A SEASON OF WELL-BEING

Fall and winter can bring abundance, an opportunity to turn over new leaves and harvest healthful gifts. It’s a great chance to embrace gratitude, a practice that research suggests might help your health in numerous ways.

Here are a few things to enjoy and be thankful for:

- Your morning coffee
- A shared snack
- Soft candlelight
- A good book
- A grateful mood
- Walks together
- Cat naps
- Crisp apples
- Warm socks
- Sparkly snow
- A favorite show
- Chunky scarves

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- Changing leaves
- Cozy time
- Letting go of expectations
- Looking forward to something

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