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“Being grateful does not mean that everything is necessarily good. It just means that you can accept it as a gift.” — Roy T. Bennett

Practice Gratitude



National Gratitude Day September 21st

Gratitude has the power to transform our relationships, mood, outlook on life, and even our physical health. Here are some ways to celebrate:

- Get together with family and/or friends for a gratitude-themed meal or event.
- Start a gratitude journal or review and share your past gratitude journal entries.
- Write and send thank you notes to people you appreciate most.
- Give someone a thank you gift (or have something delivered to them).
- Create a thank you video montage from a group to someone special.
- Challenge yourself to 30 days of gratitude
- The goal of the day is really to count your blessings. So, use it as an opportunity to acknowledge the things and people you are grateful for—whether they are co-workers, family members, or your favorite cookies.

Benefits of Practicing Gratitude

1. Emotional Benefits

Five minutes a day writing in a gratitude journal can increase your long-term well-being by 10%, just as much as *doubling* your income!

2. Social Benefits

Research reveals people who are 10% more grateful than average have 17.5% more social capital, that's significantly better relationships and networking.

3. Health Benefits

Studies show gratitude can lower blood pressure, pain, and bad health symptoms. It can also increase energy, recovery speed, exercise time, quality sleep time, and possibly even lifespan.

4. Career Benefits

Gratitude makes you a more effective manager, networker, decision-maker, and mentor. It also increases productivity.

5. Personality Benefits

Gratitude reduces feelings of envy, strengthens optimism, boosts confidence, and helps us bounce back from stress.

Healthy Aging



Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach.

Factors that Can Promote Healthy Aging

- **Get Moving-** physical activity is a cornerstone of health aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.
- **Prioritize Nutrition-** Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function. Research shows that the Mediterranean-style eating pattern, may have a positive impact on health.
- **Sleep Well-** getting good sleep is associated with lower rates of insulin resistance, heart disease, and obesity. Sleep can also improve your creativity and decision-making skills, and even your blood sugar levels.
- **Be Social-** Several recent studies show that older adults who are socially isolated or feel lonely are at higher risk for heart disease, depression, and cognitive decline.
- **Manage Stress-** Research shows that constant stress can change the brain, affect memory, and increase the risk of developing Alzheimer's or related dementias.
- **Keep your Hobbies-** Your favorite activities are not only fun — they may also be good for your health. Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems.

Fruits and Veggies – More Matters!

Tips to get more fruits & veggies in your life:

1. Try a new veggie recipe – try the recipe with a new vegetable.
2. Keep a bowl of fruit handy where the entire family can see it.
3. Cut up fruits and veggies to grab and eat on the go. It's easy to forget about the bag of carrots at the bottom of your fridge. Get them cleaned in a bowl, front and center, and bring out during snack and meals times.
4. Try pre-cut packages of fruit and veggies for a healthy snack in seconds.
5. Sauté veggies with olive oil and add your favorite spices. Dunk them in your favorite dressing, hummus or dip.
6. Throw cucumbers or grapes into a bag and take them with you for an easy snack on the go. The tiny versions of most vegetables actually tend to be sweeter and have more flavor in each bite.
7. Whether it's strawberry-banana, green tea and blueberry, or a fruit and veggie mix, smoothies are an easy way to drink up your fruit and veggie servings.
8. Toss in a handful of greens! Throw in a handful of spinach or kale to your taco meat, pasta, or stir fry. You'll hardly notice it while reaping the benefits.

Here are some back-to-school tips for parents:

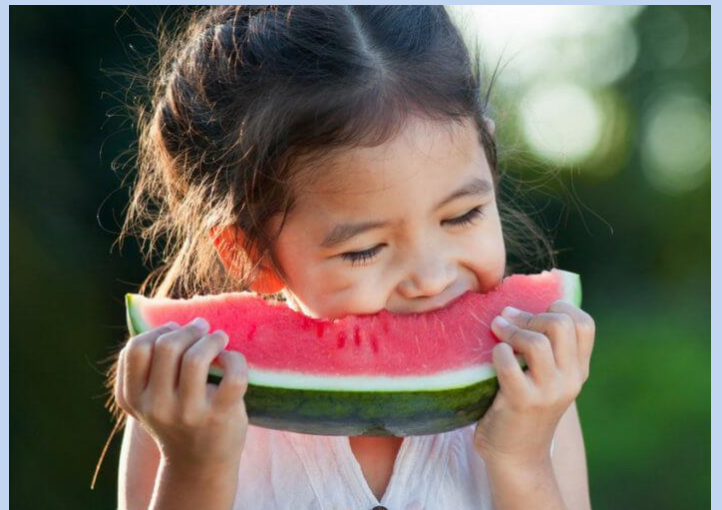
Color Their Lunch: Have your child choose a color from the rainbow to brighten up their lunch and add fruits and veggies of that color.

Play with food: Add some fun to their meals by slicing fruit and veggies into shapes like hearts and butterflies so they can have fun while eating nutritious snacks!

Kids Choice: Have your kids choose the fruits and vegetables at the store that will be added to your meals this week.

Mini Chefs: Kids of almost all ages can help with something in the kitchen, and studies show the more hands on experience they have in the meal, the more likely they are to eat it.

No Spoilers: Prevent food from spoiling by using perishable produce at the beginning of the week, many extras can be tossed into a freezer smoothie bag for smoothies at a later date



September is Recovery Month

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. All of us, from co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small. But with strength, support, and hope from the people we love, we are resilient.

Suicide Prevention Month

September marks National Suicide Prevention Month – a month to remember the lives lost to suicide, the millions of people who have struggled with suicidal ideation, and acknowledge the individuals, families, and communities that have been impacted. It is also a time to raise awareness about suicide prevention and share messages of hope.

SUICIDE WARNING SIGNS FOR ADULTS

Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you are in a crisis, you can call or text 988 to get support from caring crisis counselors. Your conversations are free and confidential.

EGG ROLL BOWLS



Ingredients

- **1 Tbsp.** vegetable oil
- **1** clove garlic, minced
- **1 Tbsp.** minced fresh ginger
- **1 lb.** ground pork
- **1 Tbsp.** toasted sesame oil
- **1/2** onion, thinly sliced
- **1 c.** shredded carrot
- **1/4** green cabbage, thinly sliced
- **1/4 c.** low-sodium soy sauce
- **1 Tbsp.** sriracha
- Kosher salt
- **1** green onion, thinly sliced
- **1 Tbsp.** toasted sesame seeds

Instructions

1. In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 minute.
2. Add pork and cook, stirring occasionally, until meat is golden in parts and cooked through, 8 to 10 minutes, breaking meat into small pieces with spoon or spatula.
3. Push pork to the side and add sesame oil. Add onion, carrot, and cabbage.
4. Stir to combine with meat and add soy sauce and sriracha. Cook until cabbage is tender, 5 to 8 minutes. Season to taste with salt.
5. Transfer mixture to a serving dish and garnish with scallions and sesame seeds.