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‘Tis The Season For Gratitude & It’s Good For You!
Watch Dr. Greg Mallis on WZZM's Alive & Well segment talk about the many physical and mental benefits of practicing gratitude.

Studies show that a healthy dose of gratitude reduces pain, improves the quality of our sleep, helps regulate stress, reduces anxiety and depression, and builds stronger connections with others. Dr. Mallis shares the many ways we can incorporate gratitude into our daily lives.

Dr. Mallis' Tips On Practicing Gratitude

Managing Conversations When You Disagree Politically

Navigating hard conversations surrounding sensitive topics like politics, racism or religion can cause strain on any relationship, whether it be with friends or acquaintances, coworkers, family or even a spouse. This article offers helpful tips to guide political conversation in a more positive direction!

Tips On Navigating Political Conversations

Sober Celebrating: Tips For The Holidays
Are you worried about how to maintain your recovery and have fun at upcoming holiday celebrations that might include alcohol? It's all in the planning! Check out these creative ideas to help you stay sober, enjoy the holiday season and possibly create some new traditions.

**Ideas For Celebrating Sober**

**Tips For Living Well With Dementia**

A diagnosis of dementia can be emotionally overwhelming for the individual as well as the family. This article includes a number of ways to manage and cope well with dementia, such as:

- Remember that people diagnosed with dementia are not completely helpless.
- Involve the person with the diagnosis as much as possible in future plans for their care.
Set up the environment for success.
Use memory tools.
Emphasize remaining strengths.

Blanket Drive To Benefit Pine Rest Patients

The i understand love heals non-profit organization and Project #EAS, courtesy of the Eric Spitler family, is collaborating on a blanket drive this holiday season, to bring comfort, hope and healing to Pine Rest patients experiencing mental health crises.

Now through December 31, anyone can donate a new, unused blanket along with a written note of encouragement to one of several drop-off locations around Grand Rapids.

Where To Drop Off Blanket Donations

Upcoming Support Groups & Community Classes

NOVEMBER 15: Family & Friends of Aging Adults Support Group

Cost: No Charge
This month's presenter is Kathy Bartels from Grace Hospice, who will talk about “When It's Not the Most Wonderful Time of the Year”. This group is designed specifically for those who are caregivers to older adults. Learn More.

**NOVEMBER 16: SELAH Domestic Abuse Awareness Group**

Cost: No Charge

SELAH helps address the needs of women experiencing the effects of domestic abuse. The group welcomes survivors, family members or women who simply want to learn more about this issue. Learn More.

Complete List of Available Support Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to sign up today!