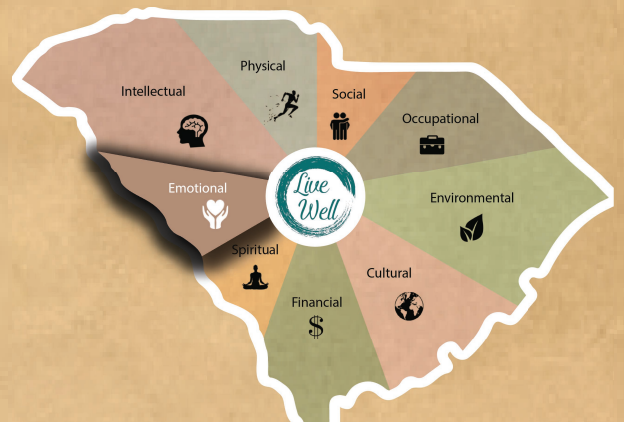


LiveWell Newsletter

Gratitude

“The quality of being thankful; readiness to show appreciation for and to return kindness”



Taking in the good for just a few minutes each day enhances immunity mood & sleep.

Want to know more about why gratitude works?

<https://www.youlivewellccu.com/matter/article/824>

Actions you can take to demonstrate gratitude:

- 🌀 Create a Gratitude Journal by writing down something every day for a month (or year!) that you are thankful for;
- 🌀 Volunteer your time to your favorite cause or charity;
- 🌀 Make a donation, such as food to a local food pantry.
- 🌀 Perform a random act of kindness
- 🌀 Send a thank you note to someone

Practicing gratitude can have long-lasting effects on your health, from lowering blood pressure to strengthening immunity, say researchers at the University of California-Davis. But what does it mean to practice gratitude? For more, see article – The Power of Practicing Gratitude:

<https://www.fyp365.com/the-power-of-practicing-gratitude/>

Cooking for the holidays? Try some of these healthy recipes!

- <https://www.fyp365.com/recipes/pumpkin-sweet-potato-apple-bisque/>
- <https://www.fyp365.com/recipes/apple-pecan-salad/>
- <https://www.fyp365.com/recipes/turkey-meatloaf-with-tomato-ginger-chutney-2/>



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