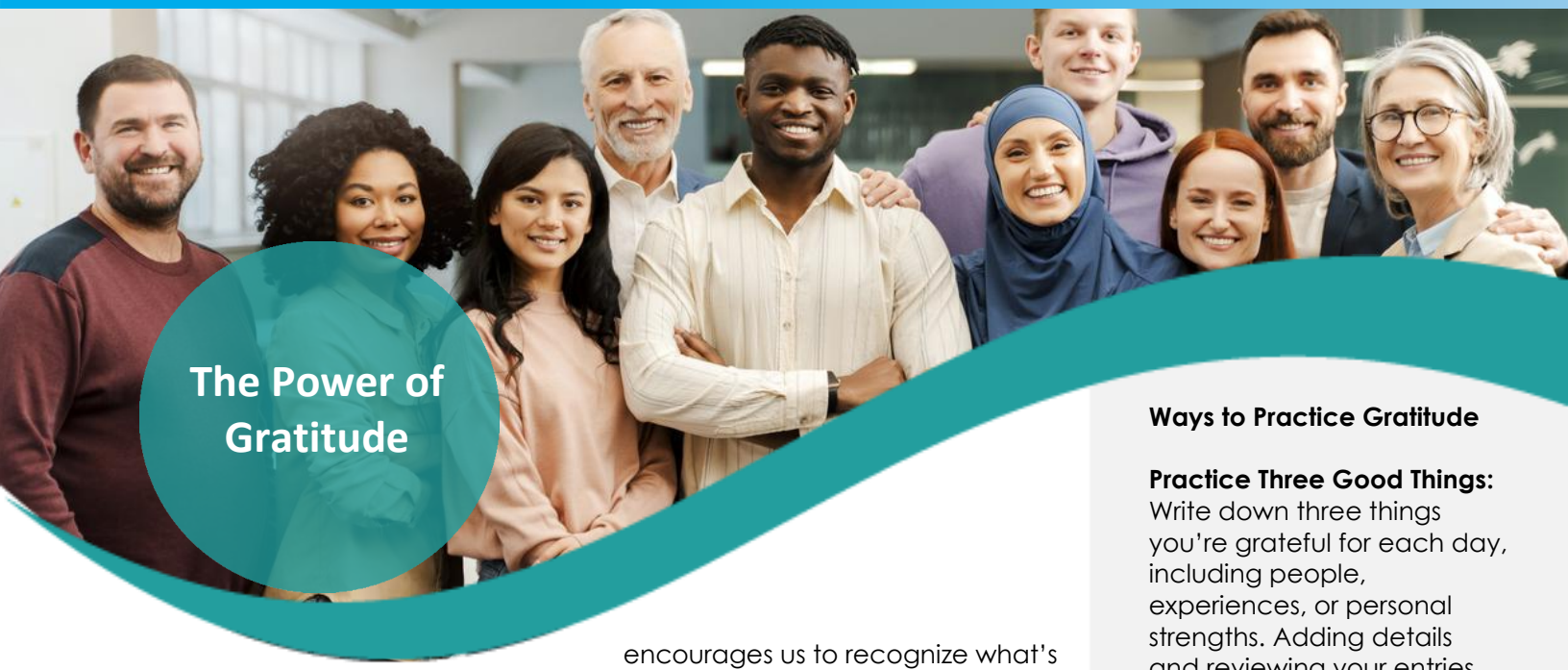
Life, Health and You



The Power of Gratitude

Gratitude isn't just for Thanksgiving. Practicing it throughout the year can help reduce stress, improve our outlook, strengthen relationships, and support emotional well-being. Even taking a moment to appreciate the small things in life can make a difference.

Here are three ways gratitude can positively impact your life and how to make it part of your daily routine.

1. **Gratitude Supports Well-Being**
Taking time to appreciate the good in your life can improve mood, support better sleep, and help manage stress and anxiety. Gratitude can also build resilience, making it easier to navigate challenges and recover from difficult experiences.

2. Gratitude Shifts Your Perspective
It's easy to focus on what's going wrong or wait for the next milestone to feel happy. Gratitude encourages us to recognize what's going well right now. Whether it's enjoying a sunny day, sharing a laugh with a friend, or appreciating a kind gesture, noticing these moments can help create a more positive outlook.

3. Gratitude Strengthens Connections
Expressing appreciation helps build stronger relationships and reminds others that they matter. Taking time to thank family, friends, and coworkers can deepen connections and encourage more positive interactions. By showing gratitude and looking for opportunities to support others, we can strengthen our relationships and make a positive difference in our communities.

Gratitude doesn't require big gestures. By making time to notice the good in everyday life, you can build a more positive outlook and find greater joy in the moments that matter. Sometimes, it starts with two simple words: "Thank you."

Ways to Practice Gratitude

Practice Three Good Things: Write down three things you're grateful for each day, including people, experiences, or personal strengths. Adding details and reviewing your entries before bed can help you focus on the positive.

Write a Thank-You Note: Let someone know why you appreciate them. Expressing gratitude can strengthen relationships and boost happiness.

Know Your ABCs: Think of something you're grateful for that begins with each letter of the alphabet. This fun exercise helps you look for positive things in everyday life.

Make It a Habit: Choose a consistent time to practice gratitude, such as in the morning, before bed, or during your commute. Regular practice can help gratitude become a natural part of your daily routine.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

November is Lung Cancer Awareness month to identify and reduce risk factors.

November is also National Healthy Skin Month to focus on maintaining healthy skin and reducing the risks of skin cancers.

November 1-7th is National Diabetes Education Week which highlights education to reduce risks and manage living with diabetes.

Mental Health Minute



Being Kind to Yourself

If you're having a hard time, celebrate the small steps. Even getting up and caring for yourself is worth acknowledging.
Let go of comparison and remember — you are enough.

- Prioritize some 'me' time, so you can relax and think about how you're feeling and how your day or week has been so far
- Tune out of your social media channels for a day, or even a week
- Treat yourself to something. It doesn't have to be a big thing. Remember, good things come in small packages
- Do something you enjoy, like listening to a favorite song or dancing in your kitchen
- Spend some time with nature. It's great for our mental health.

LIVE MONTHLY WEBINAR:

Living With Gratitude
Date: 11/11/2026 | Time: 1:30 PM to 2:30 PM EST

REGISTER FOR THIS EVENT



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