**Holiday Greeting |   
Holiday Season**

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# Gratitude is the Real Gift this Holiday Season

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings,” said the late writer William Arthur Ward.1

While we generally express gratitude on Thanksgiving, we can extend that throughout the entire holiday season to change all our holidays into blessings.

And expressing gratitude is not just about feeling good emotionally. The Mayo Clinic reports that expressing gratitude is linked to numerous mental and physical advantages, such as enhanced sleep, mood, and immunity, and reduced symptoms of depression, anxiety, chronic pain and disease risk.2

This holiday season can be when you start a daily gratitude practice. The Mayo Clinic recommends starting each day off by thinking of somebody you are grateful for. Then send them a text or message noting that you’re grateful for them and expressing why that’s the case.2

We know what we are grateful for this holiday season – you! Thank you for being part of our family and have a wonderful holiday season!

Sources:

1 <https://www.brainyquote.com/quotes/william_arthur_ward_676240>

2 <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/can-expressing-gratitude-improve-health>

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