



Wise & Well Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

4 Weeks of Gratitude and Mindfulness

November is the perfect time to cultivate gratitude and mindfulness as we head into the holiday season.

The phrase “perception is reality” reminds us that our mindset shapes our experiences. Adopting a positive perspective unlocks our potential for growth and change. This month, make mindset the cornerstone of your wellness journey by focusing on the following:

November 3

Give Thanks

Gratitude is often overlooked when developing a healthy mindset, but it’s a foundational element for unlocking the power of positive thinking. Instead of dwelling on challenges, make an effort every day this week to recognize something in your life for which you’re thankful.

November 17

Slow it Down

When you do eat, consume your food at a slower pace to facilitate improved digestion and your ability to sense when you’re no longer hungry. Sit down to eat. Chew your food thoroughly and really taste each bite. Pause between bites to set down your utensil(s) and take a drink of water. Set a goal to make each meal last at least 20 minutes, and enjoy the break from your busy day as you nourish your body and mind.

November 10

Replace Comfort Foods

We all respond differently to challenges and stress. Our relationship with food can be complicated by emotional eating. Instead of eating your feelings this week, recognize that food is fuel for physical activity, and try to only eat when your body sends you hunger cues.

November 24

Practice Mindful Eating

Enjoying a slower pace at mealtime gives us ample opportunities to practice mindful eating. Instead of scrolling through your social media feed or working while you eat, lift your eyes and be fully present in those moments. Pay attention to your meal, engaging your senses as you see, smell, and taste your food. Notice the food’s texture and your own physical and emotional responses to each bite. On Thanksgiving especially, make certain to savor not only your meal but your friends and family as well.

Source: mercyfitness.net