

4 REASONS TO BE THANKFUL THIS NOVEMBER



With Thanksgiving right around the corner, November is a great time to reflect on what you are thankful for!

Giving thanks for the family, friends, and other blessings in your life is a great way to promote a positive mindset. Here are a list of 4 reasons to be thankful, regardless of what is happening in your life.

Reason 1: Your breathe

While this may be a cliché start to our list of reasons to be thankful, breathing is something we often take for granted. but there are numerous reasons to be thankful for this simple yet powerful behavior we do everyday. Firstly, every breath we take provides our body with life-sustaining oxygen, keeping us alive and healthy. It's a reminder that we are alive and have the opportunity to experience all that life has to offer. Breathing mindfully can also serve as a powerful tool for managing stress and anxiety, helping to calm our minds and find moments of peace in our busy lives.

Reason 2: Growth

Growth, both personal and emotional, is a powerful reason to be thankful on our mental health journey. Each step we take towards self-improvement, no matter how small, is a victory in itself. It's a reminder that we have the capacity to learn, adapt, and become better versions of ourselves. Celebrating our growth can boost our self-esteem and motivation. So, be thankful for the progress you've made and the journey ahead, as it's a testament to your resilience and inner strength.

Reason 3: Food

Food is a fundamental source of gratitude that often goes unnoticed. It's a daily reminder of our ability to nourish and take care of ourselves. Enjoying a meal can bring comfort and pleasure, connecting us to our senses and the present moment. Additionally, food is a symbol of abundance and the support of our basic needs, which can alleviate stress and anxiety. It also serves as a way to celebrate and bond with loved ones, fostering social connections and happiness.

Reason 4: Family and Friends

They offer support during tough times, lending a listening ear and a caring heart when we need it most. The laughter and shared moments with loved ones bring joy and happiness into our lives. They provide a sense of belonging and connection, which can be helpful with life faces us with challenges and stressors.

What are YOU thankful for this November?

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.