There is a good chance you interpreted the title as “you should be thankful for your health,” but it turns out that being thankful in general has positive effects on your health and well-being as a person overall. It’s a little trick called positive psychology. Have you ever noticed the more you talk about an upcoming test or project the more stressed you begin to feel? Let’s challenge ourselves this month— the month most known for being vocally thankful—to use positive psychology and thankfulness to better our health!

According to an article in Healthline, people who are thankful/grateful are more likely to:

- Take better care of themselves physically and mentally
- Engage in more protective health behaviors and maintenance
- Get more regular exercise
- Eat a healthier diet
- Have improved mental alertness
- Schedule regular physical examinations with their doctor
- Cope better with stress and daily challenges
- Feel happier and more optimistic
- Avoid problematic physical symptoms
- Have stronger immune systems
- Maintain a brighter view of the future

All of these benefits sound pretty great, right? Like many things in life it is easier said than done, but we can challenge ourselves this month and every month to be thankful for all the things we have. Being a college student at ONU and a part of Residence Life staff are a great place to start! As part of the residence life staff you can incorporate your attempt to focus on thankfulness in your programs, bulletin boards, and interaction with your residents. For example, make an interactive board in your hall and give your residents the opportunity to write what they are thankful for!

This doesn’t have to stop when November is over! Practice being thankful every day of the year and spread the word about it. Positivity is contagious! Our staff is pretty big, who knows the impact we could have on this campus…

If you want to read the original Healthline article go to http://www.healthline.com/health/depression/giving-thanks
Thank you to Alleah for these great pictures from the frozen t-shirt contest during spirit week!! Keep the pictures coming so we can all enjoy them in Roomers for months to come!!

KUDOS!!

Maglott: Paige Torbet
Affinity: Mikayla Rader
Apartments: Taylor Reed
Lima: Nathan Bacchi
5UP/Northern House: Courtney Knippen
Park: Tyler Reams
Founders: Aaron Sullivan

ALSO Kudos again to the apartment staff on Trick-or-Treat and to the Maglott staff for the upcoming Kickball event!!

Upcoming staff programs:
Thursday, 11/14: 8 PM “The Dirty Truth About SEX!”
5UP lounge
Friday, 11/15: 7 PM Lima Carmel Apples. Lima kitchen

NEXT IN-SERVICE DATE IS SUNDAY, NOVEMBER 17TH 9 PM-BALLROOM

In the next in-service we will be covering closing procedures for the upcoming holiday break. For those of you who are new to staff, we will be covering everything you need to know about checking rooms, when you can leave, etc. It might be helpful to bring something to take notes on, but if you forget something you can always ask a returning member on staff for help! We are a team, and teamwork makes the closing process MUCH easier. Remember, attendance at in-services and all staff meetings are mandatory. SEE YOU SUNDAY!

Want to let the staff know about an upcoming awesome program you’re having? Send it by the 3rd of the month and have it put in the Roomers newsletter!