

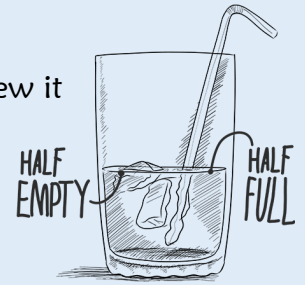


## “THANKSGIVING” IS EVERY DAY, EVERY MONTH

Have you ever noticed how some folks are thankful for and appreciate everything they have, while others complain about everything they don't have?

What type of person are you? When you see the water in the glass, do you view it as half full or half empty?

How you view the level of the glass's content gives amazing insight into your general happiness, and frame of mind.



It's fun to get together with family to share a wonderful meal on Thanksgiving, but it's also healthy to reflect on the abundances we each have within our daily lives. Happiness and well-being are more important than status and possessions. Materialism is not happiness. That feeling of entitlement will never bring joy. Happiness is peace of mind, and all too often in this fast-paced roller coaster life, that concept is lost, especially during the holidays, the most stressful time of the year.

We go through trials every day, and it doesn't take surviving a hurricane, a pandemic or personal tragedy to incorporate gratitude into your day- to- day routine. The characteristics that define one who can handle adversity are the same characteristics that define who will have a happy, healthy, and productive life.

- ◇ FAITH: The belief in something bigger than you are, whether it's God, family, a higher power or a cause.
- ◇ HOPE: The knowledge that no matter how bleak things are at the present, there's a belief it will get better: "The Power of Hope"
- ◇ LOVE: Whether in individual, family or group, feelings of love towards, and from others can enrich your life in countless ways.
- ◇ GRATITUDE: Being thankful for the things you have, rather than being bitter about what you don't have.

So, do you regularly give thanks for the riches within your life?

Each morning before you get out of bed, think of the things within your life that you're grateful for... it could be the spouse by your side, the child in the next room, the pet in the kitchen. It could be the sun shining through the window, the legs you stand on or the eyes you use to view the world. Do this every single morning, making it a ritual- I guarantee, if you do this you will start your morning off on a positive note, and this sets the standard for a positive day.



So, this Thanksgiving when you feel the need to reflect on the coronavirus, hard economic times, the high unemployment rate, and all the problems we are sharing, Stop. Turn your attention instead to what you have faith in, who you love, who loves you, and your hopes for the future. Most importantly, take the time to acknowledge with gratitude all the good things you do have in your life.

Give thanks daily and thanksgiving blessings,

Peggy Taylor, RN  
Parish Nurse