

# The Monthly Thrive



**Thrive Within**

By Lifetime Counseling Center

**NOVEMBER 2025**

## Thankful Thinking

November is a time to remember all of the things we have to be thankful for. Let's start off with a huge "thank you" and celebration of our veterans this Veterans Day!

This month is a reminder to focus on gratitude in our life. So often we get stuck on negatives and things that don't go our way. That mindset can take a toll on our physical and mental wellbeing. When we reframe to focus on the positives, big or small, our mind is better able to recognize all of the good things in our life rather than focusing on the bad.

Take some time this month to focus on the things you have to be thankful for each and everyday.



## Cozy Coping Skills

Cozy season is here! As we move closer to cooler weather, it's a great idea to add some coping skills to our routine as we encounter holiday stress and the possibility of the winter blues or seasonal affective disorder. Help yourself to rest and reset by trying out some of these cozy ideas this month:

- Find a new book to read for fun
- Enjoy a warm coffee, tea, or cocoa outside
- Go for a walk a couple times a week
- Write a gratitude journal
- Put aside time to watch your favorite feel-good movie wrapped in your coziest blanket
- Make some seasonal baked goods
- Go on a nature walk
- Complete a nature scavenger hunt
- Paint a fall picture
- Step away from electronics for a day
- Put your phone away while spending time with your loved ones



## Dates and Events

- 11/2 - Daylight Saving Time Ends
- 11/8 - Out of the Darkness Walk
- 11/11 - Veterans Day
- 11/12 - FREE Trauma Informed Care Training
- 11/24 - 11/28 - BPS schools closed
- 11/27 - Turkey Trot 5k
- 11/27 - Happy Thanksgiving

*Veterans Day*



*Happy Thanksgiving*

**988** SUICIDE & CRISIS LIFELINE

*A Journey to Resilience*  
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