

# Aging Well Newsletter

Lutheran Counseling Services



## Be the one to thank!

November brings with it the start of the holiday season. Of course, the holidays are not pure joy for all and some of us may struggle this time of year with planning celebrations or feeling

distance from family and friends. That's why this month we are reminded to find gratitude and things we can be thankful for. For this we may need to start small - I'm thankful for the socks that keep my feet warm, or perhaps we go to the larger overall things - I am thankful for a God who gives me meaning and my life purpose. Whatever you find to be thankful for we remember that gratitude can be coping strategy for stress or other challenging emotions. We at Lutheran Counseling Services are thankful for you!

"It isn't what you have in your pocket that makes you thankful, but what you have in your heart." - Anonymous

### Services to help!

LCS is currently an on-call service Monday-Wednesday from 3pm-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or 'like' us on Facebook to see these resources. We are always here and happy to help however we can!

Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:

<https://lcsfl.com/how-to-help/>

## AGING WELL

### TRY THIS TIP!

Write a Gratitude List

Challenge yourself this month to write gratitude lists. Start with writing 5 things, places, or people you are grateful for, then 10, see how many you can come up with by the end of the month!

