



November is National Gratitude Month



THERE IS
always
always
something to be
GRATEFUL FOR

Why is gratitude so important?

Saying *thank you* is nothing new. But practicing GRATITUDE — regularly focusing on the positive parts of your life — is about more than having good manners. It can be a powerful health habit.

Research shows that practicing gratitude — 15 minutes a day, five days a week — for at least six weeks can enhance mental wellness and possibly promote a lasting change in perspective. Gratitude and its mental health benefits can also positively affect your physical health.



Some Benefits of Gratitude

- Reduces depression
- Lessens anxiety
- Supports heart health
- Relieves stress
- Improves sleep



Gratitude is most
powerful when shared.



November is National Gratitude Month

Gratitude Journals

Keeping a gratitude journal can enhance your overall wellbeing, helping you nurture your mental, emotional, and physical health. Researchers have found that people who regularly write in a gratitude journal tend to feel happier and experience fewer feelings of loneliness and isolation. By writing down what you're grateful for, you're training your brain to notice the good. The more you recognize the good, the more *good* you're likely to find in your everyday life.

Whether you're looking for a mood booster, a stress reliever, or a way to improve your relationships, gratitude journaling can be a rewarding practice in your daily routine.



A gratitude journal is a place to write down everything you feel thankful for in your life. This can be as simple as a sunny day, a good meal, or a smile from a stranger. The key is to focus on the positives—the things that bring you joy and comfort.

Enjoy the little things, for one day
you may look back and realize
they were the big things.

Robert Brault



We are here for you.



THE RIZZI GROUP
EXPERIENCE THE RIZZI DIFFERENCE

We are honored to care for you!

www.TheRizziDifference.com