

## 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 HOW TO SHOW OF GRATITUDE GRATITUDE

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

- GIVE OUT COMPLIMENTS
- MAKE A LIST OF THINGS YOU ARE
- 3. <u>VOLUNTEER</u> IN YOUR COMMUNITY
- 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 II Veteran's Day

November 16 End of Grading Period

> November 25 Thanksgiving

# 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 KLIVING

## gratitude MAKES SENSE OF OUR PAST,

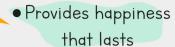
BRINGS peace FOR TODAY,

AND CREATES A VISION

FOR TOMORROV

- MELODY BEAT

Benefits Of Gratitude



• Improves physical health

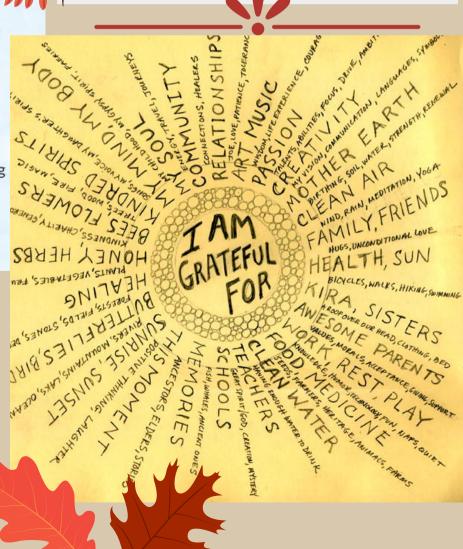
Improves
mental health

• Facilitates better sleep

Strengthens self-control

Facilitates social well-being

 Helps career and life goals



@thatsprettywoo