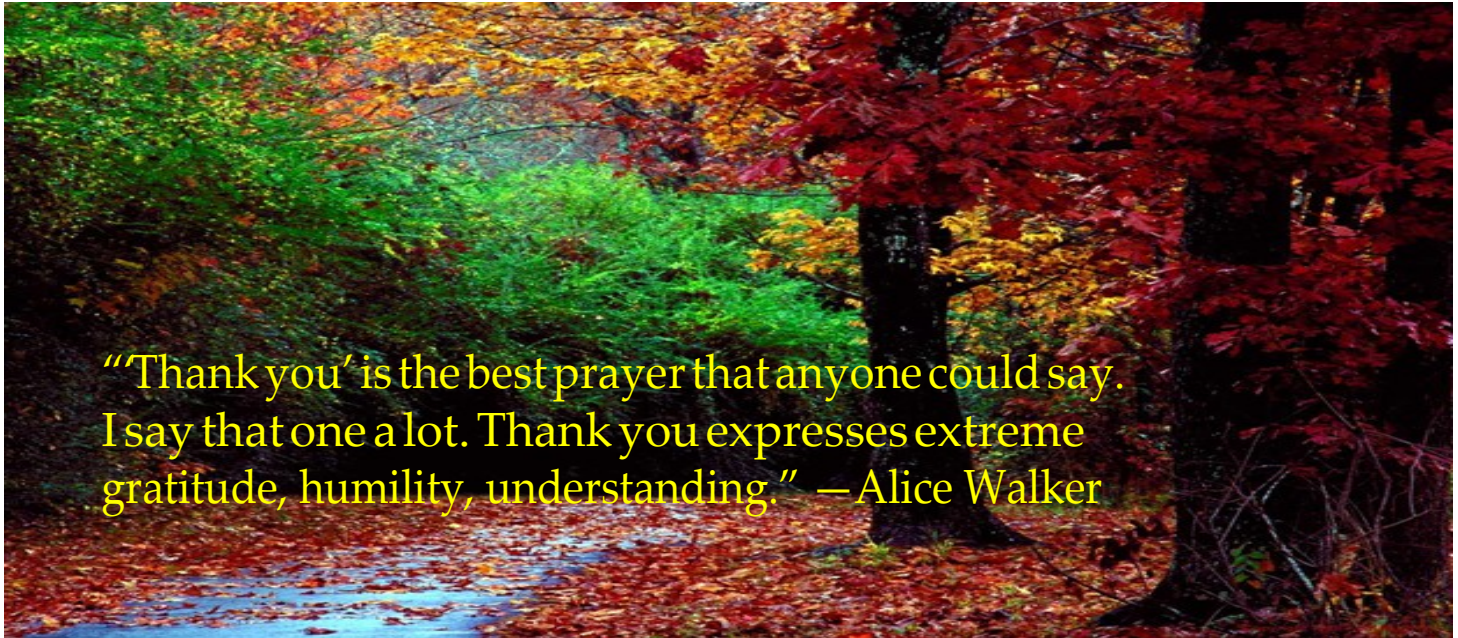


Health and Wellness News from MidCaN



“‘Thank you’ is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.” —Alice Walker

Thanksgiving Traditions that Can Boost Health and Wellness

Giving Thanks

As we navigate the pandemic and these stressful times, our minds have a multitude of thoughts and emotions. Giving thanks is one way to ease your mind. Gratitude is good for you. Research shows it can lower blood pressure, decrease depression and improve quality of life.

“Gratitude works,” says Leah Buturain Schneider, gerontologist, theologian and mindful aging expert at the USC Leonard Davis School of Gerontology.

Gratitude is not a feeling; it is a behavior we can practice every day of the year.

“You can strengthen an awareness of gratitude by sharing what you are thankful for or letting people know you appreciate them. Expressing this helps build bridges, connect us to the sacrifices of others and allows us to see abundance rather than what we lack.”

Strong Relationships

Social isolation has recently been cited as possibly being more harmful to health than smoking or obesity. Despite the headaches of travel and stress that family dynamics can bring, Thanksgiving helps build community by encouraging shared experiences with family and friends, or even welcoming strangers.

Extend a Helping Hand

Many homeless shelters and retirement communities are inundated with individuals who sign up to serve meals on Thanksgiving. And like gratitude, research shows that helping others can bring health benefits to the giver.

“We feel most alive when using our gifts and helping other people,” Buturain Schneider says. “The challenge is to make time in our lives to do this year-round so the recipients can express their own gratitude and get support on more than just one holiday.”



Make Lunch your Largest Meal

Increasingly research is showing that it is not just what we eat, but when we eat that matters. Many families eat their Thanksgiving meal in the afternoon, not in the evening, and that is a step in the right direction for all days.

Move after meals

Thanksgiving is the perfect time to begin to incorporate movement into your day. A daily walk or other form of movement is good for your body and your brain.

Leave some Leftovers

Some people prefer Friday's turkey sandwich to Thursday's main meal. Whatever your taste, it is important to spread the bounty. Practicing portion control at every meal helps ensure we don't eat too much in one sitting.

Bon Appétit

Apple-Cranberry Galette

Try this fun alternative to apple pie this Thanksgiving



<https://gero.usc.edu/2017/11/15/six-thanksgiving-traditions-can-boost-health-wellness-ages/>
<https://www.thepioneerwoman.com/food-cooking/recipes/a33473454/apple-cranberry-galette-recipe/>

Contact the MidCaN executive council at MidCaN@aap.org with any questions, feedback, or ideas you have

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