

Giving Thanks for WELLNESS

LiveWELL
November 2021



Take charge of your health to put yourself on the path to wellness. Health and wellness mean living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Giving thanks is a simple way to cultivate joy and fulfillment in our lives. It is always good to practice gratitude, but the fall season is a time to give thanks for what and who you hold closest. This month, the Greater Phoenix Chamber Foundation and Wellness AtoZ encourage you to spread the attitude of gratitude everywhere you go.



LiveWELL 3 simple ways to practice gratitude at work

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Gratitude makes life better and lighter in many ways if we learn to practice it various spaces. Sometimes it may feel easier to practice gratitude with our family and friends than in the workplace. However, gratitude in the workplace can make a world of difference in creating a healthy work culture. Below are 3 simple ways to show gratitude in your workplace:

1. Offer Acts of Service

Whether small or big- doing an act of service for a co-worker can go a long way. It can be something that takes only a few minutes of your time or something that requires a little more effort. Nonetheless, any act of service will surely show your appreciation for them. Here are examples of acts of service:

- Offer to help your coworker with a few extra tasks so they can leave work a little earlier to pick up their child from school or to make an appointment they have scheduled.
- Invite a coworker to lunch or coffee.
- Write a letter of recommendation for someone who needs it.

2. Write Thank You Cards and Letters

Hand-written cards are a kind gesture and are a gift in and of itself that can be so much more impactful than a verbal "Thanks!". Try gifting a coworker a handwritten thank you card that details a specific positive impact they had on you such as:

- Sparking a new idea for you in the workplace
- A raise in recognition of your hard work
- A thank you to a colleague/colleagues for celebrating you on a special occasion

3. Share Experiences

Sharing experiences as a team inside and outside of work helps to build comradery and a positive work environment. Some ways you can show gratitude is by overcoming a challenging task together or creating new lived experiences together such as:

- Planning a wellness activity: yoga class or a wellness walk.
- Treating everyone to a celebratory meal.
- Attending a baseball game together.
- Participating in a charity event together.

Chopra.com shares that when we tap into the power of gratitude, we can experience the power of joy, connection, and love at work and in other areas of our lives.



"Gratitude is an important element of your well-being. A sense of gratitude is a profound and positive experience that contributes to a happier life and increases morale."
-chopra.com



PlayWELL

PlayWell Workshop: Improving Strength to Reduce Pain

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Have you registered for our Fall PlayWell Workshop? For the first time, we are hosting an interactive virtual workshop with our friends from Team Up AZ. The Better Health Channel suggests that regular and repeated strength resistance training results in stronger muscles. We will dive more into the topic with, Corporate Fitness Specialist, Drew Saenz. There are important details to be informed of when finding the right exercises to do and how to do them properly. Register today to learn more about ergonomics at work.

Register today at
WellnessAtoZ.org/PlayWell



Wellness **AtoZ**

PlayWell Workshop
Ergonomics at Work: Improving
Strength to Reduce Pain

Zoom Webinar
Thursday, October 28, 2021
4 – 4:45 p.m.

Register Today!



EatWELL

3-Ingredient Pumpkin Oat Cookies

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PUMPKIN OAT COOKIES

Recipe and photo courtesy of runningonrealfood.com

Looking for a healthy alternative to the pumpkin-flavored goods this season? This pumpkin oat cookie recipe is simple, quick, healthy, and will fulfill your sweet tooth!

INGREDIENTS:

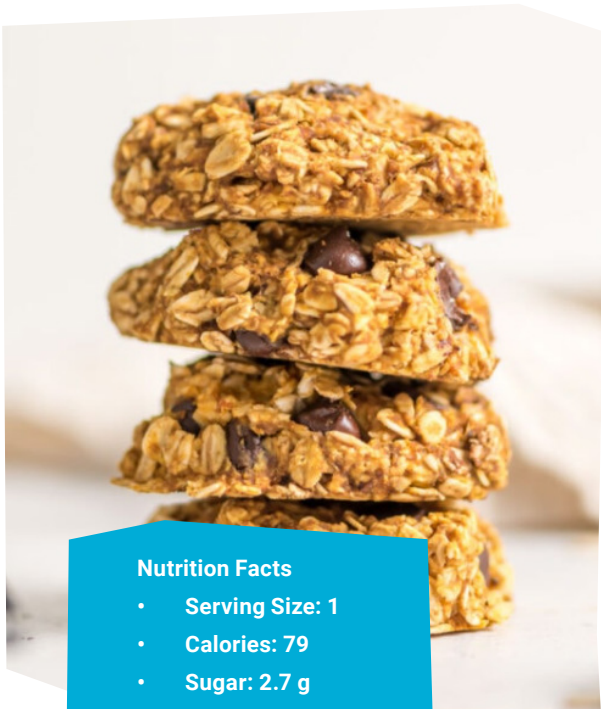
- Oats. Rolled oats, old-fashioned oats, and quick oats are all suitable.
- Pumpkin. Use plain pumpkin puree, not pumpkin pie filling.
- Sweetener. The cookies can be sweetened with coconut sugar, maple syrup, or agave. For a sugar-free cookie, use liquid or powder stevia or monk fruit sweetener.

DIRECTIONS:

1. Mix all of the ingredients to form a thick dough.
2. Form the batter into 12 cookie shapes using your hands and place them on a baking sheet.
3. Bake the cookies for 10 minutes at 350 degrees F.
4. Let them cool on the pan for a few minutes then enjoy warm or let cool before storing.

Nutrition Facts

- **Serving Size: 1**
- **Calories: 79**
- **Sugar: 2.7 g**
- **Carbohydrates: 15 g**
- **Fiber: 2.3 g**
- **Protein: 2.3 g**





WorkWELL Wellness Connect Image

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We are hosting our first virtual networking event this Fall: Wellness Connect!

Many of us miss interacting and connecting with one another so we created a space to do just that. Register today to attend and network with Wellness AtoZ employers and have a dialogue around health and wellness topics affecting our workplace.



WELL Community Share the Love

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UNITE AGAINST THE CYCLE



SHARE THE LOVE



"Time around the table is time for making memories."
- Valley of the Sun United Way

November is a special month as it includes Thanksgiving. It's a holiday to reflect on what we are grateful for and to remind us to give back and share the love with those around us. Valley of the Sun United Way created an opportunity for the community to share the love by making a family food box for a family in need. Being able to enjoy a nutritious meal around the table with family is very special and as a community, we can help families create these memories by providing those in need with a family food box. [Learn more here!](#)

VIVIR BIEN

LIVEWELL NEWSLETTER EN ESPAÑOL
[CLICK HERE!](#)



www.WellnessAtoZ.org
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