



November 2025

IMPORTANT DATES

November 4 & 5
CCRT Training

November 12
Recovery University

November 13
MHRB BOARD OF
DIRECTORS MEETING

November 11
Office Closed for
Veterans Day

November 22
Healthy Meals for
Healthy Minds

November 27-28
Office Closed for
Thanksgiving

A Season of
Gratitude- and
Maybe a
Second Slice of
Pie

THANKFUL

November has a funny way of sneaking up on us. One minute we're enjoying the last bit of sweater weather, and the next, we're knee-deep in grocery lists, travel plans, and an internal debate over whether mashed potatoes count as a vegetable. (They do. They come from the ground. That's science. Don't argue with me on this.) But underneath the chaos, November gives us a gentle nudge to pause and remember what this season is really about: gratitude. Not the social-media-post kind with perfect lighting and matching flannel, but the real stuff. The quiet, everyday kind that lives in small moments: a good cup of coffee, a friend who checks in, or that one coworker who refills the printer paper without being asked (you're welcome!) Gratitude isn't just a nice idea, it's good for your mental health. Studies show that regularly practicing gratitude can boost mood, lower stress, and even improve sleep. (Apparently, "counting blessings" works better than counting sheep.) So this month, take a moment to notice the good, even if it's small, even if it's messy. Gratitude doesn't erase hard things, but it helps us hold onto the light that's still here. And if this season feels a little heavier than usual, that's okay too. Gratitude and grief often share the same table. Be kind to yourself and reach out if you need support. You don't have to carry it all alone. Help is always available. Just call or text 988 to connect with trained counselors 24/7. As we move through November, let's make space for connection, laughter, and maybe that second slice of pie. Gratitude isn't about having a perfect life, it's about noticing the good right in front of us, one imperfect, wonderful day at a time. Because sometimes the best way to say "thank you" for this wild, beautiful life... is simply to show up for it.

-Jamie McGrew

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SUICIDE
& CRISIS
LIFELINE

