

# 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



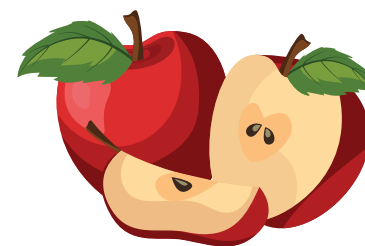
A grateful mood



Walks together



Cat naps



Crisp apples



Warm socks



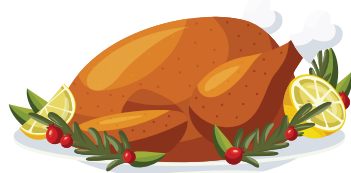
Sparkly snow



A favorite show



Chunky scarves



Festive foods



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