TAYLOR

November 2026

The Wellness Wheel

Cultivating Gratitude & Community Support

This season, a little gratitude can go a long way. Life may get busy but it's also a good time to pause, appreciate the people and moments around us, and find simple ways to support others. Practicing gratitude can help reduce stress, build resilience, and encourage a more positive outlook. Here are some ways to put gratitude into action this month.

Take a Gratitude Pause

Take a few minutes to recognize something positive from your day, whether it's a helpful coworker, a personal accomplishment, or simply a good moment. **Try it:** Write down one thing you're grateful for each day this week. Keeping a gratitude journal is one simple way to make it a regular practice. **Learn more:** Grateful for Gratitude

Give the Gift of Appreciation

Who made a difference for you this year? Send a quick note, share a Taylor eCard with a coworker, or simply tell someone you appreciate them.

Give Back Your Way

Giving back looks different for everyone. Volunteer, donate to a cause that matters to you, share your skills, or simply help a neighbor. (Bonus: It can also create opportunities for connection, personal growth and skill building.) **Explore more:** Becoming a Volunteer | Contributing to a Charity

Want a Challenge?

Try the 5-Day Gratitude Challenge from TED and discover new ways to bring more thankfulness into your day.
Small moments matter. A little appreciation, kindness and connection can make the season brighter.

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Program resources are available 24/7 on Your Benefits Hub at employees.taylor.com.

Coming up in December

We'll share tips on creating meaningful traditions that boost your wellbeing over the holidays.

Scan Here

Link to Your Benefits Hub for all your benefit plan details.