

HEALTHY LIVING
WITH TAMMY

THE MONTHLY BUZZ
**THANKFUL ~ GRATEFUL
& SIMPLY BLESSED**



Hello Everyone! I hope you all are doing well! Happy Thanksgiving! I know, crazy to say right? But it's that time of year where the holiday season is quickly rolling around and next thing you know the new year is here.

Holidays can be a bit stressful sometimes, and can bring up lots of different emotions. In this month's newsletter we will be talking more about that, and practical ways to navigate the trickiness of the season.

As we move deeper into the holiday season, many of us take time to reflect on the things we're thankful for, family, friends, health, and the little joys that make life beautiful. But gratitude is more than just a seasonal feeling or a polite response. It's a way of seeing the world, a lens that reveals the goodness in our lives, even on the toughest days. I would like to touch on, why gratitude is so important, what it looks like to be filled with gratitude, and how to practice gratitude in your daily life.



Gratitude is the Right Attitude

As we move through the holiday season, we often hear words like “thankful” and “grateful” used together, and while they are deeply connected, there is a beautiful difference between them that can shape how we experience the world.

Thankfulness is that warm, spontaneous feeling you get when something good happens in the moment. It’s the quick smile that crosses your face when someone does something kind or when life brings a bit of unexpected joy. Maybe you feel thankful when you receive a thoughtful gift, when a friend calls just to check in, or when you get a moment of peace in a busy day. Thankfulness is immediate, like a spark of light that reminds us to appreciate the good things happening around us. Gratitude runs deeper. It’s not just about those quick flashes of thankfulness in

response to life’s little gifts. Gratitude is a steady, ongoing sense of appreciation for everything, both the good and the challenging. It’s a way of seeing the world, one that helps us recognize the value of what we have, even when things aren’t perfect.

While thankfulness is often tied to a single moment, gratitude stays with us, guiding us through the ups and downs. Gratitude isn’t just about feeling good when life goes smoothly. It’s about holding onto a sense of appreciation, even when times are tough. It’s what helps us pause, take a breath, and remember that there’s still so much to be thankful for, even when life feels hard. Gratitude teaches us to look at the bigger picture, to see the beauty in the everyday moments and to find meaning in the

challenges that help us grow. When I think about the difference between the two, I imagine thankfulness as the smile that lights up your face when something wonderful happens in the moment. Gratitude, though, is like the warmth that stays with you long after. Gratitude asks us to look a little deeper, to not just notice the good in the obvious moments, but to recognize the hidden gifts in the small, everyday things. Gratitude is what helps us say, “Life isn’t perfect, but I’m thankful for what it is.” The truth is, we need both thankfulness and gratitude. Thankfulness brings joy to our everyday moments, while gratitude builds resilience and helps us find peace, no matter what comes our way. Together, they allow us to live with a fuller heart, to appreciate the immediate joys while holding onto a lasting sense of what truly matters.





The Best Sweet Potato Casserole

This sweet potato casserole is another one of my favorites during the fall season! This sweet and savory dish will definitely be a hit at any family table!

HOW TO MAKE -

WHAT YOU'LL NEED -

For the sweet potato filling

- 4 large sweet potatoes, peeled and chopped into large chunks (around 9 cups worth)
- ½ cup unsalted butter, melted
- 1 cup brown sugar
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon nutmeg

For the pecan topping

- 4 tablespoons unsalted butter, melted
- ⅓ cup brown sugar
- 2 tablespoons all purpose flour
- ½ teaspoon salt
- 1 ¼ cups finely chopped pecan pieces

For the marshmallow layer

- 10 oz mini marshmallows

- Peel and cut the sweet potatoes into large chunks, place into large sauce pan, cover with water, and bring to boil
- Boil until the sweet potatoes are fork tender. They should fall apart easily
- Drain the sweet potatoes and add them back to the sauce pan. Mash well, Add the rest of the sweet potato filling ingredients, mix until well combined
- In a separate bowl, stir together the pecan topping ingredients, until combined
- Grease a 9 by 13 baking dish with cooking spray or butter
- Add the sweet potato filling and spread out evenly add the pecan topping over the top of the sweet potatoes, then add the mini marshmallows on top of that.
- Bake the sweet potato casserole at 350 degrees for 25-35 minutes, or until bubbly and the marshmallows are golden brown on top. Watch closely towards the end to get the perfect golden brown without burning

Finding Calm in the Chaos

The holiday season is a time we often dream of as joyful and full of warmth, but in reality, it can also be one of the most stressful times of the year. Between the gatherings, the planning, the gift-giving, and the endless to-do lists, it's easy to feel overwhelmed. It's okay to feel this way. You're not alone if you feel more frazzled than festive right now. The holidays can place a lot of pressure on us, pressure to create the "perfect" experience, to show up for everyone, and to make each moment special. But here's the truth: **The best gift we can give ourselves and others this season isn't about perfection; it's about presence.**

Taking a Moment for Yourself

Sometimes, we get so caught up in trying to meet everyone else's expectations that we lose sight of what matters to us. Taking a moment for yourself, even in the midst of a busy day, can be a gentle reminder that your well-being matters, too. Whether it's a quiet walk, a few deep breaths, or a few minutes to just sit in stillness, these little pauses can help you reconnect with what really feels meaningful for you. It's easy to feel guilty for stepping away from the busyness, but remember: taking care of yourself is not selfish. When you nurture your own peace, you bring a calmer, more present version of yourself to the people you care about. By giving yourself permission to rest, you'll find that you have more to give, more energy, more patience, more love.

Letting Go of Perfection

The holiday season tends to come with a lot of expectations. We might feel the pressure to have a home that looks festive, gifts that are perfectly thoughtful, or gatherings that go without a hitch. But life is rarely picture-perfect, and the beauty of this season often lies in the imperfections. The laughter over a burned pie, and the cozy mismatched decorations. Instead of aiming for a "perfect" holiday, try focusing on what feels genuine. Perfection can be exhausting, but authenticity? That's where the magic truly happens. When we let go of the need for everything to be flawless, we create space for real joy, connection, and presence.

Staying Present in the Moment

It's easy to get lost in the hustle, to constantly think ahead to the next task, or to worry about what we haven't finished. But when we're always looking forward, we miss out on the present moment, the small joys that make this season special. The smell of a home-cooked meal, the sound of laughter, the warmth of a loved one's hug... these are the moments that make the season meaningful, even if everything else feels a bit chaotic. Staying present is a gift we can give ourselves in the midst of all the busyness. Even if it's just for a few minutes, try to ground yourself in the here and now. Feel the warmth of the season, the little moments of happiness, and let those carry you through.

Finding Peace in Simple Joys

Remember that the holidays don't have to be grand or perfect to be meaningful. Often, the quietest moments are the ones that stay with us. A cozy evening by the fire, a heartfelt conversation, a peaceful moment of reflection, these are the simple joys that remind us of what truly matters. If you're feeling stressed, know that you don't have to carry the weight of the season alone. Be kind to yourself, let go of the need to please everyone, and find comfort in knowing that you're doing the best you can. This season, instead of focusing on what you need to accomplish, try to focus on the moments that fill your heart. And remember, it's okay to slow down, to take a break, and to simply be.

Wishing you moments of calm, joy, and warmth this season. May you find peace in the little things, strength in your own heart, and comfort in knowing that sometimes, just being here is more than enough.

Mindful Moments

So as we move through this season, let's take a moment to appreciate both the moments of thankfulness that make us smile, and the deeper sense of gratitude that helps us carry that light through all the seasons of life. Because when we nurture both, we not only brighten our own lives, but we also spread that light to those around us.

Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.

1. "I embrace the spirit of the season with an open heart."
2. "I let go of expectations and accept the season as it unfolds."
3. "I trust that I am enough, just as I am, this season and always."
4. "I am grateful for the blessings of this year and hopeful for what's to come."
5. "I choose joy, peace, and love this holiday season."

**IN CLOSING OF THIS NEWSLETTER, I WANT TO EXPRESS MY HEARTFELT GRATITUDE FOR ALLOWING ME TO BE ALONGSIDE OF YOUR HEALING JOURNEY. I AM GRATEFUL TO BE ONE OF YOUR PRACTITIONERS AND BE IN THE MIDST OF ALL THE HEALING THAT HAS TAKEN PLACE. I AM DEEPLY GRATEFUL FOR THE RELATIONSHIPS WE HAVE BUILT ALONG THIS JOURNEY TOGETHER. EACH AND EVERY ONE OF MY CLIENTS WILL ALWAYS HOLD A SPECIAL PLACE IN MY HEART.
FOR YOU, I AM GRATEFUL.**



I hope you enjoyed reading this month's newsletter. Have questions or feedback? I'd love to hear from you! You can reach me at:
healthylivingwithtammy@gmail.com
Blessings to you all!
Healthy Living With Tammy