Sunpath, LLC

The Advocate

Fall | 2025



Insights and Inspiration for Every Season of Life

Harvesting Hope

As the cooler days of fall arrive, we're reminded that change can be both challenging and beautiful.



Just like the leaves, we all go through seasons, and growth often comes when we allow ourselves to let go of what no longer serves us. At Sunpath, we're here to support you in every season of your journey toward healing and wellness.



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

This month, let's commit to being a source of hope and light. Together, we can help prevent suicide and support those who need it most.



HOW WE CAN HELP

- Ask directly: "Are you thinking about suicide?" Asking does not put the thought in someone's head, it shows you care.
- Listen without judgment: Sometimes the greatest gift we can give is our presence.
- Connect to resources: Encourage professional help and crisis supports.
- Follow up: A simple text or call can make a difference.



Every September, communities across the nation come together to shed light on an often-silent struggle, suicidal thoughts and behaviors. Suicide touches people of all ages, backgrounds, and walks of life, and it remains one of the leading causes of death in the United States. Behind the statistics are real people, friends, family members, neighbors, and colleagues, whose lives matter deeply.

Talking about suicide openly helps reduce stigma and creates space for honest conversations. When we normalize asking for help, we build communities where no one has to suffer in silence.



WARNING SIGNS TO LOOK FOR

- Talking about feeling hopeless or being a burden
- Withdrawing from friends, family, or activities
- Sudden changes in mood, behavior, or sleep
- Increased use of alcohol or substances
- Giving away possessions or saying goodbye unexpectedly

THE POWER OF ROUTINE IN MENTAL HEALTH



As summer fades into fall, daily rhythms shift. For many, this change can bring new stress, kids back in school, darker evenings, holidays approaching. But routines don't have to feel rigid. They can create stability, reduce anxiety, and boost productivity.

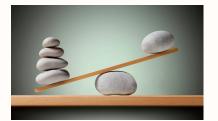
HOW TO GET STARTED:



Start small: Add one consistent habit each day, like morning stretching or a nightly gratitude check-in.



Anchor your day: Tie healthy habits to existing routines. Journal after brushing your teeth, walk after dinner.



Balance flexibility with structure: Routine should support, not restrict. Allow yourself grace when life gets unpredictable.

A healthy routine isn't about perfection, it's about creating rhythms that nourish your body and mind.

NOURISH & FLOURISH

Taking care of our whole selves means feeding our bodies, refreshing our minds, and nurturing our growth. In this section, you'll find a brain-boosting recipe, a reflection activity, and a kids & teens corner. Simple tools to help every member of the family feel supported and inspired.



Packed with omega-3s (walnuts), antioxidants (blueberries), and whole grains (oats), this warm bake supports brain health and mood.

Ingredients:

- 2 cups rolled oats
- 1 tsp cinnamon
- · 1 tsp baking powder
- ½ cup walnuts, chopped
- · 1 cup blueberries (fresh or frozen)
- · 2 cups milk (dairy or almond)
- · 2 eggs, beaten
- ¼ cup honey or maple syrup
- 1 tsp vanilla extract





Activity Corner: Journal Prompt for Reflection

"What is one thing I want to let go of this season, and one new thing I want to invite in?" Take 10 minutes this week to reflect. Write it down, draw it out, or speak it aloud. Let this be your moment of seasonal reset.



Growing Minds: Mindful Pumpkin Breathina

Help kids and teens slow down and practice mindfulness with this seasonal activity:

- · Imagine holding a pumpkin.
- Take a deep breath in through your nose as if smelling the pumpkin pie spice.
- Slowly breathe out through your mouth as if blowing on a candle inside the pumpkin.
- · Repeat 3-5 times.
- > Bonus: Kids can draw their pumpkin after to make it fun!

Instructions:

- 1. Preheat oven to 350°F. Grease a 9x9 baking dish.
- 2. Mix oats, cinnamon, baking powder, walnuts, and blueberries.
- 3. In a separate bowl, whisk milk, eggs, honey, and vanilla.
- 4. Combine and pour into dish. Bake 35-40 minutes until set.
- 5. Serve warm! Perfect for breakfast or a snack.



TEAM SPOTLIGHT: CARING FOR OURSELVES, **CARING FOR OTHERS**

We know that when we show up for each other, we are better equipped to show up for

our community.







This summer, our team has enjoyed:

- ·Wellness activities during staff meetings
- ·Therapeutic Tool Spotlights to build our skills and creativity ·Whitewater rafting adventures to
- challenge ourselves and build trust
- ·Moments of laughter, reflection, and connection together

At Sunpath, we believe that the best way to care for our clients is to also care for ourselves. That's why we intentionally make time for team building, self-care, and shared experiences. These moments strengthen our bonds, keep our work fresh, and remind us that joy and connection are essential parts of mental health.







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