

Words of Wellness



November 2023




World Kindness Day

World Kindness Day is observed on November 13. The purpose of World Kindness Day is to highlight the importance of being kind to each other. There are many ways that you can make kindness a normal part of your daily routine. [The Random Acts of Kindness Foundation](#) recommends the following!

- Consider how to include intentional moments of kindness, laughter, and delight in your daily routine.
- Go slightly outside your comfort zone at least once a day to make someone smile.
- Send an Uplifting text to a friend, family member, or loved one!
- Reach out to a family member, or friend.
- Treat someone to a cup of coffee or snack (a friend, stranger, or even yourself!).
- Share a compliment with a co-worker, friend, or family member.

Read more about the Heart and science of kindness:
<https://www.health.harvard.edu/blog/the-heart-and-science-of-kindness-2019041816447>
<https://www.randomactsofkindness.org/the-science-of-kindness>



Be kind to others and to yourself. One of our favorite resources, *The Random Acts of Kindness* website, offers a [Kindness Calendar for Work](#), in addition to their blog and other tools.

Kristen Neff recommends a series of [exercises](#) to develop self-compassion (kindness to yourself) and lists many other resources below.

- ❖ [Exercises \(self-compassion.org\)](#)
- ❖ [How would you treat a friend? \(self-compassion.org\)-](#)
- ❖ [Self-Compassion Journal](#)
- ❖ [Self-Compassion Break](#)

What's in November?

- **Nov 1st** – Author's Day
- **Nov 11th** – Origami Day
- **Nov 16th** – Use Less Stuff Day
- **Nov 17th** – Take a Hike Day
- **Nov 24th** – Celebrate your Unique Talent Day

For more information, check out the full list at:
<https://www.timeanddate.com/holidays/fun/november/>



Gratitude

Throughout history, gratitude has been described as a virtue that contributes to a sense of peace and well-being. Gratitude is a state of mind that arises when you affirm a good thing in your life that comes from outside yourself, or when you notice and relish little pleasures. Gratitude is a virtue that can be cultivated as a regular practice, much like meditation or yoga.

Many cultures and traditions have organized rituals and activities. These formal gatherings and rituals provide time to reflect, give thanks, and express gratitude. Taking time more often to reflect and be thankful can be beneficial to our health.ⁱ In recent years, research on gratitude is showing health benefits. Thankfulness is linked to effective coping with life's challenges and stressors. People who practice gratitude tend to be optimistic and to have healthy habits such as exercising, eating well, and arranging for needed medical care and screenings. These habits, in turn, help us recover more quickly from illness and enjoy more robust physical health, including lower blood pressure and better immune function.ⁱⁱ

One does not need to wait until things are perfect before being grateful; in fact, it may be just the opposite. It could be that the act of being grateful, in itself, makes one receptive to life's blessings, and these blessings continue as we continue to be thankful – Robert Emmons

ⁱ [E. Heubeck](https://www.webmd.com/women/features/gratitude-health-boost#2), *Boost Your Health with a Dose of Gratitude*, from <https://www.webmd.com/women/features/gratitude-health-boost#2>

Gratitude is strongly linked to mental health and life satisfaction,ⁱⁱⁱ leading to a sense of joy, energy, and a firm belief or faith that goodness exists, even during times of suffering and doubt. Gratitude can protect from intense often destructive emotions like jealousy and bitterness. Gratitude practices can help reduce risk for depression, anxiety, and substance use disorders.

Gratitude Practice

As 2023 nears end there is an opportunity to reflect and begin a gratitude practice. One way to begin the practice of gratitude is writing about it in a journal or in a letter. It often helps to see all that we have on paper, bringing us to the realize that life is not all bad and that there are those who have less. Shifting our focusing from what we *don't* have to what we *do* have in our lives can provide a sense of well-being.^{iv} Another idea is to create a gratitude bulletin board posting things you are grateful for, such as letters, cards, pictures, and expressions of love from family and friends.

References

November's Banner from:
<https://wallpapers.com/november>

The Random Acts of Kindness Foundation:
<https://www.randomactsofkindness.org/world-kindness-day/seven-ways>

Page 2's Image from:
<https://www.31daily.com/november-month-set-aside-joy/>

ⁱⁱ See the work of Robert Emmons at <https://emmons.faculty.ucdavis.edu/>

ⁱⁱⁱ Yale Center for Emotional Intelligence at ei.yale.edu

^{iv} https://www.huffpost.com/entry/gratitude-tips_b_4084278

