

FEATURE ARTICLE

September Reset: Fall Back Into Wellness

By Erika Schwartz, MD
Pioneer in Personalized Hormone and Longevity Medicine



September brings a new season—and a renewed opportunity to invest in our well-being. Recognized as both Healthy Aging Month and Self Care Awareness Month, this time is dedicated to celebrating the positive aspects of growing older while encouraging every adult to prioritize their physical, mental, and emotional health.

Why September Matters

Healthy Aging Month invites us to take charge of our future by supporting physical activity, cognitive sharpness, and meaningful social connections. Recent evidence confirms it's never too late to begin adopting healthy habits—whether you're 45 or 85. Studies show older adults who regularly exercise, engage their minds, and nurture their relationships maintain greater independence and report higher life satisfaction (Jacob et al., 2016; Carlson et al., 2015). Events like Stanford's Healthy Aging 2025 summit highlight the growing body of research supporting brain health, muscle maintenance, quality sleep, and social connection as the pillars of longevity.

The Power of Self-Care

Self-Care Awareness Month reminds us that caring for ourselves isn't selfish, it's essential. Prioritizing rest, stress reduction, proper nutrition, and mindfulness protects both body and mind. Research shows self-care routines—including regular exercise, sleep hygiene, and emotional check-ins—reduce risk of chronic disease and help compress the period of disability later in life ("compression of morbidity"). Even small changes—like adding five minutes of daily stretching or meditating—can make a measurable difference.

Tips for Your September Reset

- Get moving: Incorporate brisk walks, yoga, or strength-building activities to maintain physical function and boost mood.
- Challenge your mind: Try puzzles, take up a new hobby, or connect with others to keep your brain sharp.
- Prioritize sleep: Creating a calming bedtime routine can restore energy and improve health.
- Practice mindfulness: Journaling, meditation, and gratitude exercises build resilience during stressful seasonal transitions.
- Reach out: Social support and community engagement aren't optional; they are proven to help us live longer, healthier lives.

Closing Thoughts

As we welcome September, remember healthy aging isn't about perfection. It's about progress, self-kindness, and making small, science-backed changes that add up. Take this season as your cue to refocus, rebalance, and recharge. It's never too late—or too early—to care for your whole self.

REFERENCES:

- Jacob et al., 2016; Carlson et al., 2015; [*Frontiers in Aging, 2021*] [frontiersin](#)
- Stanford Healthy Aging 2025 [longevity-project+1](#)
- McMaster Optimal Aging, 2023 [mcmasteroptimalaging](#)
- Healthy Aging Month, 2025 [healthyaging](#)