



## HR Healthy Hub Finding Meaning Amid the Holiday Hustle

The holiday season often brings stress and busyness, but it's also the perfect time to pause and reflect on the things we're grateful for. Practicing gratitude has been shown to improve mental health, strengthen relationships, and boost overall well-being. During the holidays, it can be especially valuable to focus on gratitude, as it helps us stay centered amidst the hustle and bustle.

One simple way to practice gratitude is by keeping a daily journal. Writing down three things you're thankful for each day, whether big or small, can shift your mindset towards positivity. Expressing gratitude verbally, whether through a heartfelt thank-you to a friend, family member, or colleague or even writing a note of appreciation, strengthens connections and spreads joy.

Gratitude can also be practiced through giving back. Volunteering or donating to causes close to your heart allows you to appreciate your own blessings while contributing to others' well-being. Even small acts of kindness, like paying it forward or helping a neighbor, can instill a sense of purpose and community spirit.

Beyond personal benefits, research shows that gratitude boosts resilience, especially during stressful or hectic times like the holidays. It helps us stay grounded and brings focus back to what matters most—relationships, health, and community. Gratitude can also shift the focus away from materialism and the pressures of gift-giving, which often overwhelm the holiday season.

Incorporating gratitude into your holiday routine enhances your happiness and promotes a spirit of generosity and kindness throughout your community. Studies have shown that practicing gratitude regularly can increase empathy and reduce aggression, creating a ripple effect of positivity. So, take a moment this season to reflect on what truly matters, share your appreciation with those around you, and inspire others to do the same. When gratitude becomes a daily habit, it can transform how you experience the holiday season, making it more meaningful and joyful for everyone involved.

Source: <https://positivepsychology.com/neuroscience-of-gratitude/>



# October Event Recap



Cornfest BHC



Witch Paddle LHC



Boo Bash



Kingman Trunk or Treat



London Bridge Days Parade



Taste of Havasu



Lizard Peak Scramble

## November Events

### Saturday November 8, 9am-4pm

Anderson Auto and Powersports Group sponsors 5th Annual Desert Responder Poker Run.  
Location: Bunker Bar

### Saturday November 8, 1-3pm

Anderson Powersports Reno hosts Snowmobile Workshop.  
Location: Anderson Powersports Reno

### Saturday November 8, 3:30-9pm

Anderson Auto and Powersports Group sponsors Havasu Heroes Country Music Festival  
Location: Lake Havasu Golf Club

### Saturday November 8, 10-11am

Anderson Toyota sponsors Buckle Up, Sunshine  
Location: Mohave County Sheriff's Office

### Saturday November 8, 11am-6pm

Anderson Auto Group sponsors Bands and Brews  
Location: Windsor Beach

### Friday November 14, 7:30-9am

Anderson Auto Group sponsors Special Olympics Breakfast of Champions  
Location: College Park Community Church

### Friday Nov. 14-Saturday Nov.15, All Day

Anderson Powersports sponsors Sand and Water RV Expo.  
Location: State Park, Windsor 4

### Saturday November 15, 2-6pm

Anderson Auto and Powersports Group sponsors getting Arizona Involved in Neighborhoods Event.  
Location: Rotary Park

### Wednesday November 19, 7-9pm

Anderson Auto and Powersports Group sponsors Cancer Care Resources Fashion Show.  
Location: London Bridge Resort Convention Center

### Saturday, November 22, 8-11am

Anderson Auto and Powersports Group sponsors 5k Destiny Run.  
Location: The Island

### Saturday, November 22, 10am-3pm

Anderson Auto and Powersports Group sponsors Harvesting Hope for Veterans.  
Location: Lakeview Terrace Memory Care Residence

### Sunday, November 29, 1-5pm

Anderson Auto and Powersports Group sponsors Woman with Willpower Winter Wonderland  
Location: London Bridge Resort Convention Center

## Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in November with Anderson Auto and Powersports Group - we appreciate you!

| Employee     | Years | Store  |
|--------------|-------|--------|
| Jay Johnston | 12    | Toyota |
| Jose Chavez  | 10    | Toyota |