

NOVEMBER NEWSLETTER



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Do not spoil what you have by desiring what you have not;
remember that what you now have was once among the things
you only hoped for.

- Epicurus



Simple Ways to Practice Gratitude in Your Daily Life

With Thanksgiving just around the corner, now is a great time to reflect on the things and people in your life for which you are grateful. In addition to strengthening your relationships and helping your loved ones feel appreciated, the practice of expressing gratitude has been linked to a multitude of benefits for your own well-being. For example, gratitude is believed to enhance empathy, reduce various toxic emotions

(including regret, envy, and resentment), improve the quality of your sleep, boost self-esteem, and even improve physical health.

How can you harness these benefits and many others by incorporating gratitude into your daily life? Here are a few ideas:

- Keep a gratitude journal. You've likely already heard about gratitude journals, or simple notebooks where you can write down things you are thankful for each day. Keeping a gratitude journal does not need to be an elaborate or time-consuming ritual every day, just try to jot down one or two things you are grateful for. These can range from minor blessings that are often overlooked (such as I am thankful to have clean drinking water) to people in your life to pivotal events, such as getting a new job opportunity. The important thing is to direct your focus to the positive things in your life, which scientists believe can actually rewire your brain to be happier over time.
- Reflect on difficult times. Practicing gratitude and focusing on the positive does not mean that you should ignore challenges. Instead, take time to reflect on difficulties you've experienced in the past, while being grateful for how far you've come and how things have changed for the better.
- Express gratitude for others. When you show your appreciation for a friend, family member, partner, or anyone else in your life, not only does it strengthen your relationship, but it can amplify your own feelings of gratitude.
- Incorporate the language of gratitude into your vocabulary. Make a list of words and phrases that you associate with feelings of positivity and gratitude such as blessed, fortunate, abundance, gifts, and many others. Then, make a conscious effort to work these terms into the language you use daily.
- Go through the motions. Particularly on days when you are feeling sad or discouraged, forcing yourself to go through the motions of gratitude can help shift your mindset to a more positive state. This can range from simply smiling or saying thank you to someone to sending a thank you card or writing a glowing online review for your favorite business.

Sources: mindful.org



Slow Cooker Butternut Squash Mac and Cheese

Ingredients

- 1 lb. Diced Butternut Squash, Peeled And Seeded
- 1/2 c. Vegetable Stock

- 5 leaves Fresh Sage, Minced
- 2 tsp. Fresh Thyme Leaves
- 1 Small Onion, Chopped
- 3 cloves Garlic, Chopped
- 1 lb. Dry Elbow Macaroni, Cooked According To Package Directions
- 1 tbsp. Salt
- 8 oz. Shredded Cheddar
- 4 oz. Cream Cheese

Directions

- Place butternut squash, sage, thyme, onion, garlic and vegetable stock in the slow cooker. Cover and cook on high for 4 hours, or low for 8 hours. Use an immersion blender or regular blender and puree the vegetables.
- Make sure the slow cooker is set to warm. Add puree, pasta, salt, and cheeses to the slow cooker. Stir until well combined and the cheeses have melted. Season with salt to taste and serve.

Source: thepioneerwoman.com



Selling a Home with Pets?

Be Sure to Follow this Checklist

Dogs, cats, and other pets are beloved members of the family but when your home is on the market, their presence can make getting ready for showings more difficult. Buyers tend to respond best when they can envision themselves living in your home, and noticing pet odors, hair, or other messes can be off-putting. Here is a quick checklist to help ensure that your furry friends do not deter potential buyers:

- Hide all pet accessories before photos or showings. Search your home for pet beds, toys, dishes, and other items, and stash them out of sight before showings and listing photos are taken.
- Deep clean and deodorize. Even if you don't notice any pet odors in your home, it is possible that you have simply become accustomed to them. Having your rugs, comforters, and any upholstery professionally cleaned or at least spraying them with pet-specific deodorizers or enzyme cleaners will help eliminate any unwanted scents. In addition, consider changing air filters and setting up an air purifier with a HEPA filter to absorb odor-producing particles, such as pet dander and allergens. A thorough cleaning of your environment is preferable to trying to mask odors with scented candles or sprays, as many people are sensitive to perfumed products.
- Repair any damage caused by pets. Minor damage to your home, such as scratched

floors and door frames or shredded curtains, is a normal part of having pets. However, it is also unsightly and can make your home look poorly maintained. Examine each room in your home for needed repairs, and cover or replace stained or damaged furnishings.

- Don't forget the yard. Your exterior living space is just as important as the inside of your home, so make sure that it is free of any evidence your pets may have left behind including waste, toys, and holes.

Sources: [opendoor.com](https://www.opendoor.com)

If you are currently working with another brokerage, please do not consider this a solicitation.