

Weekly Wisdom

Grow the Green for You and Your Team



“I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude.” -- Brene Brown

Celebrate the Season with a Gratitude Buddy

If you've been here for a while, you know the power of gratitude to foster positive emotion. Gratitude is a building block of wisdom and well-being.

Gratitude has many health benefits:

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

Remember: Our focus is our fate. What you look for grows, whether it's good or bad - it's our choice.

There are many ways to begin a gratitude practice, and a fun one is with a “gratitude buddy.”

Choose a friend, co-worker, or family member and commit to sharing three gratitudes each day from now until Thanksgiving. You can text each other at the end of the day, or if it's someone you see daily, you can share in person. Be creative! Send photos, drawings, or even poems or haikus!

This is the perfect time to try a dose of “Vitamin G”!