

# THE BRIGHT SIDE

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## Boost gratitude in 10 tiny ways

Over the years, studies have shown the many powers of gratitude. It can positively impact our health, self-esteem, relationships, and so much more.

This November, consider these 10 questions posed by Dr. Danielle Garris, Ph.D., chief clinical officer and licensed psychologist at Achievement Center of LECOM Health, to boost your gratitude. They'll help turn your focus from what's going wrong to what's going well:

1. What was one positive experience that happened today?
2. What do I usually take for granted that's actually really important to me?
3. What made me feel proud today?
4. What are three things that I can see, hear, or touch that I'm grateful for?
5. What is one thing that I am grateful for about myself?
6. What is one thing that I am grateful for about someone else?
7. What pleasantly surprised me today?
8. What seemingly small thing am I grateful for?
9. Who at work has recently made my job easier?
10. Who am I grateful for today, and how can I show them my appreciation?

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### Social Tip

Fall is a perfect time to slow down and reconnect over dinner. Families who dine together tend to eat more nutritious meals. It also strengthens family relationships and can even help fast eaters slow down and appreciate food more.

### Preventative Care Tip

Oral health is important for overall health. Check out these 9 Ways to Care for Your Oral Health:

<https://www.cdc.gov/chronicdisease/resources/infographic/oralhealth.htm>



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



FINANCIAL



ENVIRONMENTAL



SOCIAL



VOCATIONAL

## Vaccine, Testing and Treatment Center Update

LECOM Center for Health and Aging  
3910 Schaper Ave.

The Vaccine, Testing and Treatment Center is now open Monday - Friday, 9 a.m. - 5 p.m., and Tuesdays 9 a.m. - 7 p.m.

COVID-19 vaccines and boosters are available, along with COVID testing and oral treatments, and flu vaccines.

Walk-ins are welcome. Serving all eligible ages. There is no cost to receive a vaccine.

To schedule, call 814-812-9851 or visit

<https://www.eventbrite.com/o/lecom-institute-for-successful-aging-32465672951>

## Fitness Tip

To unwind at the end of a stressful day, many people sit in front of the TV or computer screen. This doesn't help your mind relax because your brain is still active, thinking and concentrating on the storyline that's in front of it. To truly relax, go for a nature walk.

If you're looking to include more intense exercise in your routine, it's good to have a mix of cardiovascular and aerobic exercise throughout the week. The goal is to get your heart pumping for 30 minutes a day, six days a week.

— Dr. Seth Carter



## 3-Step strategy for showing gratitude

Step 1: Aware: Pause and recognize that you've benefited from someone else's actions (like when a coworker helps you meet a deadline or offers to switch shifts with you).

Step 2: Declare: Put how you're feeling into words. If you can, thank that person directly: Tell them how their help made a difference and why you appreciate it.

Step 3: Share: (When appropriate) Keep the good vibes going by sharing your appreciation with a larger group, either with the larger team or office.

## Keep tailgate party calories in check

Four quarters is a long time to be in front of the TV while indulging in high-calorie foods.

If you do it for every college and pro game, that's a whole lot of extra calories and pounds over one football season.

Enjoy, but modify your own game plan. Drink a light beer, fill up on veggies, and consider healthy alternatives to normal game day fare.



## Featured Recipe

Resource: *Prevention.com*

### Apple and Sweet Potato Hash Browns

#### INGREDIENTS

- ✓ 1 tsp. plus 2 Tbsp. canola oil
- ✓ 1 large granny smith apple, peeled and sliced into matchsticks
- ✓ 1 onion, thinly sliced (about 1/2 cup)
- ✓ 3 sweet potatoes, cut into matchsticks (about 2 cups)
- ✓ pinch of ground cinnamon



#### INSTRUCTIONS

Heat 1 teaspoon of the oil in a large skillet over medium-high heat.

Add the apple and onion and cook for 4 minutes, or until soft. Set aside in a covered bowl.

Add 1 tablespoon of the oil to the skillet. Heat until sizzling.

Spread the potatoes in the pan in an even layer and press them down lightly with a spatula. Cook for 5 minutes, or until golden brown on the bottom.

Drizzle with remaining oil and flip the potatoes. Cook for 5 minutes longer.

Add the apple-and-onion mixture to the potatoes and heat through. Sprinkle with the cinnamon.

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