

Monthly Newsletter

HEALTHY BY CHOICE
POWERED BY PROCARE RX
December 2025



"In the rush of life, take a breath, look back, and smile—you made it through."

You did it. You made it through 365 meetings, 147 login issues, 39 “quick questions,” and at least 12 awkward Google Meet goodbyes where no one knew who should hang up first.

But beyond all the chaos, you showed up—for your coworkers, your wellness, your community, and yourself. This month, we’re closing out 2025 by doing something radical: *slowing down to actually notice how far we’ve come.*

December is about reflection—not the mirror kind (although hey, great sweater)—but the deeper kind. The kind that turns small wins into big lessons, challenges into growth, and one wild year into a story worth telling.

So before we rush into resolutions and 2026 to-do lists, we invite you to pause. Celebrate the milestones. Appreciate the messiness. And remember: Every step counts when you’re moving forward.

In this issue:

- Why reflecting is good for your brain (and your next step)
- A coaching corner to help you reset for 2026
- Holiday cheer, toy drives, and heartwarming Santa magic
- A mindfulness mini-challenge to wrap up the year strong
- A cozy winter soup that tastes like a hug in a bowl

So pour yourself something warm, take a deep breath, and let’s wrap this year with gratitude, intention, and maybe a little sparkle.

*"Take pride in how far you've come. Have faith in how far you can go.
But don't forget to enjoy the journey."*

— Michael Josephson



IN THIS NEWSLETTER YOU CAN EXPECT:

Pillar #5: Life Integration	3
The Science of Reflection: Why Looking Back Helps You Move Forward	
 Community News	
Event Announcements – Upcoming Wellness Events, Toy & Mitten Drive, Santa Videos & Mrs. Burgess Gifting, Department Holiday Lunches	5
 Wellness Made for You	6
Mini-Challenge: Mindful Moments Week (Dec 8–12)	
Team Coaching Groups	
 Wellness Word Game	7
Word Search: The Five Pillars of Wellness	
 Recipe of the Month	8
Winter Warmth Vegetable Soup	

The Science of Reflection: *Why Looking Back Helps You Move Forward*

When we think of reflection, we often imagine quiet moments, gentle music, maybe a cup of tea. But behind those calm pauses, something much more powerful is happening—your brain is hard at work, growing.

As this year closes, we invite you to pause and revisit the steps you've taken—through the lens of our Five Pillars of Wellness:

1. Body Balance

Wellness isn't about perfection—it's about partnership with your body. Whether you stretched more, slept better, took your vitamins, or finally scheduled that check-up, each act of care was a step toward long-term balance.

2. Mindset

Think about how you've met challenges this year. Maybe you started practicing mindfulness, re-framed a tough situation, or simply chose to try again after a setback. Each of these moments shifted your internal landscape—and that's growth.

3. Connection

Who did you lean on this year? Who leaned on you? Maybe it was a coworker who checked in when you were quiet or the joy of seeing your department show up for one of drives. Human connection is not just meaningful—it's medicinal.

4. Core Values

Your choices—big and small—are shaped by what you value. Did you stand up for someone? Set better boundaries? Speak up in a meeting?

These acts reflect your internal compass—and show how aligned your actions are becoming with who you are.

5. Life Integration

Perhaps most important: How did you honor your life beyond work? Did you find more time for what lights you up? Laugh more with your family? Take a solo walk just because? The beauty of wellness is that it weaves into everything, not just your to-do list.

Reflection isn't about judgment—it's about awareness. And every moment of awareness becomes a guidepost, reminding you that you've already done hard things... and you can keep going.

So before you plan your next goal, take a moment to recognize the ground beneath you. You built that. Step by step.

Takeaway: When you reflect with intention, you strengthen your brain, your choices, and your capacity for growth. You shape not just where you're going—but who you're becoming.





TIPS & RESOURCES:

Cozy Up & Level Up

Reflection isn't one-size-fits-all, so we've rounded up a mix of inspiration for whatever vibe you're in this season: deep, light, visual, audible, or snack-compatible.

For the Bookworm:

Atomic Habits by James Clear

Tiny changes, big results. This book makes behavior science feel like a pep talk from your most organized friend. Perfect if you're trying to build better habits without turning into a robot.

For the Podcast Binger:

The Happiness Lab with Dr. Laurie Santos

Science-backed advice with a side of charm. Learn why our brains are weird and how to outsmart them with practical, happiness-boosting strategies. Episodes are short enough for a lunch walk.

For the Movie Night Fan:

Julie & Julia (2009)

Wholesome, funny, and a gentle reminder that growth is messy (and sometimes covered in butter). **Bonus:** You'll want to journal and make soup afterward.

EVENT ANNOUNCEMENTS



All Locations & Remote

Toy & Mitten Drive: Your donations will warm little hands and big hearts.

Santa Videos & Mrs. Burgess Gifting: A sprinkle of joy for families and friends.

Department Holiday Lunches: We'll celebrate wins, share laughter, and make memories.



GoPivot Pick: The "I Deserve This" Massage Pillow

Your muscles have been through it this year. The meetings. The deadlines. The questionable office chairs. It's time they got the VIP treatment—and we've got just the thing.

HoMedics Cordless Shiatsu Massage Pillow with Soothing Heat | 10,469 pts on GoPivot

This cozy lifesaver delivers deep-kneading shiatsu magic right to your neck, shoulders, or back—with built-in heat to melt away the stress of 2025. It's cordless, so you can use it on the couch, in your car (safely parked!), or while pretending to be in a very important Google meeting.

Why you'll love it:

Feels like a mini spa day

Soothing heat = instant ahhh

Approved by tired shoulders everywhere

Goal for December: Reflect. Recharge. Redeem.

TEAM COACHING GROUPS



Pillar #5 Life Integration

Join our virtual **"Celebrate Your Journey"** reflection session for a guided walk through your 2025 progress. You'll explore:

- How to reframe challenges as learning
- Simple tools to reset and recommit for 2026
- A gratitude meditation and digital vision sheet

Let's move into the new year grounded, inspired, and renewed.

Dec 19, 2025

Join the FRI - 1:15 PM Session



WELLNESS CHALLENGES

Mini-Challenge: Mindful Moments Week

Duration: Dec 8-12

Points Available: 50 points per completed action (max 250 points)

Celebrate the end of 2025 with one mindful action each day:

Monday: Reflect – Write down three things you’re proud of this year.

Tuesday: Recharge – Do one thing that brings you calm.

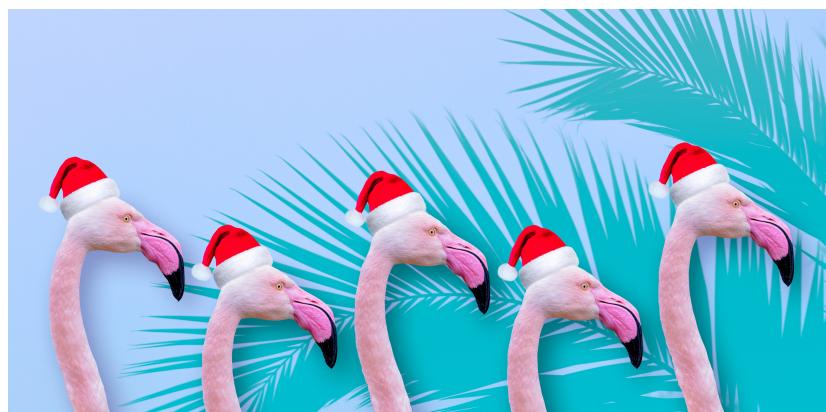
Wednesday: Connect – Share a message of gratitude with a co-worker.

Thursday: Give – Perform one small act of kindness.

Friday: Plan – Set one realistic wellness goal for 2026.

Because this season is about more than celebration. It’s about recognizing the journey—yours and ours—and choosing to carry hope, courage, and care into the new year.

SHARE YOUR WINS!



We want to celebrate YOU! Whether you’ve achieved a fitness goal, started a new healthy habit, or accomplished something personal, we’d love to hear about it. submit it [Here](#) or Email us at wellness@procarerx.com to have your story featured in our next newsletter.



A FEW NOTES TO REMEMBER

Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.

You can find the PDF version of the Newsletter for printing at hbc.procarerx.com under resources or [Here](#)

HAPPY BIRTHDAY

We couldn’t be more excited to celebrate our November birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

THE FIVE PILLARS OF WELLNESS

WORDSEARCH

A	C	S	D	F	G	H	J	K	L	P	O	I	U	L
C	O	N	N	E	C	T	I	O	N	M	N	T	H	I
Z	R	X	C	V	B	N	M	Q	W	E	R	T	Y	F
L	E	M	B	O	D	Y	B	A	L	A	N	C	E	E
P	V	O	I	U	Y	T	R	E	W	Q	A	S	D	I
F	A	G	H	J	K	L	M	A	S	R	D	F	G	N
H	L	J	K	M	N	B	I	V	D	E	H	J	K	T
Q	U	D	G	J	L	I	N	O	P	F	Z	X	V	E
S	E	D	J	K	P	M	D	Q	W	L	R	T	U	G
Z	S	X	C	V	N	M	S	D	G	E	J	L	M	R
Q	W	E	R	T	Y	U	E	I	O	C	P	A	S	A
D	F	G	H	K	L	M	T	B	Y	T	D	F	J	T
P	I	L	L	A	R	S	Q	W	R	I	Y	U	O	I
W	E	L	L	N	E	S	S	P	G	O	Z	X	C	O
H	J	K	M	P	O	Q	R	E	G	N	S	R	Y	N

CORE VALUES

CONNECTION

BODY BALANCE

REFLECTION

MINDSET

PILLARS

WELLNESS

LIFE INTEGRATION

Recipe of the Month: Winter Warmth Vegetable Soup

Ingredients: (Serves 4-6)

- 2 tbsp olive oil
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 sweet potato, peeled and diced
- 1 zucchini, chopped
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) white beans, drained and rinsed
- 4 cups vegetable broth
- 1 tsp dried thyme
- 1 tsp smoked paprika
- Salt & pepper to taste
- 2 cups kale or spinach, chopped
- Optional: pinch of red pepper flakes, squeeze of lemon juice for brightness



Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic; sauté until fragrant (about 3–4 minutes).
2. Add carrots, celery, and sweet potato. Cook for another 5 minutes, stirring occasionally.
3. Stir in zucchini, tomatoes, beans, broth, thyme, paprika, salt, and pepper. Bring to a boil.
4. Reduce heat, cover, and simmer for 20–25 minutes, until vegetables are tender.
5. Stir in greens and simmer another 5 minutes. Adjust seasoning to taste.
6. Serve hot, topped with fresh herbs or crusty bread on the side. Keeps well in the fridge for up to 4 days.

Why We Love It:

Nothing says “I made it through the year” like a steaming bowl of something nourishing. This Winter Warmth Vegetable Soup is packed with seasonal produce, protein-rich beans, and a hint of spice—perfect for slow lunches, meal prep, or sharing with someone you love.

Because sometimes, wellness looks like pausing for a warm bite and a deep breath.

Thank you for reading!