

THRIVING TIMES; Your Health and Wellness Dispatch

November: Embracing the Gratitude Attitude

Welcome to the November edition of my Thriving Times Community!

As the days get shorter and the year begins to wind down, November presents a perfect opportunity to focus on gratitude and giving back. In honour of National Gratitude Month and World Kindness Day on November 13, let's explore the impact gratitude can have on our well-being and discuss ways to bring more kindness into our lives and communities.



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Gratitude isn't just a feeling; it's a practice. By actively focusing on what we're thankful for, we can transform our outlook and enhance our quality of life. Let's explore a little around the science behind gratitude, how to make it a daily habit, and the joy of giving back.

The Health Benefits of Practicing Gratitude

Research shows that practicing gratitude can improve physical and mental health. Gratitude can:

- Boost mood and reduce symptoms of depression and anxiety.
- Improve sleep quality, helping you feel more refreshed and energised.
- Strengthen relationships, as expressing appreciation fosters deeper connections.
- When we focus on what we're thankful for, our brains release dopamine and serotonin, the "feel-good" neurotransmitters. This simple shift in mindset has a powerful ripple effect on our overall well-being.

<https://linktr.ee/uniquewellth.coach>

Ways to Express Gratitude Daily

Building a gratitude practice doesn't have to be time-consuming. Here are some small ways to incorporate gratitude every day:

- **Start a Gratitude Journal:** Take a few minutes each day to write down three things you're thankful for.
- **Mindful Moments:** Pause to appreciate small moments throughout your day, like a warm cup of tea or a beautiful sunset.
- **Express Appreciation:** Tell someone why you appreciate them, whether it's a friend, family member, or colleague. Small gestures of thanks can mean a lot.
- **Volunteering and Giving Back to the Community:** In addition to cultivating gratitude for what we have, why not think about giving back. Volunteering connects us to our communities and can increase feelings of purpose and fulfilment. Whether it's helping a local charity, supporting a food bank, or simply lending a hand to a neighbour, every act of kindness counts. And I speak from the heart when I say this is something I get so much out of in my role as a frontline volunteer with the Ambulance Service, I am so grateful to be able to support my community in this way.



This is me receiving The Kings Coronation Medal from the local town Mayor, for my service to the Ambulance Service as a Community First Responder.

You could even consider making volunteering a regular part of your routine. The benefits extend beyond those we help, giving back can boost our sense of belonging and help reduce stress.

Cultivating a Positive Mindset

A gratitude-focused mindset helps us navigate life's challenges with resilience. When we focus on the positives, even in difficult times, we strengthen our capacity for a hopeful, solution-oriented approach. Practicing gratitude doesn't mean ignoring challenges, but rather, building the habit of seeing the good amidst the difficulties.

Date for the diary

World Kindness Day (November 13): A day to celebrate kindness and the impact of small, thoughtful actions. Consider performing a random act of kindness and encourage others to do the same!

A warming autumn recipe:



INGREDIENTS

15ml olive oil
1 onion
1kg beef mince
15ml flour
1 large carrot, chopped
125ml tomato puree
15ml Dijon mustard
45ml soy sauce
375ml organic beef stock
300g chickpeas, drained and rinsed
200g green beans, diced
4 large black mushrooms
90g grated cheese
Vegetarian? Swap in your favourite lentils or pulses for the mince - cook as per their specific guidelines.

MINCE STUFFED MUSHROOMS

METHOD

1. Cook the onion in olive oil for 5 minutes
2. Add mince and cook until brown and crumbly
3. Stir in flour and cook for 1 minute
4. Add carrot, tomato puree, mustard, soy sauce and beef stock
5. Bring to a simmer, cover and cook for 10 minutes
6. Add the chickpeas and cook for a further 10 minutes, uncovered
7. Use 1/3 of the mince for the stuffed mushrooms the rest may be frozen for another meal
8. Preheat the oven to 200 ° Celsius
9. Place the mushrooms onto a baking tray
10. Spoon the mince mixture into the centre of each
11. Top with cheese
12. Bake for 15 minutes
13. Enjoy with a fresh green salad

And finally, I have a lovely 30 day list to inspire you to embrace gratitude, this is designed for late November, for the lead up to Christmas festive season which can be a challenging for many. Email me if you'd like this resource sent through to you, just add "Gratitude inspiration" to the email title.

Wishing You a November Full of Thanks and Giving Back!

Samantha