



November 2024

NEWSLETTER

Gratitude

The power of gratitude! Here are some of the many benefits of gratitude:

Improves mental health: Gratitude has been linked to lower levels of stress, anxiety, and depression. When we focus on what we're thankful for, it can help shift our attention away from negative thoughts and emotions.

Boosts mood: Expressing gratitude can increase feelings of happiness and well-being. It's a natural mood-booster!

Enhances relationships: Gratitude can strengthen relationships by showing appreciation and respect for others. It fosters a sense of connection and community.

Improves physical health: Research has found that people who practice gratitude tend to have better physical health, including lower blood pressure, stronger immune systems, and fewer chronic illnesses.

Increases positivity: Practicing gratitude can create a ripple effect of positivity, influencing those around us and creating a more optimistic atmosphere.

Helps with stress management: Focusing on what we're grateful for can reduce stress and anxiety by shifting our attention away from worries and concerns.

These are just a few of the many benefits of gratitude! By incorporating gratitude into your daily routine, you can experience these advantages firsthand and improve your overall quality of life.

Here are some ways to practice gratitude:

Gratitude Journal: Write down three things you're grateful for each day before bed. Reflect on why you're grateful and how it's positively impacted your life.

Daily Gratitude Practice: Take a few minutes each day to reflect on the good things that happened, no matter how small they may seem.

Share Your Gratitude: Express your gratitude to someone you appreciate, whether it's a kind word, a text message, or a small gift.

Mindful Moments: Take a few mindful moments each day to focus on your breath and reflect on the things you're grateful for.

Gratitude Meditation: Practice meditation with a focus on gratitude, imagining the good things in your life and how they've positively impacted you.

Remember, gratitude is a muscle that needs to be exercised regularly to see results. Start with one or two practices and gradually add more as you make gratitude a habit!

FOR MORE INFORMATION PLEASE CONTACT:

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Greek Omelet With Spinach and Feta



INGREDIENTS

- Cooking spray
- 15 ounces fresh spinach
- 2 cloves garlic, minced
- 4 large eggs
- 12 egg whites
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- ¼ teaspoon ground black pepper
- ½ cup fat-free feta cheese crumbles

INSTRUCTIONS

1. Coat large nonstick sauté pan with cooking spray. Warm pan over medium-high heat. Add spinach, stirring constantly until all spinach is wilted, about 5 minutes. Add garlic, stirring into spinach, and sauté until cooked, about 30 seconds. Remove spinach from heat and roughly divide into 4 even portions.
2. Put eggs, egg whites, dill and pepper in medium bowl. Using whisk or fork, lightly beat together until foamy.
3. Coat small nonstick omelet pan very well with cooking spray. Pour ¼ of egg mixture into pan. Let eggs cook untouched for 30 seconds to 1 minute. Using heat-resistant spatula, push cooked edges of eggs into pan's center, letting uncooked liquid move to outer edge to cook.
4. Spread 2 tablespoons feta cheese and 1 portion spinach on half of omelet. Using rubber spatula, fold plain side of omelet over filling side; slide onto small plate. Repeat, continuing to make omelets until all 4 are made. Serve

Nutrition Facts: Calories: 168, Carbs: 5g, Protein: 23g, Fat: 6g, Sat. Fat: 1.6g, Sodium: 466mg, Fiber: 3g