

Thrive

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NEGATIVITY**

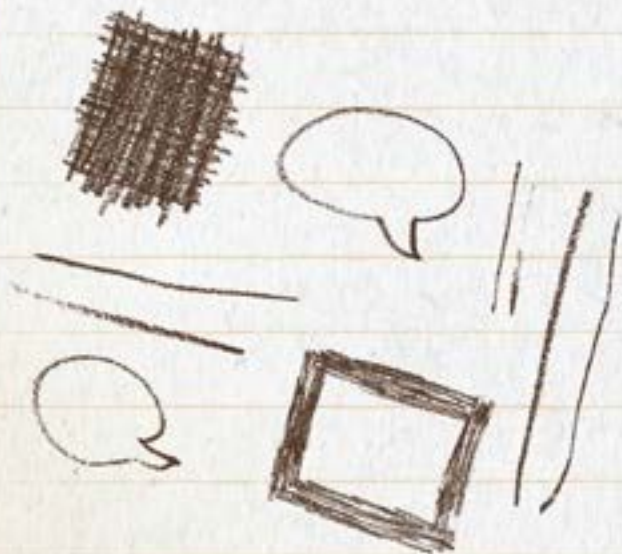
NOVEMBER TOOLKIT



November is an easy month to become wrapped up in holiday preparations and forget to embrace the joyful moments that happen each and every day. We want to equip you with ways and reasons to enjoy this busy month to the fullest and take care of yourself along the way. Where is the joy in the holiday season if we don't take a moment to sit back, be mindful and appreciate the things that truly matter?

Journal for Joy

Much of our time is spent being busy without taking note of what we love about what we do. Take just a few moments to sit down and journal about the most meaningful experiences you have each day. When you are struggling to find joy, you can look back on your journal entries to remember what was meaningful for you and try to do more of those things. It's all too easy to remember the things that discourage us, but we often forget the things that make our days a little bit sweeter. Journaling is a great way to be mindful of and remember the little things that make our lives so worth it.



Jumping for Joy

You may not literally jump, but try spending thirty minutes each day moving your body.

What movements do you love to do? Jumping jacks, jumping rope and hopscotch are all good ways to actually incorporate jumping into your routine. If jumping isn't for you, try walking, jogging, weightlifting or even a home-based workout. Physical exercise decreases stress levels because of how it effects particular chemicals in your brain that are located in the pleasure center, so set aside some time to make that pleasure center happy during this busy time of year.



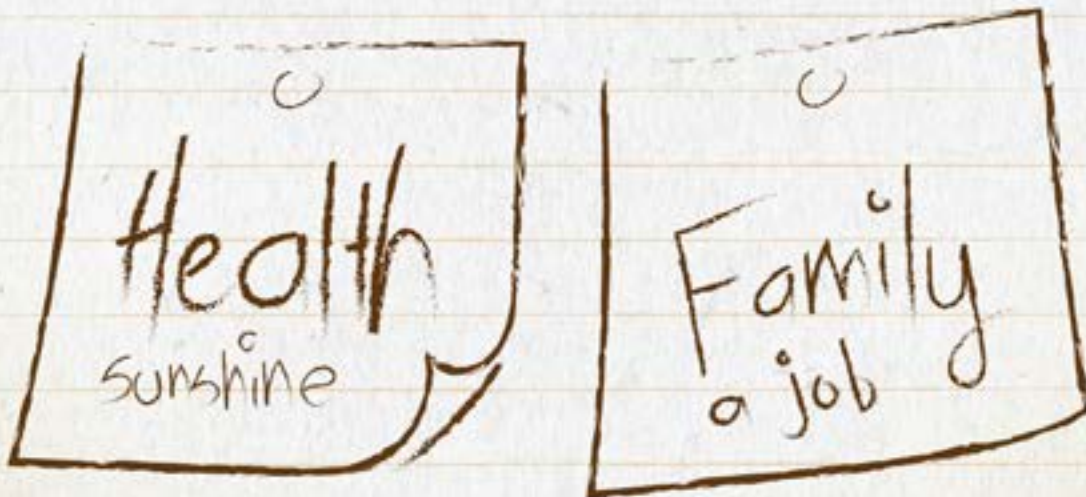
Namaste Joyful

Namaste is the departure salute in most yoga practices. Have you ever considered doing yoga or some other form of meditation to help reduce stress and increase the joy you experience in life? Meditation is a widely accepted practice to help reduce emotional stress, which is especially important during holiday months. Yes, you love your family and spending time with them, but it's okay to admit it can become a little too much during the holidays. Schedule time to step away, relax and gather your thoughts during this busy season, even if it's only for a few minutes.



Joyful Jotting

Most of us take time to jot something down every single day, whether it's a grocery list, morning checklist or just a reminder to a significant other. Since you are already spending time jotting down things, this should be a really simple way to bring more joy into your life. Jot down three things that you are grateful for each day. It will only take a few moments, and the impact that it has on you will be unmeasurable. Bringing positive thoughts to your mind is an easy way to eliminate stress and remind yourself of how much good surrounds you each and every day.



Spreading Joy

Don't you feel encouraged when people stop by your office and tell you what a wonderful job you are doing? Of course! Do some more of that this season by writing kind, encouraging notes to those around you and change someone's day for the better. Cultivate a positive workplace environment, and you will find happier co-workers and more joy in yourself.

Co-worker,
You are a pleasure to
work with. I just wanted
you to know you're
doing a great job!