

# HEALTH HUDDLE| OCTOBER 2026



**the power of CHOICE** (a short film to motivate you)  
Anna Engelschall

[WATCH HERE](#)

Watch on YouTube

## LET'S TALK HEALTHY ROUTINES

Structuring your days with  
productive activities and  
sticking with a set schedule  
will keep you moving  
forward

♥  
**I LIKE  
HAVING A  
ROUTINE**

Talk to your teen

- What do your mornings look like?
- Is there room for change that could energize?

[MORE INFO](#)



Routines help prevent  
your mind from focusing  
on anxious,  
unproductive thoughts.

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