



SmartFHR Newsletter



Gratitude Affects Health

In our constantly busy lives, it can be easy to overlook the simple act of gratitude. Practicing gratitude can impact our physical and emotional health as well as improve our relationships and overall outlook on life. Try using some of the following to help with practicing gratitude:

Keep a gratitude journal: One of the simplest and most effective ways to practice gratitude is by keeping a journal. Dedicate a few minutes each day to write down a few things that you are grateful for.

Practice mindful appreciation: Incorporate mindfulness into your day by pausing to appreciate the things around you.

Express gratitude to others: Reach out to those who have positively impacted your life to express gratitude.

Reflect on challenges: Gratitude isn't always celebrating good times but can also be about finding the silver lining in challenging situations. Reflect on these difficult times and consider lessons that were learned and how that helped your personal growth.

Volunteer and give back: Engaging in acts of kindness can help provide a sense of fulfillment as well as highlighting the privileges you have, leading to a deeper appreciation.

Remember that when practicing gratitude there is no one-size-fits-all approach. What matters most is finding methods that align with your lifestyle.

Learn About the SmartFHR™ App: Wellness Programs

Wellness programs help you stay on track and meet your goals by providing daily tasks to complete. You can choose from several topics including weight management, physical wellbeing, emotional wellbeing, and financial wellbeing to help you accomplish what is most relevant to you.

Healthy Recipe: Turkey or Chicken Wild Rice Soup

Looking for a way to use up those Thanksgiving leftovers? Read more at [Turkey or Chicken Wild Rice Soup - Food & Nutrition Magazine \(foodandnutrition.org\)](#)



Gratitude

Learn about the benefits of practicing gratitude: Read more at [How to Practice Gratitude - Mindful](#)

Food Safety

Tips for keeping your food safe: Read more at [Keep Food Safe | FoodSafety.gov](#)

