

EAT BETTER FOR LESS

One Season, Many Reasons to Give Thanks

Saying thank you is nothing new. But practicing gratitude — regularly focusing on the positive parts of your life — is about more than having good manners. Expressing gratitude is associated with many mental and physical benefits.

Studies show feeling thankful can improve sleep, mood, and immunity. It can also decrease depression, anxiety, difficulties with chronic pain, and risk of disease, especially related to heart health.

Ready to get started? Here are some tips:

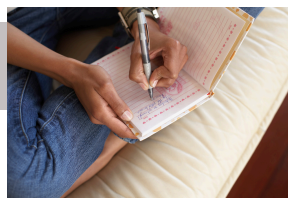
Picture that special person

Begin your day by thinking of someone you appreciate. Later, thank that person with a text, note or kind word when you see them.



Put it in writing

Start a gratitude journal and use it. Set an alarm to remember to write a gratitude note or make it a habit to do every night before bed.



Slow down and breathe

When you feel stressed or anxious, consider something you are thankful for as you take a deep breath.



If you are thankful for pumpkin spice and a quick breakfast, you will have a reason to smile today. Try this smoothie and whole grain toast with any nut butter for a fast, but tasty way to start the day.

Pumpkin Smoothie

Ingredients

- 2/3 cup low-fat vanilla yogurt or 1 container (6 ounces)
- 1/4 cup canned pumpkin
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg (optional)

Directions

1. Combine all ingredients in a bowl or blender.
2. Mix until smooth and serve. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Resources: www.uclahealth.org/news/article/health-benefits-gratitude,
eatgathergo.org/recipe/pumpkin-smoothie-in-a-cup/

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