

DID YOU KNOW??

November 2019

THE BENEFITS OF BEING THANKFUL

Besides sharing time with family and friends over food, the primary ingredient of the American Thanksgiving holiday is *gratitude*. While it's certainly good to have an annual holiday to remind us to express gratitude, there's much to be said for the benefits of cultivating the spirit of thankfulness year-round.



People who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. Scientists have even noted that gratitude is associated with improved health.

Experts in this field recommend the following:

- Harness the positive power of gratitude by keeping a gratitude journal or list, where you actively write down exactly what you're grateful for each day. In one study, people who kept a gratitude journal reported exercising more, and they had fewer visits to the doctor compared to those who focused on sources of aggravation.
- Starting each day by thinking of the things you have to be thankful for is one way to keep your mind on the right track. Keep in mind that your future depends largely on the thoughts you think *today*. So, each moment of every day is an opportunity to turn your thinking around, thereby helping or hindering your ability to think and feel more positively in the very next moment.

Most experts agree that there are no shortcuts to happiness. Even generally happy people do not experience joy 24 hours a day. But a happy person can have a bad day and still find pleasure in the small things in life.

Be thankful for what you have. When life gives you a lot of reasons to cry, remember the many reasons you have to smile. Face your past without regret; prepare for the future without fear; focus on what's good *right now*, in the present moment, and practice gratitude.

Excerpt from Articles by Dr. Mercola; Dr. P. Murali Doraiswamy



Happy Thanksgiving from the Reitman Staff