

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



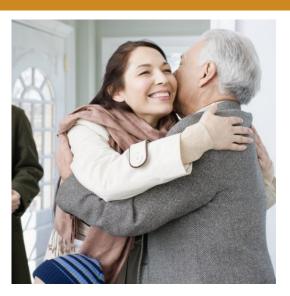
Survival Tips for Post Election Stress Disorder

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 <u>after</u> <u>midterm elections</u> people may be more volatile and stressed than ever before. Also remember that you really have no idea what people are... <u>Read more</u>



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



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











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