

Cavaliers Connect

November 2021

The Power of Gratitude

GRATITUDE

noun: the quality of being thankful; readiness to show appreciation and to return kindness

HEALTH BENEFITS OF GRATITUDE

1. IMPROVES SLEEP QUALITY
2. DECREASES BLOOD PRESSURE IN THOSE WITH HYPERTENSION
3. INCREASES YOUR ENERGY LEVELS
4. REDUCES STRESS AND DEPRESSIVE SYMPTOMS
5. HELPS YOU LIVE LONGER

HOW TO SHOW GRATITUDE

1. GIVE OUT COMPLIMENTS
2. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR
3. VOLUNTEER IN YOUR COMMUNITY
4. DO SMALL RANDOM ACTS OF KINDNESS
5. SMILE!

Practicing Gratitude:

People who practice gratitude report:

Fewer physical symptoms of illness

More optimism

Greater goal attainment

Decreased anxiety and depression, among other health benefits.

Gratitude also positively impacts our brains.

Practicing gratitude lights up the brain's reward center. One study found that practicing gratitude by keeping a gratitude journal lights up the ventromedial prefrontal cortex, a key brain region associated with reward processing in the brain.

Important Dates

November 3
World Kindness Day

November 11
Veteran's Day

November 16
End of Grading Period

November 25
Thanksgiving

G r a t i t u d e
c h a n g e s
e v e r y t h i n g

25 DAY GRATITUDE CHALLENGE

1. Someone you're thankful for
2. Something that makes you smile
3. A food you love
4. Someone that goes unnoticed
5. A favorite book and movie
6. A favorite animal
7. Something unique about you
8. Something beautiful
9. Something that challenges you
10. Beautiful art
11. Something happy
12. A favorite song
13. Something funny
14. Something unique
15. Your favorite foods
16. Something that's helped you
17. Someone in your family
18. A favorite sound
19. Something sweet
20. Freedom
21. A good friend
22. A favorite smell
23. Someone who has taught you something
24. Someone who has helped you
25. Someone you love

Natural
BEACH X LIVING

gratitude
MAKES SENSE OF OUR PAST,
BRINGS peace FOR TODAY,
AND CREATES A vision
FOR TOMORROW.

— MELODY BEATTIE

Benefits Of Gratitude

- Provides happiness that lasts
- Improves physical health
- Improves mental health
- Facilitates better sleep
- Strengthens self-control
- Facilitates social well-being
- Helps career and life goals

