

## November Newsletter 2025



See Canyon Trail - Payson, Arizona

### A Season of Gratitude

Welcome,

November is a month for gratitude and reflection. With Thanksgiving on the horizon, it is a special time to pause and appreciate the people, habits, and small joys that nurture our well-being.

This month is also Diabetes Awareness Month, reminding us that thoughtful daily choices like balanced meals, gentle movement, and self-care can have a meaningful impact on overall health. For those living with ongoing conditions, these simple practices can make a real difference in feeling your best.

At Resilient, we are here to help you build healthier habits, find relief, and have a space to be heard.

Wishing you a Thanksgiving filled with gratitude, warmth, and moments of calm.

Warmly,  
The Resilient Team

### HOLIDAY HOURS

#### Thanksgiving Hours



In observance of Thanksgiving, **Resilient Align Pain Solutions** will be **closed Thursday and Friday, November 27 and 28, 2025.**

We will resume regular hours on **Monday, December 1, 2025.**

We hope you enjoy a safe, relaxing holiday filled with joy and fun! Thank you for being part of our community.

Need assistance before the holiday? Call us at **480.999.5171** or email [hello@resilientaps.com](mailto:hello@resilientaps.com)

### ARTICLES OF THE MONTH

#### Facing Fear, Relieving Pain, & Finding Hope



Fear and pain are both part of the human experience. Whether it's the fear of losing control, the constant ache of painful joints, or the persistent worry of long-term health issues, these challenges can weigh heavily on all of us.

Fear and pain often feed off each other creating a vicious and negative cycle. The good news? With the right tools, you can reduce pain, ease fear, and reclaim hope to get back to the life you enjoy living. [Read More](#)

#### What is Diabetes? Types, Symptoms, and Causes



Diabetes occurs when the body has trouble using the sugar it gets from food for energy. Sugar builds up in the bloodstream. High blood sugar can have immediate effects, like blurry vision. It can also cause problems over time, like heart disease and blindness.

There are two main types of diabetes: type 1 diabetes and type 2 diabetes. Both are caused by problems making or using insulin, a hormone that makes it possible for cells to use glucose, also known as blood sugar, for energy. [Read More](#)

### EXERCISE OF THE MONTH

#### Hero's Pose

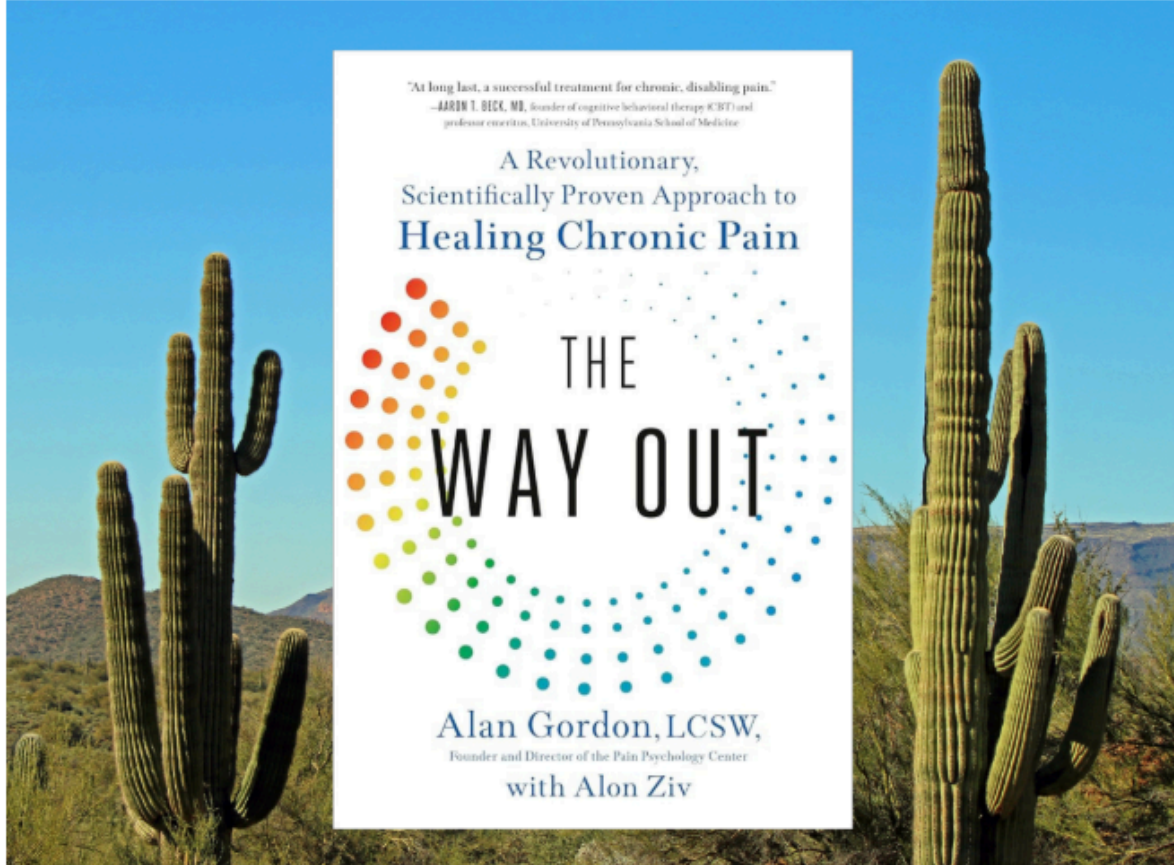


##### Description:

- Kneel on floor and sit back on heels with feet pointed straight back (if you can't sit on your heels you can use a pillow or yoga block between your feet to sit on)
- Keep knees and feet together and put an arch in your lower back by rolling hips forward
- Keep shoulder blades back, relax stomach, and do NOT lean forward
- Hold pose for 1 minute

### JOHN'S BOOKSHELF

#### The Way Out



*The Way Out* by Alan Gordon and Alon Ziv offers a compassionate and science-based approach to understanding and overcoming chronic pain. Drawing on the principles of neuroplasticity, the book explains how the brain can learn to turn down pain signals that are no longer tied to physical injury. Gordon introduces *Pain Reprocessing Therapy (PRT)*, a structured method that helps people change their relationship with pain through awareness, safety, and emotional regulation. Using real-life examples and practical exercises, the book empowers readers to calm their nervous systems, reduce fear, and retrain the brain to move away from chronic pain. It provides a hopeful, accessible path toward lasting relief and recovery.

### BILLIE'S RECIPE OF THE MONTH

#### Carrot Pumpkin Cheesecake Muffins



##### Ingredients:

- 8 oz cream cheese softened
- 2 eggs
- 2 tbsp sugar (can substitute with Swerve or other sweetener alternatives)
- 1 tbsp lemon juice
- 1 package (14 oz) pumpkin quick bread and muffin mix (Pillsbury)
- 1 cup shredded carrots
- ¾ cup milk
- ½ cup raisins
- 2 tbsp avocado oil
- ½ cup chopped pecans
- 3 tbsp butter softened

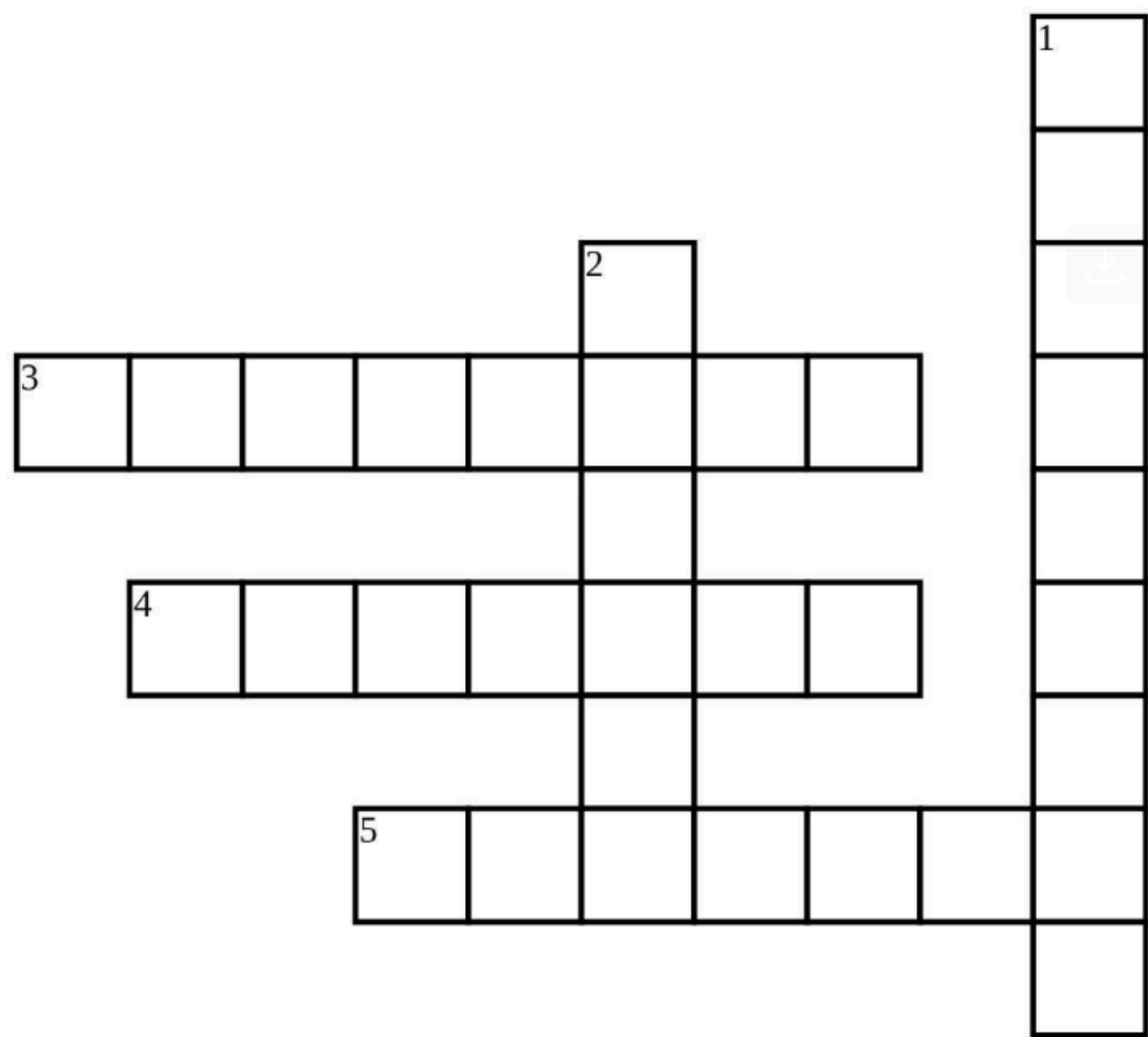
##### Instructions:

1. Heat oven to 350 degrees.
2. Butter or use parchment paper to line a muffin pan.
3. Beat cream cheese, 1 egg, sugar, and lemon juice until smooth.
4. Set aside ½ of muffin mix for topping.
5. Place the rest of the muffin mix in a large mixing bowl. Add remaining egg, carrots, milk, raisins, and oil. Stir until well blended.
6. Fill each muffin cup with ¼ cup batter. Spoon 1 heaping tablespoon of cream cheese mixture into the center of each muffin
7. In a small bowl, combine reserved muffin mix, pecans, and butter. Mix with fork until crumbly.
8. Sprinkle evenly over the cream cheese in each muffin cup.
9. Bake at 350 for 25 minutes. Remove from oven and cool for 15 minutes and then remove from pan and cool on a wire rack.

##### Notes:

Makes 12 muffins. Prep 15 minutes. Bake at 350 degrees for 25 minutes.

### RESILIENT PUZZLES



#### WORD SCRAMBLE

AARTLNIOXE \_\_\_\_\_

ULNISIN \_\_\_\_\_

ERIELF \_\_\_\_\_

UCGLESO \_\_\_\_\_

LACM \_\_\_\_\_

##### Down:

1. Technique often used to reduce fear and tension
2. Emotional or physical tension that can worsen pain

##### Across:

3. Chronic disease affecting blood sugar regulation
4. Feeling often associated with fear of pain
5. Hormone that helps regulate blood sugar

ANSWERS: 1. RELAXATION 2. INSULIN 3. DIABETES 4. ANXIETY 5. INSULIN

Hearing from our clients truly means the world to us. We'd be so grateful if you'd take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

[Google Reviews](#)