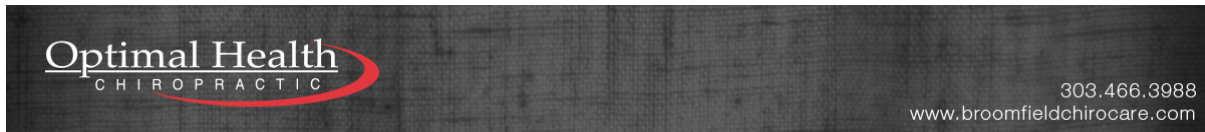


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The Attitude of Gratitude and Your Health



"A grateful heart is a magnet for miracles."

Thankfulness and gratitude are common themes as November approaches and we look ahead to Thanksgiving. And while it's fun to go around the table and have everyone say what they are most thankful for this year, did you know that being grateful has been linked to better health?

A growing body of research over the past few years has highlighted that a daily gratitude practice can improve your health - and your happiness. Gratitude facilitates social well-being, emotional well-being and our physical health itself. Numerous studies have examined the relationship between gratitude and physical health markers such as cardiovascular health, stress and inflammation, pain perception, and sleep. One [study](#) found that keeping a gratitude journal improved diastolic blood pressure. Another [study](#) found that focusing on things to be grateful about before bed each night increased pre-sleep calmness. Yet another [study](#) found that people who kept a gratitude journal for 14 days reported fewer headaches, clearer skin, less stomach pain, and reduced congestion.

All of this sounds great, right? So how can you start a daily gratitude practice? Here's a few tips for how you can get started (and start benefiting from it too!):

- **Keep a Gratitude Journal:** This can come together however you want it. From as complex as writing everything out that you are feeling grateful for, to even just jotting down 3 bullet points each day. They can be serious or silly, big or small, but any positive thought counts, no matter how small.
- **Use Gratitude Cues:** Gratitude can become a habit and keeping reminders or cues around you are a great way to keep it all front of mind. Try keeping photos around that are of people or places that make you happy or posting positive notes or quotes on the fridge, by your workstation or even on the bathroom mirror to reinforce those feelings.

- **Make a Gratitude Jar:** Keep an empty jar or bowl on hand with some scratch paper and pens and ask family members to write one thing they are thankful for each day and drop it in. Again, these can be funny or serious - whatever makes them happy - and then every once in a while, take a few notes out of the jar and enjoy the things that make the people you love happy.
- **Saying Thank You:** The simplest of all the acts, saying thank, you can benefit you as much as it is appreciated by those receiving it. Bonus if the person wasn't expecting it.

The goal of doing all of these activities is to make it so you stop thinking about gratitude every once in a while and start thinking about it like second nature. The more you do this, the more you'll begin to be grateful for the little things and not just the big monumental ones and the easier it is to feel grateful when you need it.

- Dr Chris



Bring Us Your Candy!



Get a Jumpstart on Your Shopping

Candy Collection is Back!

For the FIFTH YEAR, we will be collecting your extra candy to donate to deployed troops, local military units, veterans and first responders through Operation Gratitude.

Bring your candy to our office the week after Halloween (11/1-11/5) and we'll take care of the rest. Help us spread to the word, we would love to get as much candy as possible!

Give a sweet treat to our heroes serving overseas and those here at home.

Massage Gift Certificates Make Great Holiday Gifts

If you're looking to get a jumpstart on your holiday shopping, we just wanted to remind you that we have massage gift certificates available for purchase online or at the front desk. Just let us know how we can help!

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