

The Club

December 2021



When we help someone else, our bodies flood with “feel-good” hormones. It doesn’t have to be massive, world-class heroics to make a big difference. Hold the door, make a cup of tea, just smile at someone--it all counts. Strive for balance: sometimes be the elephant; sometimes be the kitten.

About Life: [What if “that jerk” is doing the best s/he can? Yikes!](#) 10 minutes

Mood Lifter: [Don’t just stand there—breathe!](#) 7 ½ minutes of the slowest exercise you’ll ever try.

Quote of the month:

Your pain, your anxiety is your baby. You have to take care of it. You have to go back to yourself, to recognize the suffering in you, embrace the suffering, and you get a relief. — Thich Nhat Hanh