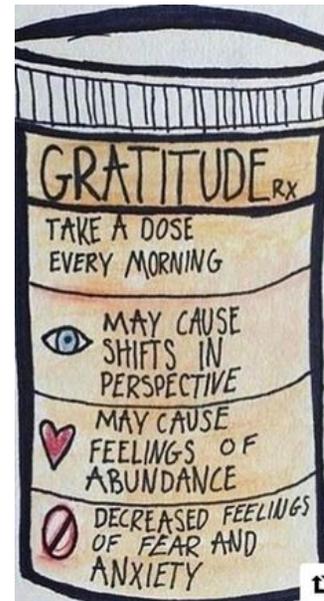




Converse Wellness

Gratitude, the key to happiness! Yes, it's true, being thankful for each and every piece of your life directly correlates to happiness. There is no magic formula, potion or pill. Being truly and utterly thankful creates an environment of contentment and bliss. It's easy to be thankful for the great things in life; thankful for our families, jobs and our blessings. Heck, we spend a day being thankful each November by stuffing our gourds with delicious foods and watching football. When was the last time you sat down and decided to be thankful for the junky parts of life? Have you felt gratitude for the bad experiences? Gratitude for getting in that car crash, thankful for ending that relationship, thankful for experiencing a death? This is the hard side of gratitude, you see. Each and every experience in our lives leaves us with lessons. We can be mad, angry and hurt about an experience or we can look back and connect the dots to the great part. The hard parts of life are what make each and every one of us. We experience pain and react; these reactions can make us all bitter or better depending on how we choose to perceive the experience. Our perceptions in life create happiness or sadness, gratefulness or bitterness, the fact is that choice is up to us entirely. This month especially we challenge each of you to practice gratitude, it improves not only your outlook on life but it also has lasting effects on your physical health as well.

How to practice gratitude: Simple... each day upon waking up think of three things you are so thankful to have in your life. Write these down or say them out loud. Throughout your day when you feel upset, angry, sad or agitated take a time-out, breathe intentionally for a few minutes and look around you, name 5 things you are thankful for, and then move on! Check out our gratitude challenge below!



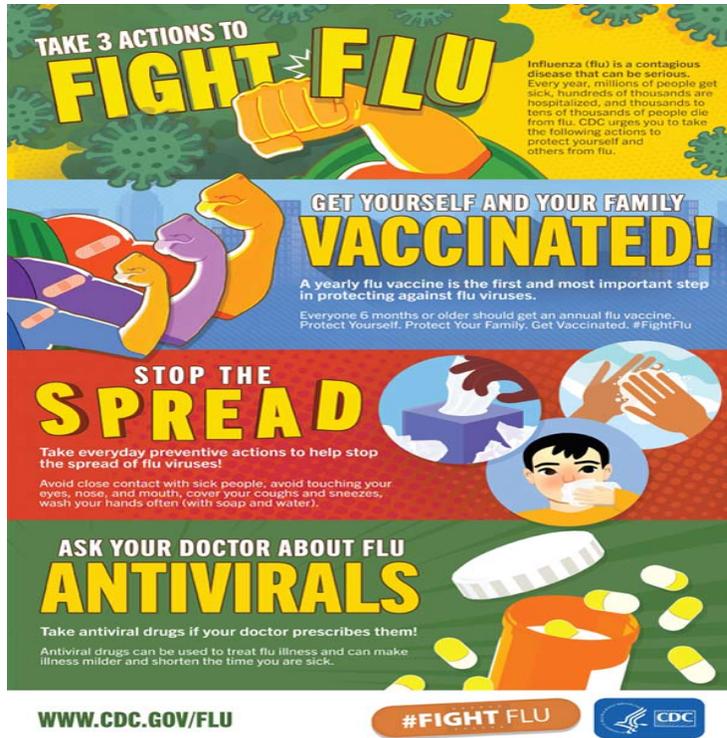
November Grateful!

During the month of November, the Wellness Committee would like to CELEBRATE gratitude by doing some fun challenges to remind ourselves to be GRATEFUL!

There will be a Gratitude Scavenger Hunt starting 11/11-11/24 with chances to win FABULOUS prizes!

In addition to the Scavenger Hunt, each department can make a creative grateful "jar" and fill it with "daily grateful writings" starting 11/1-11/22 for chances to win extra wellness benefits! Stay Tuned!

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Holiday Recipe Round Up!

We love holiday recipes, especially tried and true homemade goodness. If you have a wonderful recipes won't you please share it? Send any favorite holiday recipe to conversewellness@gmail.com and you will receive a gift!

Mushrooms-Creamy Garlic Mushrooms.

A Simple side dish for Thanksgiving. Try something new!



What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.

-2 T. Butter

-2 Cloves Garlic, chopped fine

-8oz. Mini Portobello, Cremini Mushrooms or White Mushrooms

-2T. Cream Cheese, room temp

-2 T. Parmesan

Salt and Pepper, to taste

Parsley for garnish, finely chopped

Melt butter in saucepan over medium heat, add mushrooms and sauté until mushrooms are caramelized. Add remaining ingredients and stir until thoroughly mixed. Season to taste! Wha-la. Simple and delicious.

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