

Health Notes from Your Parish Nurses

"Giving Thanks: A Prescription For Wellness"



Dear Church Family,

As parish nurses, we often talk about caring for our bodies through nutrition, movement, rest and regular checkups. But this November we invite you to consider a different kind of health practice — **Gratitude.**

Science and Scripture agree that giving thanks is good for your health. Studies show that people who regularly practice gratitude experience:

- Lower blood pressure and improved heart health
- Better sleep and reduced symptoms of depression
- Stronger immune systems and fewer aches and pains
- Increased resilience during times of stress

Gratitude isn't just feeling, it's a spiritual discipline that transforms both body and soul. When we pause to thank God for His blessings, we shift our focus from what's missing to what's present. We become more aware of His provision, His presence and His peace.

This month we encourage you to make gratitude part of your daily wellness routine:

- Start a gratitude journal; write down three things you're thankful for each day
- Take a walk and thank God for the beauty of creation
- Reach out to someone who's made a difference in your life and express your appreciation
- Pray with thanksgiving even in difficult circumstances

As Paul reminds us in Philippians 4:6-7:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Gratitude opens the door to healing, hope and wholeness. From all of us in the parish nursing ministry, we give thanks for you, your faith, your fellowship and your commitment to living well in Christ.

*In Health & Gratitude,
Jodi Hellickson and Kathy Zarling*

Health Tip of the Month:

Did you know that practicing gratitude before bed can improve your sleep quality? People who write down what they're thankful for each night fall asleep faster and sleep more soundly. Try keeping a small journal by your bedside and jotting down three blessings before you turn out the light. It's a simple habit with powerful health benefits— mind, body, and spirit!



Caring Connections Meeting "Redeemer's Meal Ministry: Member Opportunities" Monday, November 10 4-5 pm, South Fellowship Hall

Please join us for the Redeemer's Caring Connection Meeting, Monday, November 10th, from 4-5 p.m., in the South Fellowship Hall, with Kayla Helland, our Redeemer Member, presenting on "Redeemer's Meal Ministry: Member Opportunities". Please come to learn about this important project that can only be successful with the involvement and volunteerism of Redeemer Members. (Please note title and time change, for November, only.)

REDEEMER CARING CONNECTIONS

