

Stay updated! Visit our websites at
www.mindfullivingnetwork.com &
www.drkathleenhall.com

Make sure to download our
FREE Mindful Moments app
on iTunes today!



One People, One Planet, One Future™



Gratitude is The Greatest Drug Ever!

"If thankfulness were a drug," Dr. P. Murali Doraiswamy, head of the division of biologic psychology at Duke University Medical Center, says "it would be the world's best-selling product with a health maintenance indication for every major organ system." [Read more](#)



Survival Tips for Post Election Stress Disorder

The drama during these midterm elections has been overwhelming for most of us. It has been difficult and unhealthy mentally and physically to digest the partisan anger, vitriol, and [divisiveness](#). This election stress can literally make us sick... [Read more](#)



Start a New Thanksgiving Tradition

Thanksgiving is coming up. For most families, this is a time to watch the Thanksgiving Day parade, eat sweet potato pie, and share what we're thankful for. This year, in honor of [Family Stories Month](#), switch things up a bit! This year start a new tradition and share family stories at... [Read more](#)



How to Avoid Holiday Guest Stress

Stress Tip

Creating a stable, safe, kind home is the key to a great guest visit. Holiday gatherings can be tense. This year [after midterm elections](#) people may be more volatile and stressed than ever before. Also remember that you really have no idea what people are... [Read more](#)



Stress is Shrinking Your Brain

A recent study from the University of Texas Health Science Center at San Antonio reports stress causes brain shrinkage and impairs memory.

Cortisol, a hormone linked to stress, was tested in adults in their 40's and 50's. Individuals with... [Read more](#)

Sweet Potato Mac and



Cheese

November is [National Sweet Potato Month](#) and [National Gratitude Month](#), so let's show some gratitude for these delicious, versatile vegetables. Sweet potatoes are common ingredients in sweet dishes, from pies to [waffles](#). But did you know that sweet... [Read more](#)



Make Your Own Fall Air Fresheners

Mindful DIY

Fall is literally just around the corner. If you want to give your home a distinct fall scent, skip the chemical pumpkin spice air fresheners and make your own “green” air fresheners: potpourri. Despite their name... [Read more](#)



Commuter Stress

Turn on this ground-breaking edutainment series to learn “how to” live mindfully everyday. At work or at home, you can open this toolbox full of informative, easy-to-use ideas for every aspect of your life. Apply these building blocks for life with topics from financial stress and commute to work stress and surviving ... [Read more](#)

Please add us to your social network! 



Facebook



Twitter



Pinterest



YouTube



Instagram



Email



MLN



Share



Tweet



Forward

Copyright © 2018 Mindful Living Network, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).