

Health Benefits of Being Grateful

Developing and fostering a personal sense of gratitude – defined as “the quality of being thankful; readiness to show appreciation for and to return kindness” – can have many wonderful far-reaching benefits for one’s health, happiness and success in life. And these effects can be obtained and enjoyed by simply spending a few mindful minutes per day.

Focusing on one’s blessings and appreciating the kindness of others has been shown to make people happier, strengthen their relationships, improve their health, boost their careers, stabilize their emotions and nurture more positive-leaning personalities. These effects, among others, may even extend one’s lifespan.

“Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person’s life,” said Robert A. Emmons, professor of psychology at UC Davis. “It can lower blood pressure, improve immune function and facilitate more efficient sleep.”

One recent study from the University of California – San Diego’s School of Medicine found that people who were more grateful actually had better heart health, specifically less inflammation and healthier heart rhythm.

Some other key benefits of being grateful include:

YOU ARE A HAPPIER PERSON

Being grateful can have a huge impact on your own personal sense of happiness and well-being. Studies have shown that mindful activities such as keeping a daily gratitude journal can boost long-term well-being by more than 10 percent, which is akin to the psychological effect of doubling your annual income.

IT’S EASIER MAKE FRIENDS

Focusing on gratitude doesn’t just impact a person internally; it also affects your interactions with those around you. Out of gratitude comes greater sociability and trust, a kinder overall demeanor and an increase in appreciation, all of which has a positive impact on friendships, marriages and other relationships.

YOU’LL FEEL BETTER

There’s evidence of a long line of health-related benefits from being grateful. They include fewer physical symptoms, more time spent exercising, less physical pain, more sleep and increased sleep quality, lowered blood pressure, decreased feelings of depression, and an overall boost to vitality and energy. These cumulative effects may extend your lifespan by a few months or even years.

IT WILL ENHANCE YOUR EMOTIONS

With feelings of gratitude comes less feelings of bitterness and envy, which frees up one’s psyche to experience more happiness, instead of negative emotions. This also helps you recover from stress, a silent killer.

YOUR PERSONALITY WILL CHANGE, FOR THE BETTER

Gratitude will transform your personality in multiple ways, leading to an overall sense of happiness and fulfillment. Being grateful leads to higher self-esteem and optimism, more spirituality, and less selfishness and materialism. These are all positive changes with far-reaching effects on your overall personality.

Next Steps: Four Easy Ways of Being Thankful and Showing Gratitude

- Tell someone you love how grateful you are for them.
- Write down something you are thankful for each day.
- Hang pictures in your home of what you are thankful for, and look at them daily.
- Learn gratitude prayers and use them.

And remember, gratitude may very well be the answer to many of the problems we all face. This should be a motivator for you to stick to a daily program of expressing gratitude. This is an effective – and simple – tool for lasting health and happiness.

“Without gratitude, life can be lonely, depressing and impoverished,” said Emmons. “Gratitude enriches human life. It elevates, energizes, inspires and transforms. People are moved, opened and humbled through expressions of gratitude.”

Source: Retirementliving.com

THE VILLAGE OF BEDFORD WALK

JES III PRIME SENIOR LIVING

HAPPY BIRTHDAY!

Tommy Highbarger 9th

Tommye Stolte 10th


Larry Peterfy 22nd

Linda Ince 24th

Gail Zuidema 29th

SUN	MON	TUES	WED	THUR	FRI	SAT
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NOVEMBER 2023

5 2:00 p.m. Open Crafts 3:00 p.m. Movie Showing: <i>The Blind Side</i>	6 <i>Hair Stylist Available by Appt</i> 8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 2:00 p.m. Coloring Class 3:00 p.m. BINGO RL 4:00 p.m. Writing Club	7 10:00 a.m. Crafts Class 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday 3:00 p.m. Fiber Arts 3:00 p.m. Line Dancing Class with CeCe 4:00 p.m. BUNCO	8 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: UPSCALE RESALE 2:00 p.m. Vaccine Clinic (COVID) 3:00 p.m. BINGO 4:00 p.m. Social Hour: <i>Sweet November Birthdays</i> (please bring a dessert to share)	9 HAPPY BIRTHDAY Tommy Highbarger! 8:45 a.m. Chair Yoga 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Euchre & Dominoes RL 5:00 p.m. Dinner Club: 	10 HAPPY BIRTHDAY Tommye Stolte! 8:30 a.m. Veteran's Day Breakfast (all residents welcome) 8:45 a.m. Water Aerobics 9:00 a.m. Coffee & Conversation 9:30 a.m. Veteran's Day All-Day Movie Tribute in the Movie Theatre 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 5:00 p.m. Game Night: Scattergories RL in the Lower Level	11 10:00 a.m. BINGO 12:30 p.m. Games with Bev in the Lower Level RL 3:00 p.m. Worship Service RL Time TBA Mizzou vs. Tennessee Football Game in the Billiards Room
12 2:00 p.m. <i>Treat Your Neighbor!</i> in the Lower Level RL Share your favorite baked good (homemade or not!) 3:00 p.m. Movie Showing: <i>Little Women</i>	13 <i>Hair Stylist Available by Appt</i> 8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 2:00 p.m. Coloring Class 3:00 p.m. BINGO RL 4:00 p.m. Open Crafts	14 10:00 a.m. Crafts Class 12:30 p.m. Euchre RL 2:00 p.m. Trivia Tuesday 3:00 p.m. Fiber Arts 3:00 p.m. Line Dancing Class with CeCe	15 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: HuVee 3:00 p.m. BINGO 4:00 p.m. <i>1st Annual Craft Fair!</i> Start your holiday shopping here at Bedford Walk!	16 <i>Foot Care in Salon Available by Appt</i> 8:45 a.m. Chair Yoga 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Euchre & Dominoes RL 4:00 p.m. <i>Wine Club</i>	17 8:45 a.m. Water Aerobics 9:00 a.m. Coffee & Conversation (Donuts!) 9:00 a.m. Men's Breakfast Outing 10:00 a.m. Tai Chi 11:15 a.m. Day Trip: Columbia Art League & lunch at Ozark Mountain Biscuit Co. 12:30 p.m. Hand & Foot RL 2:00 p.m. <i>Sounds of the Season Sing-A-Long</i> with Carrie Conklin	18 10:00 a.m. BINGO 12:30 p.m. Games with Bev in the Lower Level RL Time TBA Mizzou vs. Florida Football Game in the Billiards Room
19 2:00 p.m. Open Crafts 3:00 p.m. Movie Showing: <i>Grumpy Old Men</i>	20 <i>Hair Stylist Available by Appt</i> 8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 11:30 a.m. PJ's & Pancakes for Lunch! 12:30 p.m. Hand & Foot RL 2:00 p.m. Coloring Class 3:00 p.m. BINGO RL 4:00 p.m. Writing Club	21 10:00 a.m. Crafts Class 12:30 p.m. Euchre RL 3:00 p.m. Fiber Arts 3:00 p.m. Line Dancing Class with CeCe 4:00 p.m. BUNCO	22 HAPPY BIRTHDAY Larry Peterfy! 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 3:00 p.m. BINGO 4:00 p.m. Social Hour: <i>Gobble 'til You Wobble</i> Wear your best turkey outfit! + Music with Bob Putnam	23 HAPPY Thanksgiving DAY	24 HAPPY BIRTHDAY Linda Ince! 8:45 a.m. Water Aerobics 9:00 a.m. Coffee & Conversation 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 3:00 p.m. Mizzou vs. Arkansas Football Game in the Billiards Room 5:00 p.m. Game Night: Holiday Charades RL in the Lower Level	25 10:00 a.m. BINGO 12:30 p.m. Games with Bev in the Lower Level RL 3:00 p.m. Worship Service RL

26 3:00 p.m. Movie Showing: <i>Miracle on 34th Street</i>	27 <i>Hair Stylist Available by Appt</i> 8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 2:00 p.m. Coloring Class 3:00 p.m. BINGO RL 3:30 p.m. Audio Interview with the Author 4:00 p.m. Book Club 4:00 p.m. Open Crafts	28 10:00 a.m. Crafts Class 12:30 p.m. Euchre RL 1:00 p.m. Volunteer Christmas Decorating 3:00 p.m. Fiber Arts 3:00 p.m. Line Dancing Class with CeCe	29 HAPPY BIRTHDAY Gail Zuidema! 9:00 a.m. Volunteer Christmas Decorating 12:30 p.m. Bridge RL 1:00 p.m. Volunteer Christmas Decorating 1:00 p.m. Weekly Shopping Trip: COLUMBIA MALL 3:00 p.m. All Residents Meeting 4:00 p.m. Documentary Movie: <i>9 to 5: The Story of a Movement</i>	30 <i>Massage Therapist Available by Appt</i> 8:45 a.m. Chair Yoga 9:00 a.m. Day Trip: The Fabulous Fox Theatre in St. Louis (<i>Twas The Night Before - Cirque Du Soleil</i>) - brunch will be included in the trip! 10:00 a.m. Chair Yoga 12:30 p.m. Euchre & Dominoes RL	NOTES:  = Resident Led Event  = Trash Day  = Recycle Day	
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