

Hi All JHCS Families,

We have made it to November! In years past that may not seem like a big deal, but in 2020 it is an accomplishment. With so much negativity in the world, I wanted to focus more on gratitude and thankfulness. Thanksgiving is an inspiration for my thoughts this month.

With the world seeming to escalate into turmoil, how do we stay positive and motivated? I came across an article that was titled, "Why is gratitude good for your health?" I was intrigued and had to read it. There were six significant areas that were addressed I found to be useful in answering the question of, "why is gratitude good for your health?"

1. How is gratitude linked to happiness?
2. What are the social and emotional benefits of gratitude?
3. What impact does it have on one's relationship?
4. Does gratitude affect sleep?
5. How can being mindful improve feelings of gratitude?
6. What can we do to be more grateful?

Dr. Gail Saltz is a doctor at New York Presbyterian/Weill Cornell Medical Center. He believes showing appreciation/gratitude has a positive impact on our social, physical and emotional health. The idea is that appreciation and gratitude are "feel good" activities that help to encourage good mental health for the individual, families, community and the world. As we embark on the holiday season I wish for you to find gratitude in your everyday life.

Best Wishes,
Sam Grabert

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