

Thanksgiving

A Multipurpose Celebration

Thanksgiving, an annual American tradition, is more than just a day of enjoying a meal with family and friends, although that in itself is reason for jubilation; it is a multipurpose celebration that nurtures our bodies, minds, and spirits. Rooted in the warmth of gratitude and community, this holiday fosters a holistic approach to well-being, touching on nutrition, emotions, and spirituality. By embracing these benefits of Thanksgiving, we can cultivate a deeper sense of connection to one another.



Thanksgiving meals often feature nutrient-dense ingredients that support overall health and immune function. Turkey, the centerpiece of many Thanksgiving meals, is high in protein and B vitamins, essential for energy production and brain function. Vegetables like sweet potatoes, green beans, and Brussels sprouts are rich in vitamins A, C, and K, respectively, providing a wealth of antioxidants and other vital nutrients.

A Home-cooked Thanksgiving meal, allows for greater control over ingredients and preparation methods. This means less intake of processed foods and added sugars. Moreover, the abundance of food at Thanksgiving often results in leftovers, providing opportunities for nutritious meals in the days that follow. Repurposing leftovers into soups, stews, or casseroles not only

minimizes food waste but also ensures pleasant reminders of the holiday.

Thanksgiving is centered around the practice of gratitude, which has been shown to have numerous emotional and psychological benefits. Regularly expressing gratitude is linked to increased happiness, improved mental health, and stronger social relationships (Froh et al., 2007). By taking the time to reflect on and share the things we are grateful for, we can nourish a deeper sense of contentment.

Thanksgiving brings people together, sharing a sense of community and belonging. Strong social connections are vital for emotional well-being, with research showing that they are associated with increased life satisfaction and even enhanced physical health (Holt-Lunstad et al., 2010). Establishing and maintaining family traditions around Thanksgiving provides a sense of continuity, identity, and emotional security, serving as touchstones that connect individuals to their past (Fiese et al., 2002).



Furthermore, being centered around the fall harvest, Thanksgiving offers an opportunity to connect with the natural world. Using elements of nature, such as fall foliage or seasonal produce, in your celebration encourages more of a oneness with the Earth.

Reflecting on and honoring family traditions draw the newest and youngest members of the family into the 'fold' letting them feel more like a part of something important. Allowing them to help create new traditions that reflect the values and priorities of the family helps to secure their place in the family history.

Spread the Love !

Expressing gratitude before, during, and after the holiday, both in your thoughts and in your conversations with others will boost everyone's enjoyment of one of the nicest holidays ever celebrated.
Happy Thanksgiving !

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Resources:

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