

WELLNESS WEDNESDAY: 11.13.19

Gratitude Journal

Why You Should Try It

It's easy to take the good things and people in our lives for granted, but research suggests that consciously giving thanks for them can have profound effects on our well-being and relationships. This exercise helps you develop a greater appreciation for the good in your life. In fact, people who routinely express gratitude enjoy better health and greater happiness

How To Do It

There's no wrong way to keep a gratitude journal, but here are some general instructions as you get started. Write down up to five things for which you feel grateful. The physical record is important—don't just do this exercise in your head. The things you list can be relatively small in importance ("The tasty sandwich I had for lunch today.") or relatively large ("My sister gave birth to a healthy baby boy."). The goal of the exercise is to remember a good event, experience, person, or thing in your life—then enjoy the good emotions that come with it.

[CLICK HERE](#) for complete instructions on this activity. There are 3 tabbed sections: Why You Should Try It, How To Do It and A Quiz

National Diabetes Awareness Month

- Across **Montana** about [77,000](#) adults have been diagnosed with [diabetes](#) and many others are living with the disease, but don't know it.
- [Diabetes Self-Management Education and Support \(DSMES\)](#) services can help people learn to **manage** their diabetes and **reduce** the risk of diabetes-related health problems!
- Learn more about how to [live with](#) and **manage** your diabetes and find Diabetes Self-Management Education and Support resources near you by using our [guide and interactive map](#).

Healthy Thanksgiving Recipe Options

Visit the following sites for tasty yet healthy recipes!

- Food Network <https://www.foodnetwork.com/thanksgiving/photos/healthy-thanksgiving-recipes>
- Eating Well <http://www.eatingwell.com/recipes/18000/holidays-occasions/thanksgiving/>
- Cooking Light <https://www.cookinglight.com/entertaining/holidays-occasions/thanksgiving-healthy-menu-recipes>

YOGA – Special Class Offering

Our GFPS YOGA Instructor, Lisa Moore is planning a special Gratitude Yoga class on Thanksgiving morning 9:00-10:30 am. The class will take place at her studio Free To Be Yoga, located at 1415 Northwest Bypass. Here is a brief description of this special class:

Gratitude Yoga - A Thanksgiving Day donation-based class to show our gratitude for how truly blessed we are. Care for yourself and others by moving the body and stilling the mind through yoga. Let's come together to support local veterans who need housing in our community. Donations will go to the Grace Home. [Click here](#) to view the flier.

Welcome to Stress FUNDamentals – Final Week (Source: BCBS)

For the past 5 weeks we have shared resources to help manage stress. If you missed them or haven't had time to view, you may access the archived resources below. This week is all about Holiday Stress and includes several tip sheets.

[Have A Happy Healthy Holiday Season](#)

[Holiday Stress - Put peace back in your holidays.](#)

[Holiday Survival Tips](#)

[Holiday Budgeting](#)

[Click here to access archived resources.](#)

Launch week (10-9-19): Start the program with a personal contract and weekly schedule of topics.

Week #1 (10-16-19): Address Stress, Stress Assessment, Physical Effects of Stress, Stress Less, Time Management

Week #2 (10-23-19): Sleep & Stress, Sleep Assessment, Sleep Log Sheet, Sleep Tips, Relaxation Tips

Week #3 (10-30-19): Stress relief is a laughing matter, Laugh More, Embrace Laughter

Week #4 (11-6-19): Financial Stress-It's Not A Bed of Roses, Financial Stress General Tips, Budget Your Budget, Tips On How to Save, Tips on How to Tame Your Urge to Splurge

Week #5 (11-13-19): Work Life Balance, Everything In Its Place, Switch to the Slow Lane, Parent Balance, Elder Care

2019 Holiday Challenge – You Can Still Join

The Eat Smart, Maintain Don't Gain Holiday Challenge has begun and will run through December 31st. Now's the time to encourage your friends and family to join the Holiday Challenge with you - having a support system can make all the difference! All Holiday Challenge material will be delivered directly to your inbox when the program begins. You can participate as little or as much as you would like to. We have seen that the more you participate, the more likely you are to maintain or lose weight. Registration does not close and you may sign up at any time. Click this link to register: <https://esmmweighless.com/holidaychallenge/>

As always: Visit the Employee Wellness Website

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

As always: Visit the Student Wellness Website

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness