



Share an Attitude of Gratitude



Thanksgiving always has us thinking about thankfulness, but did you know that practicing gratitude has proven mental health benefits? Harvard did a study with two test groups – one that wrote a list of things that they were thankful for each day, and another that wrote little annoyances they experienced throughout the day. At the end of the 10-week study, the group that practiced gratitude felt more optimistic and happy about their lives. During this month of Thanksgiving, give it a try and see how you feel!

Read more: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

World Kindness Day

Did you know that World Kindness Day is November 13th?

This international holiday was formed in 1998 with the goal of giving everyone an opportunity to be kind. This year, why not celebrate World Kindness Day as a family?

Here are some ideas we love:

- Take a treat to your local police or fire station.
- Rake leaves for an elderly neighbor.
- Send a letter to out-of-state family.
- Pick up trash at a local park.
- Write a thank you card to your favorite teacher or staff member!

Be KiND



Fall Fun in the Outdoors

Fall is the perfect time to take the family outdoors! Some studies show that nature has mood boosting benefits. Ready to hit the trails? Most local park districts post trail maps to their websites that you can use to plan a family-friendly fall hike.

Add some flavor to the fun with a homemade trail mix you can make together:

<https://www.parenting.com/food-recipes/trail-mix-recipe/>

Read more:

<https://news.stanford.edu/2015/06/30/hiking-mental-health-063015/>



Food Focus: Vitamin C

When it comes to Vitamin C, it's easy to "see" the benefits!

Vitamin C is an antioxidant found in many fruits and vegetables. Maybe you've heard of the phrase "free radicals?" These are cell-damaging molecules we're exposed to in our daily lives. Unfortunately, free radicals are unavoidable—but antioxidants like Vitamin C protect cells from the damage caused by free radicals.

Where can you find Vitamin C?

Fresh and frozen fruits and veggies are great options. Here's a list of fruits and vegetables that pack the biggest punch:

- Citrus fruits
- Berries
- Potatoes
- Tomatoes
- Peppers
- Cabbage
- Spinach
- Broccoli
- Brussels sprouts

Vitamin C Smoothie

If your child eats a variety of fruits and vegetables, the odds are they're getting enough Vitamin C in their diet. But if you're not sure, here's a smoothie recipe that can help you serve some Vitamin C up with a smile:

- 1/2 cup plain yogurt, dairy or nondairy
- 1/3 cup milk of choice
- 1 cup strawberry chunks
- 1 cup cantaloupe chunks
- 1 peeled orange, in wedges
- 2 tablespoons honey
- handful of ice cubes

Directions:

Put all ingredients in blender, blend until smooth, and serve!

Sources: <https://www.mayoclinic.org/drugs-supplements-vitamin-c/art-20363932> and <https://happyhealthymama.com/vitamin-c-fruit-smoothie.html>

