spread evenly in baking dish
4. Combine dry topping ingredients then cut in butter until mixture is crumbly.
5. Sprinkle filling with topping
6. Bake 40-45 minutes or until golden & bubbly

Serve with heavy, whipped or ice cream.

I can't believe I got fired from the calendar factory....all I did was take a day off!

Q: Why can't you trust an atom?

A: Because they make up literally everything!

Q: What's the best thing about living in Switzerland?

A: I don't know, but the flag is a big plus!

The Technology Reset

This is the time of year where performing a technology reset can get the season started off on the right foot. Here are some ways to kick that off.

- Do an audit on your subscriptions. Are you being charged for anything you're not using? Cancelling these can free up extra money.
- Make sure all of your operating systems and apps are up to date. This can prevent any potential security breaches.
- Delete unused apps cluttering your devices.
- Back up everything on a cloud server or to a local hard drive.
- Change your passwords to ensure you're safe from hacking or identity theft.
- Enable multi-factor authentication for any login to ensure the highest level of security.