

# NOVEMBER NEWSLETTER



*"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."*

*—Voltaire*

## How to Keep the Spirit of Thanksgiving Alive Year-Round

healthline.com

The month of November is often associated with feelings of abundance and gratitude—yet once Thanksgiving has passed, many of us revert to being absorbed by the more negative or mundane aspects of daily life. While it may not be possible to feel grateful all the time, there are many benefits to making an effort to incorporate gratitude into your life far beyond Thanksgiving. For example, gratitude has been linked to physical and mental health benefits such as a stronger immune system, better relationships, a more optimistic attitude, and greater overall happiness.

As you prepare to celebrate Thanksgiving, here are a few ideas for channeling the spirit of the season and incorporating gratitude into your everyday life year-round:

- While maintaining a gratitude journal is not a new idea, there are some specific techniques that may help you get the most out of your practice. For instance, try not to overthink it: simply jot down a few things you feel thankful for each day. Be as specific as possible, and focus on the ordinary details of your day-to-day life. Entries in your journal don't need to be lengthy or well-written; they simply serve to highlight the positive aspects of your life and provide you with a source of joy on bleaker days. If you have a day where you're struggling to feel grateful for anything, try to identify something you normally take for granted, such as "clean drinking water" or "air conditioning."

- Thinking back on your past, reflect on obstacles you've overcome and difficult times through which you have persevered. Focus on how they made you stronger, and appreciate how your life has improved since then. By making the choice to let go of past hurts, you will free yourself to welcome future happiness.

- Live in the moment, without dwelling on the past or worrying about the future. Savor even the most ordinary experiences and try to view them as opportunities for growth.

- Most people try to show the world the best aspects of their lives while concealing the negative. Therefore, you never really know what someone is going through, and allowing feelings of jealousy to consume you is a waste of energy. Instead, focus on making your own life the best it can possibly be without comparing your journey to that of others.

# Creamy Cauliflower Garlic Rice

pinchofyum.com

## Ingredients:

- 6–8 cups chopped cauliflower
- 4 cups vegetable broth + 2 cups water
- 1/2 cup milk
- 1 1/2 cups brown rice
- 1 teaspoon salt
- 2 tablespoons butter
- 6–8 cloves minced garlic
- 1/2 cup Mozzarella cheese for topping

## Directions:

- Cook the rice according to package directions. Set aside.
- Bring the vegetable broth and water to a boil in a large pot. Add the cauliflower and boil for about 10 minutes, until tender. Transfer cauliflower pieces to a blender or food processor.
- Puree the cauliflower, adding milk or extra vegetable broth to get a smooth, creamy consistency. Season with salt. Pour over the cooked rice and stir to combine.
- In a large nonstick skillet, melt the butter and add the garlic, sauteing over low heat until the garlic is very fragrant, about 3-5 minutes. Add the creamy rice mixture and stir until butter and garlic is incorporated. Add cheese on top or stir it throughout the rice to get it melted. Season with additional salt and pepper to taste.

## Essential Safety Tips When Your Home is on the Market

nar.realtor

When selling your home, there are countless considerations to take into account. From keeping everything clean and tidy at all times to negotiating counteroffers, you may find yourself so overwhelmed that thinking about how to keep your family and possessions safe may fall by the wayside. However, with strangers constantly coming through your home for showings, safety must be a top priority. Here are some tips from the National Association of Realtors for how to stay safe when your home is on the market:

- Before showings, remove all valuables or lock them in a safe. This includes items such as jewelry, money, credit cards and checks, personal documents (such as bills or bank statements, which may contain information that could be used to steal your identity), electronic devices, as well as prescription medications.
- Never show your home on your own. Your realtor should be present for all showings—even if someone contacts you and identifies themselves as a buyer's agent.
- Ensure that your pets are secured or removed from the home before showings. The process of selling your home can be stressful for pets too, and if they attack anyone during a showing, you may be held liable.
- After open houses, double check that all doors and windows are locked. Sometimes, thieves will visit an open house and discreetly look for points of entry, and then return later to break in. It's always important to ensure your home is secured against potential intruders—particularly after showings and open houses.



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

