

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

NOVEMBER 2024

Grateful Mind Grateful Body

The month of November is often associated with being thankful. Showing and verbalizing gratitude can be beneficial for our cognitive and physical health. Practicing gratitude can help improve mood, immunity, and sleep, and it has been shown to decrease chronic pain and disease, depression, and anxiety. Check out the article link in our *community events and links page* below to see some tips from The American Heart Association about getting started with a simple gratitude practice.



Guilt-free Feast

Holidays that are centered around large meals don't have to come with a sense of guilt. Below are some tips to help you enjoy your meal without experiencing food guilt:

- Find time to exercise or take a few walks throughout the day
- Practice adding only small portions to your plate
- Forgive yourself if you eat more than you planned
- Make a plan to take leftovers to enjoy the next day instead of overindulging
- Listen to your body
- Hydrate throughout the day
- Try to avoid skipping meals
- If you get off track, make it a priority to get back on track with nutrition and exercise the next day
- Remember, everything in moderation is okay, don't skip out on tasting your favorite dishes to avoid extra calories for one day

Dates and Events

- 11/3 - Daylight ST ends
- 11/9 - DASH in Life 5k
- 11/11 - Veterans Day
- 11/23 - Space Coast Basket Brigade
- 11/28 - Thanksgiving Day
- 11/28 - Cocoa Beach Turkey Trot



Click [HERE](#) for community events and links

988 SUICIDE & CRISIS
LIFELINE

A Journey to Resilience
A program of Space Coast Health Foundation
& Lifetime Counseling Center