

The Movember Foundation and Men's Health



Men, on average, live five years less than women, often due to health issues that go undetected or untreated. The Movember Foundation was created to tackle this silent crisis by raising awareness around men's health, especially prostate cancer, testicular cancer, and mental health. Every November, men grow mustaches to spark conversation and encourage early action.

Many men delay seeking medical care due to cultural norms that discourage vulnerability, fear of diagnosis, or practical barriers like time, money, and low health literacy. This is especially true for mental health, where stigma prevents many from speaking up, despite men being nearly four times more likely to die by suicide than women.

Chronic illnesses like heart disease, diabetes, and liver disorders also disproportionately affect men, often worsened by lifestyle choices and lack of preventive care. Age-related hormonal changes can further impact sexual and overall health.

Since 2003, Movember has funded over 1,300 projects globally, helping change how men's health is viewed and treated. More than a mustache, it's a movement that challenges stigma, promotes open conversations, and helps save lives.

Plan Ahead for a Stress-Free Holiday

The holiday season can be joyful but can become overwhelming without preparation. Between shopping, travel, and social obligations, stress and burnout can creep in quickly. Planning ahead is key to reducing pressure and making space for a more meaningful experience.

Start by managing your time with a clear schedule for events, shopping, and travel to avoid last-minute chaos. Financial stress is also common, so set a realistic budget early and consider creative, affordable options like handmade gifts or potluck gatherings.

Setting boundaries helps protect your emotional wellbeing. Decide in advance which events to attend, limit time with difficult relatives, and communicate your limits clearly. Prioritizing self-care — through rest, healthy routines, or downtime — is just as important and easier when planned.

Finally, stay flexible. Unexpected changes happen, and a relaxed mindset allows you to adapt without losing sight of what really matters.

By planning ahead, you can shift from reacting to stress to intentionally shaping your holiday season around connection, joy, and peace.



BENEFIT SPOTLIGHT

Is Online Therapy for You?

Online therapy has made mental health care more accessible, offering flexible support for those in rural areas, with mobility issues, or busy schedules. It allows clients to connect with licensed therapists from home, often at lower costs and with greater privacy. Many platforms offer messaging or video options, making therapy more approachable and customizable.

However, online therapy has limitations. Therapists may miss nonverbal cues, like body language or tone, which are important for understanding emotions. Technical issues, like poor internet or software glitches, can disrupt sessions. It may also be less effective for people in crisis or with severe mental health conditions that require in-person care.

Privacy is another concern — clients need secure platforms and private spaces to speak openly. Insurance coverage and therapist licensing laws can also restrict access.

Online therapy offers a modern, flexible, and often effective alternative to traditional counseling. Its accessibility, affordability, and convenience make it an attractive option for many, especially those facing logistical or emotional barriers to in-person care. While online therapy is a great fit for many, it's important to weigh the pros and cons based on your unique needs. With thoughtful consideration and continued innovation, digital therapy can be a powerful tool in mental health care.



LDBLIFESTYLEBENEFITS.COM

BONUS ARTICLE: Using Genetic Testing to Predict Disease and More