

Live Well

October 2025

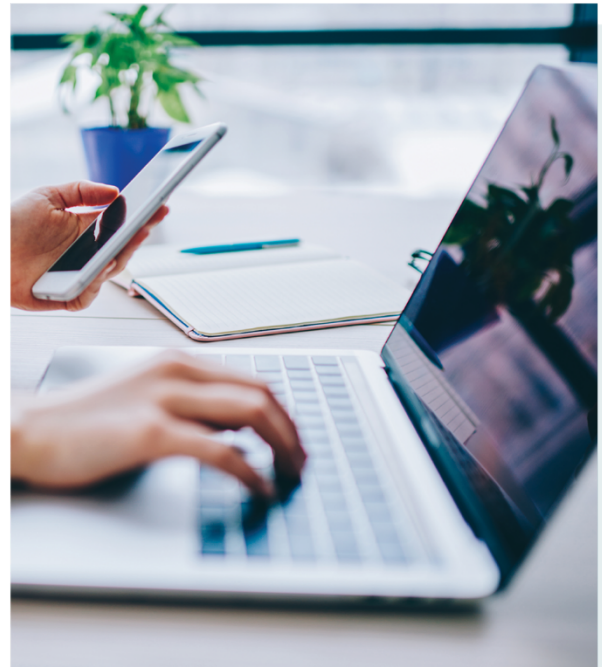
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4 Ways Volunteering Can Enrich and Improve Your Life

Giving back and donating time in your community can help those around you while also having a positive impact on your own life. Think about the following potential benefits of volunteering:

- **Increased activity**—Volunteering may help get you out of the house and increase physical activity.
- **New skills**—Many organizations may be happy to help teach you new skills in exchange for your time.
- **Improved mental health**—Giving back may improve your self-esteem and provide a sense of purpose.
- **Networking opportunities**—Volunteering can expand your social circle or foster career opportunities.



National Cybersecurity Awareness Month – Everyday Tips

October is National Cybersecurity Awareness Month. This annual initiative endeavors to educate the public about the dangers of the internet.

5 Everyday Cybersecurity Tips

Limit cyber risk levels with the following strategies:

1. **Set strong passwords.** Make sure your passwords contain a mix of lowercase and capital letters, numbers and special characters. Avoid reusing the same password for multiple logins.
2. **Enable two-factor authentication.** These implementations mean hackers will need more than just your password to gain access to your accounts.
3. **Avoid oversharing.** Providing too much information, such as on social media, can give cybercriminals the hints they need to crack passwords or impersonate you.
4. **Know the signs of phishing.** Never click on links or download attachments from unknown senders. Perpetrators may use email addresses that appear similar to those of trusted parties.
5. **Avoid public Wi-Fi.** Cybercriminals may intercept data on public Wi-Fi or set up fake networks. If you must connect to a public network, use a virtual private network (VPN) to protect your data.

Contact us today for more cybersecurity guidance.

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Concerns Related to Excessive Screen Time - How to Set Limits

Screens are everywhere in the modern world. Smartphones, tablets and computers are constant fixtures of modern workplaces and everyday life.

However, while these electronic devices may offer entertainment and convenience, excessive use can be detrimental to your quality of life.

Health Concerns of Excessive Screen Time

Spending long hours constantly staring at screens can have various direct and indirect impacts on your health, including the following:

- Eye strain
- Neck, shoulder and back pain
- Headaches
- Increased anxiety and depression
- Sleep deprivation
- Feelings of loneliness

How to Set Limits

Taking an active approach toward limiting screentime can help you and your family avoid the aforementioned potential health and wellness issues. Consider the following strategies:

- **Use device settings.** Many smartphones and other devices allow you to schedule downtime where apps and notifications will be blocked.
- **Track usage.** Monitor what you're using screens for. For example, using your device for school may be necessary, but if you notice a lot of time spent on social media, think about blocking those apps.

- **Explore new hobbies.** Try to find new activities you enjoy that do not involve screens. Those that require the use of your hands can be particularly helpful in restricting your ability to check your device.
- **Create screen-free zones.** Establish areas where you avoid using devices, such as at the dining room table or in your bedroom.

Learn More

For additional wellness resources, contact us today.

Lifestyle Tips for World Mental Health Day

World Mental Health Day is Oct. 10. Commemorate this year's initiative by considering how the following lifestyle choices may help improve your mental well-being:

- **Get active.** Physical exercise can have a direct and positive impact on your mental wellness.
- **Prioritize sleep.** Not getting enough rest can contribute to various mental health disorders, including depression.
- **Open up.** If you're feeling down, don't be shy about seeking support from family and friends.
- **Enjoy the outdoors.** Studies have shown that spending time outside can improve mental health.
- **Seek help.** If you're struggling with your mental health, talk to your doctor.

[Click here](#) to learn more about World Mental Health Day.