

November

Renewal Counseling & Wellness



November Spotlight: Stress and Burnout Prevention

As the year picks up speed and the holidays draw near, it's easy to feel stretched thin. November is the perfect time to pause, check in with yourself, and focus on stress and burnout prevention.

Recognize the signs: Burnout often shows up as constant fatigue, irritability, difficulty focusing, or feeling detached. Catching these early can help you reset before exhaustion sets in. Take intentional breaks: Step away from your routine, even briefly. A short walk, quick stretch, or quiet moment can do wonders for your energy and mindset.

Stay connected: Lean on your support system—friends, family, and classmates understand more than you might think. Talking things out can help you process and release stress.

Refill your cup: Prioritize sleep, nutritious meals, and hydration. Add in something that brings joy each day—music, journaling, or time outdoors.

Remember, taking care of yourself isn't selfish—it's essential.

Let's use November to slow down, breathe deeply, and create healthy habits that carry us into the new year feeling recharged and resilient.

Welcome & October Highlights

We're so excited to share the October highlights with you in this edition of the RCW Newsletter! Your enthusiasm and support for our initiatives continue to make a difference in our community.

October was a meaningful month at RCW! One of the highlights was celebrating Wear Pink Day and World Mental Health Day. Our RCW clients also received breast cancer awareness and mental health care bags. Through these efforts, we are fostering connection and spreading awareness.



TikTok Trend: A-Z Compliment Challenge

Take your next walk to a whole new level with the A-Z Compliment Challenge, a fun trend sweeping TikTok! The idea is simple: as you stroll, give a compliment or say something kind for each letter of the alphabet—either out loud, in your mind, or even as notes to leave for others. You can do this alone or with family and friends to spread extra positivity!

Example: A: "Awesome sneakers!"; B: "Beautiful smile!"; C: "Cool hat!"

This challenge encourages mindfulness, positivity, and connection—and you might just brighten someone's day without even knowing it. Bonus: it's a fun way to make your walk feel purposeful and joyful!

Out and About: November Events

Get ready for a fun-filled November in NoVA! Arlington GameFest returns on November 17 at Arlington Public Library — a perfect day for board games and community fun.

The Bull Run Festival of Lights opens November 14 in Centreville, kicking off the holiday season with 2.5 miles of glowing displays and a cozy Holiday Village.

Wrap up the month at the Reston Holiday Parade on November 29, featuring floats, music, and Santa's grand arrival.



Resource Roundup



[Take Burnout Survey Here!](#)

Curious about how work stress might be affecting your health and well-being? This free burnout survey can help you identify the stressors in your workplace and give insight into areas that may need attention.

Team Member Favorites

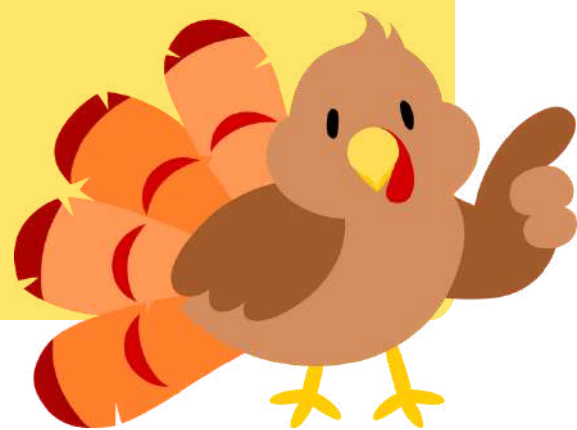
This month, we're featuring one of Erin's favorite holiday dishes — a warm, creamy, and perfectly crispy Classic Green Bean Casserole! Whether it's for a Friendsgiving, family dinner, or cozy night in, this timeless recipe is always a crowd-pleaser.

Ingredients:

- 1 can (10.5 oz) cream of mushroom soup
- $\frac{3}{4}$ cup milk
- 1 teaspoon soy sauce (optional for extra flavor)
- $\frac{1}{4}$ teaspoon black pepper
- 4 cups cooked or canned green beans (about 2 cans, drained)
- 1 $\frac{1}{3}$ cups French fried onions (divided)

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix the sauce: In a large bowl, combine the cream of mushroom soup, milk, soy sauce, and pepper. Stir until smooth.
3. Add beans and onions: Stir in green beans and $\frac{2}{3}$ cup of the French fried onions. Mix well.
4. Bake: Pour mixture into a 1½-quart casserole dish. Bake for 25 minutes or until hot and bubbly.
5. Top and finish: Stir the casserole, sprinkle the remaining onions on top, and bake for another 5 minutes or until golden brown.
6. Serve warm and enjoy!



Client Corner

We want to hear from you! Client Corner is a space where we share stories, highlights, and feedback from our amazing clients. Whether it's a recent success, a favorite quote, or a special moment, this is your chance to be featured in our upcoming newsletters.

If you'd like to share, simply click the link below to submit your story—we can't wait to spotlight your experiences!

[Client Corner Submission](#)



November Upcoming Events



This month, RCW is hosting a Thanksgiving Food Drive from November 1-21 to support local families in need.

Nonperishable items can be dropped off in the designated collection box in the office! And stay tuned for our December Angel Tree project, where we'll help bring holiday joy to children in our community.

Stay Connected

We'd love to stay connected with you outside of the newsletter! Follow us on social media for resources, updates, and encouragement:

Instagram: @rcwcare

Facebook: RCW Virginia

If you'd like to make an appointment, virtual or in-person, the quickest way to reach us is by emailing info@rcw.care. You can also visit our website for more information.

As always, please remember that email and social media are not confidential ways to share personal concerns. For your privacy, we encourage reaching out directly through our secure channels when discussing care.

Finally, we want to remind you to practice self-compassion—healing takes time, and you deserve kindness along the way.

