

# Wellness Wednesday – On Tuesday: 11.26.19

Happy Thanksgiving from the GFPS Employee Wellness Team! Enjoy time with family and friends. Plan to take a look at the gratitude journal below.

## Gratitude Journal

Just in case you missed this last week, we are sharing again!

### 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

## Practicing Food Safety this Holiday Season

- [1 in 6 Montanans](#) become ill with a foodborne illness every year; to protect yourself and those around you, practice the [four steps of food safety: Clean, Separate, Cook, and Chill](#).
- [Rinse your vegetables and fruits](#) before eating, and make sure to wash your hands before, during, and after cooking, and be sure to [cook your meats safely](#).

If you are sick with vomiting or diarrhea, [avoid cooking food for others and stay home until two days after symptoms have stopped](#).

## Fitness Closures For Thanksgiving Break

The Fitness Center, ZUMBA, Circuit Training and Water Exercise classes are all cancelled from Wednesday, November 27 to December 1, 2019. All offerings will resume the week of December 2, 2019.

## 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.