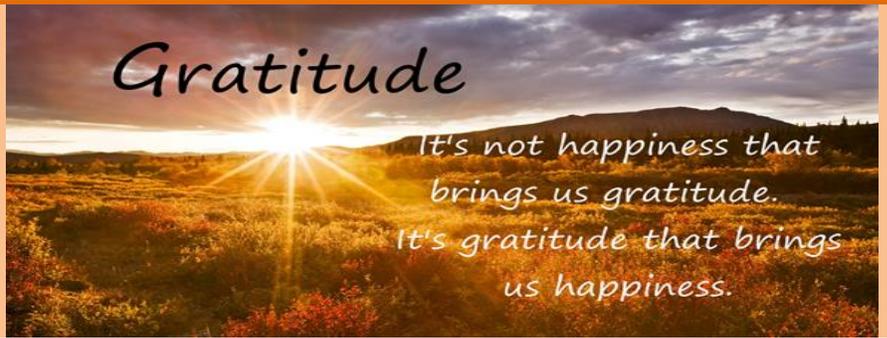


Gadsden I.S.D.

Positive Health Positive Pulse

November 2017

Prepared by: Judy Creegan, MSN, RN
Director of Nursing and Health Services



What are you doing to make the world a better place?



Every day there is something, the lists of horrifying acts are endless. The media repeats the negative images over and over. **We can choose to focus on the negative and complain about what is wrong OR we can focus on what is positive and try to make the world a better place.** One small act of kindness can make a big difference to another person. The Golden Rule: Treat others like you would like to be treated. What you give will come back to you tenfold. A grateful heart brings happiness and peace to both the recipient and the giver

What can YOU do:

- 😊 Help another (dog sitting, watch a child, mow grass, a specific need)
- 😊 Visit the elderly /lonely
- 😊 Prepare a home cooked meal for an individual who is not able to
- 😊 Be-friend a new person
- 😊 Tutor or read to a student
- 😊 Wheel out the neighbors trash can
- 😊 Be kind while driving
- 😊 Call and thank a friend
- 😊 Leave a generous tip
- 😊 Be complimentary and kind
- 😊 Pay for coffee/meal of a stranger
- 😊 Volunteer (at a shelter, habitat for humanity, church, rescue mission)

A friend called telling how she was having an awful day grieving the loss of a loved one and how a random act of kindness changed her outlook. When she tried to pay for her coffee the barista handed her a note that read, "Enjoy! Have a great day and know you are loved." She was told it was from a previous customer who told the barista to give this to someone who looked like they were in need.

Activity Center



Be Thankful!

There are 86,400 seconds in a day; how many have you used being THANKFUL?

Take a second to be thankful for:

- ✓ **What IS going right in your day.**
- ✓ The worker who serves your food or coffee.
- ✓ Challenges which make you stronger
- ✓ Your job; many are not working
- ✓ Dreams that became a reality
- ✓ Family that became friends
- ✓ Friends that became family
- ✓ Clean water to drink
- ✓ Sunrise and sunsets
- ✓ Geese flying south
- ✓ Food to eat
- ✓ Warm bed
- ✓ Education
- ✓ Laughter
- ✓ Shelter
- ✓ Pets
- ✓ For the freedoms we have as Americans which we often take for granted.

For those who practice gratefulness there is a sense of respect toward others." Dalai Lama

"Joy is not dependent on your circumstances" Sara Young.



Nutrition Corner



I am grateful Marge Kelly shared her easy chocolate cake/cupcake recipe with my mom. This is the easiest and BEST chocolate cake. It is simple and moist. Not a lot of fancy frills. Enjoy!
Judy

Black Chocolate Cake

Marge Kelly

Makes 8x8 pan / 12 cupcakes



- 🍷 1 cup flour
- 🍷 1 cup sugar
- 🍷 2-4 tbsp heaping cocoa
- 🍷 1 tsp baking powder
- 🍷 1 tsp baking soda
- 🍷 ½ tsp salt
- 🍷 1 tsp vanilla
- 🍷 4 tbsp butter or
- 🍷 1 egg
- 🍷 1 cup boiling water

Mix all dry ingredients. Add butter, vanilla, and egg. Mix. Add a boiling water a little at a time, mixing as it is added. Bake at 400 degrees for 20-25 min.

Health Benefits of a Grateful Heart

- 🍷 Greater Interconnectedness
- 🍷 Lower Blood Pressure
- 🍷 Reduced Stress
- 🍷 Boost Immune System
- 🍷 More Energy
- 🍷 Better sleep patterns
- 🍷 Stronger friendships / relationships
- 🍷 Less self-centered
- 🍷 Increased generosity
- 🍷 Sustainable joy / happiness
- 🍷 Greater focus on the positive means less focus on personal pain and discomfort

Gratitude is one of the most medicinal emotions we can feel. It elevates our moods and fills us with joy.