



# Health Corner

November 2023

## GRATITUDE – THE PSYCHOLOGICAL AND PHYSICAL BENEFITS

People who consciously practice gratitude tend to be happier and less depressed. Following are some insights about the psychological benefits of a gratitude practice:

### **Gratitude can help release negative emotions**

*Shifting your attention away from toxic emotions, such as sadness, anger, resentment or envy can help better your outlook on life.*

*By focusing on how grateful you are for the blessings in your life you make it much harder for you to dwell on the negative experiences.*

### **Gratitude may have lasting effects on the brain**

*Expressing gratitude on a regular basis may have lasting effects on the brain. Scientific findings suggest that practicing gratitude may eventually help train the brain to be more sensitive to the experience of gratitude, which could contribute to improved mental health in the long run.*

Studies have shown that there is not just a relationship between gratitude and your emotional health, but that it can also have a positive effect on your physical health:

- Gratitude may help reduce Blood pressure – A weekly gratefulness practice may help decrease blood pressure
- Being grateful may alleviate pain - People who practice gratitude may feel pain with lower intensity and in fewer places in their bodies.
- Gratitude can help improve sleep – A quick gratitude journaling exercise before bed can increase sleep quality.
- Gratitude may boost your immune system – People who engage in regular gratitude practice have lower levels of stress hormones like cortisol and more disease-fighting cells in their bodies, both of which results in a better immune response.



## **Gratitude practices**

Are you ready to cultivate a habit of gratitude in your life? The following are some easy practices you can start right away:

Write a gratitude letter

- This might be one of the most powerful gratitude exercises, because it not only impacts you, but also the receiver of the letter.
- Write a hand-written letter to a person you are particularly grateful to have in your life.
- Try to be very specific about how their qualities have made your life better.

Practice a gratitude meditation

- Think about "What am I really grateful for?" Vividly visualize the memory of this positive experience and enjoy it as if it was happening in this very moment.

Write a gratitude journal

- At the end of the day, take a moment to reflect on 3 things you are especially grateful for and write them down.

## Did you know?

Papaya is high in fiber and water content, both of which help to prevent constipation and promote regularity and a healthy digestive tract.

Also, papayas contain an enzyme called papain that aids digestion, while other enzymes help protect the tissues of the digestive tract



# BODY & MIND smart

## NO COOK CHOCOLATE PUDDING

Avocado is rich in health fats and known to reduce the risk of obesity, diabetes, heart disease, and overall mortality while promoting a healthy complexion and hair, increased energy, and weight moderation.

And as a surprising twist, it makes a wonderful dessert for your Thanksgiving dinner:

### Avocado chocolate pudding

#### Ingredients (serves 4-6):

- 3 Avocados
- 6 Tbsp. organic cocoa powder
- ¼ cup organic raw honey
- 1 tsp. organic pure vanilla extract
- Sea salt to taste

#### Preparation:

- Puree avocados in a food processor or blender. Add cocoa powder, honey and vanilla and blend until smooth.
- Transfer pudding to dessert bowls and sprinkle with sea salt before serving.



# SAFETY smart

## NOVEMBER 5 TO 11 IS DROWSY DRIVING PREVENTION WEEK

Just like drunk, drugged, and distracted driving, drowsy driving is a real public health issue, causing thousands of car crashes each year. When you drive without adequate sleep, your motor skills are seriously impaired.

Microsleeps occur when a person falls asleep for a few seconds, increasing the risk of a collision or running off the road. Even just driving while fatigued can result in accidents.

Following we share some safety tips to avoid the dangers of drowsy driving:

- Limit your hours driving.
- Break a long trip into smaller trips or bring a buddy who can help you drive.
- Avoid driving at night and early afternoon.
- Get a good night's sleep before you travel.
- Watch for warning signs that you are too drowsy to drive. Examples:
  - frequent yawning,
  - feelings of dozing off,
  - tired eyes, drifting into other lanes
  - inability to remember the last few miles or minutes of driving
  - missing a sign or exit.



➤ **If you notice any of these signs, pull over and rest**