

WE REMEMBER

NOVEMBER 2025 NEWSLETTER



VETERAN'S WEEK | NOV. 5-11

NOV. 8 - INDIGENOUS VETERANS DAY
NOV. 11 - REMEMBRANCE DAY

HONOURING SERVICE. NURTURING STRENGTH

As we move into November, with its shorter days and colder nights, let's take some time to turn our focus inward.

This month is about remembrance, resilience and balance. Honouring all who serve, past and present, while supporting Veterans, active members, and caregivers in preparing for the season ahead.

The endocannabinoid system (ECS) helps regulate mood, sleep, and pain; three areas that can feel difficult this time of year. By nourishing this system with balanced nutrition, movement, rest, and mindful cannabis use, we can build stability from the inside out.

MINDFULNESS MOMENT

As the pace of life shifts, and when stress arises, take a few minutes to reset.

- Sit or stand comfortably. Inhale deeply through your nose for a count of 4, hold for 2, and exhale through your mouth for 6. Repeat 3 times.
- Notice one thing you can see, one thing you can hear, and one thing you can feel. This helps your mind return to the present.
- Gently place a hand on your chest and say to yourself, "I am safe, I am steady, I am here."

This simple practice lowers stress hormones, steadies the nervous system, and supports your endocannabinoid system (ECS).

