



Hey, Orson, what's with your sign?

I want to remind everyone at Wells that we have so much to be grateful for. We live in a beautiful area, especially in the Fall. We have plenty of clean water, fresh air, abundant food, and we are safe and warm.

So true, Orson. Psych research* suggests that feeling a sense of gratitude can help us better cope with stress and even boost our immune system!

* https://health.ucdavis.edu/medicalcenter/features/2015-2016/11/20151125_gratitude.html

Personally, I am very thankful this time of year that I am not a turkey!

Oh, ORSON!!

Did you know? Successful people practice gratitude. It is hard to be successful if you aren't happy and thankful for all life has to offer. Here are five ways to cultivate an "attitude of gratitude":

1. Write it down.

Keep a gratitude journal. Try it for 30 days. Be specific about what you are thankful for. Watch how your thoughts develop over time. You may start out simply, but when you add stories and color, it becomes more powerful.



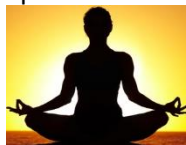
I'm thankful for...

2. Talk about it.

Sharing what you are thankful for isn't just for Thanksgiving. Make it a habit to talk about what you are grateful for all year long. It will reinforce your feelings.

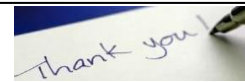
3. Meditate.

Whether you regularly meditate or not, take a break a few times a day. Focus on a spirit of thankfulness. Who are you thankful for? Bring that person to mind. Imagine your life surrounded with blessings.



4. Express it.

Find that teacher who made a difference in your life and tell them. Write a personal note and tell a long-lost friend what they meant to you.



5. Seek it.

If you want to be thankful, get around people with that characteristic. Some people just bubble over with enthusiasm and gratitude for life.

Source: Skip Prichard

Wells College Campus - Greater Aurora Community



Saturday, November 11, 2023 ~ 6:00PM

Sommer Center, Wells College

Dish-to-Share Buffet

Free and open to everyone

Join us as we meet and greet one another, make new friends, and share in good food. Bringing a prepared food item to share or a non-perishable food item to donate to the food pantry is welcome but not required. Tableware will be provided. *Please come!*

"**Installment**" is a double play on words: these informational mini-newsletters are put inside bathroom cubicles ("in stalls") and the content gets changed out - in "installments."

Get it? Got it? Good!

If we "gotcha", redeem your **GOTCHA** card – good for \$1.00 off a drink purchase at the **GRIND Café** – before the end of the semester. Get in the habit of carrying and *using* your reusable beverage container or mug. Our "spotters" just might "getcha" with a **GOTCHA**.



Just a reminder...



As you get ready for the extended Thanksgiving break, we remind you to do the following to prepare your residence hall room or office:

- Close and lock your window and close shades.
- Refrigerators may remain plugged in (but eat or toss any food that could go bad over break).
- Remove all perishable food items.
- Empty your trash and recycling containers.
- Turn off all lights and lock your door.

As you head out for the Thanksgiving break: *don't be a turkey!* Please **turn off** and **unplug** all energy-consuming equipment and devices. Don't waste energy while you are away from your campus room or office.



FOOD & Freebie

Think about helping out Wells students who must remain on campus during the break when the Dining Hall is closed. Donate non-perishable food items to the **Food & Freebie** Room on 1st floor of Main (west side).

Questions? Email: sustainability@wells.edu

Installments

are produced as a community service by the
Wells Center for Sustainability
and the **Environment**.

Arrive curious ❖ Graduate prepared.