

RECOVER CANN

MONTHLY NEWSLETTER

OCTOBER 2025



READY FOR RESILIENCE

As the seasons change and the days grow shorter, many of us notice shifts in our energy, mood, and bodies. October is the perfect time to build resilience before the toughest months of the year arrive.

Canadian winters can feel dark, heavy, and long. Preparing for this season doesn't mean shutting down entirely, it means creating healthy hibernation habits.

Tune into our social media to learn habits that nourish your body, keep you active, and maintain your community this winter. With the right plan and support, this season can become a time of rest, reflection, and strength.

WHAT TO EXPECT



LEARN TO BUILD RESILIENCE



UNDERSTAND SEASONAL AFFECTIVE DISORDER



CELEBRATE WOMEN



PUMPKIN SEEDS

Packed with zinc, magnesium + omega 3's, pumpkin seeds can help support healthy sleep, mood and immune function.



SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is more than just the “winter blues”, it is a mood disorder that impacts approximately 15% of Canadians. People with a history of depression may notice worsened symptoms during the winter.

(Canadian Psychologist Association, 2020)

As the days become shorter, check in with yourself. Are you:

- sleeping more and still feeling tired?
- feeling more down, hopeless or irritable?
- craving carbs or sweets?
- pulling away from family, friends or activities?

Help is available. You don't have to face the winter alone. Recognize the cues, take action early, and reach out for support if you need it.



WOMEN'S HISTORY



October is Women's History Month - a time to recognize the strength, resilience, and sacrifices of women throughout our history. For us, it's also about honouring the heroic women of the Canadian Armed Forces.

Female veterans face many unique challenges, from higher rates of depression, anxiety, and PTSD, to barriers in accessing care.

Join us in honouring the women who served with courage and continue to lead with resilience.