

*"It is not joy that makes us grateful; it is gratitude that makes us joyful." - David Steindl-Rast*

It's NOVEMBER!!

Next week we fall back to regular "standard" time - the days are shorter, the nights are longer and it is definitely colder.

For some of us, it is a welcome change from our Carolina hot & humid summer.

It also marks the start of the holiday season. A time when many of us get lost in the hustle of living day to day to "get it done."

Whatever "it" is.

Organizing the next get-together, getting to the grocery store, cleaning the house, and making sure things are "just right."

Notice what is happening around you outside.

The plants and animals are busy getting ready for the colder weather. Storing up what they will need to rest and get ready for Spring.

In our modern times, we are not really a part of this cycle (thank you, farmers, grocery stores, and refrigeration).

But our genetic coding still responds to the season change. We start to want to "hunker" down in place. It feels good to turn on the fireplace, wrap a warm, cozy blanket around us and sip our favorite hot beverage.

It's nature's way of reminding us we need to slow down and be thankful/grateful we have these options available to us.

But do we even notice?

Really, the next several months are all about recognizing what we really have and being grateful for it.

Recognizing and being grateful for what we have is THE WAY to best experience joy. Joyful people are happy because they are grateful for everything they have in their lives.

They may be working for something different, but they are thrilled with what they have right now.

This upcoming season is all about reminding ourselves to be grateful. Which helps us move to joy.

Is joy important to our health?

OH YES!

Studies show that joyful people have less chance of having a heart attack, maintain healthier blood pressure, and tend to have lower cholesterol levels.

There's research to prove that joy **boosts our immune systems, fights stress and pain, and improves our chance of living a longer life.**

How awesome!

You feel joyful and happy and your physical body gets extra bonuses too!

Try it - think of one thing you are grateful for right now. REALLY feel grateful for this person, place, thing, or moment.

I keep a photo of each of my children as babies with me. The expression on their faces brings me great joy, which reminds me to be grateful for them.

Which cycles back to joy.

I LOVE IT! A positive feedback cycle. It's hard to have a "bad day" when I have a constant positive feedback cycle happening. Bad moments yes, bad days, not so much.

Having a hard time coming up with something to be grateful for? How about these few I use every day:

- I woke up to a new day
- I have the ability to choose to be grateful
- I am grateful for a roof over my head

You will find once you start a list, it will get longer and longer and longer.

Start improving your health with one grateful thought.

Ready to start feeling grateful for how your body moves? Give me a call and let's talk about how I can help you reach that goal too.

See you in class soon!

With much gratitude and joy,

*Colleen "gratitude" Moss*

[colleen@thriveyogaclt.com](mailto:colleen@thriveyogaclt.com)

---