

THE BUS STOPS HERE



Safety Newsletter

November 24, 2023



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.

A MESSAGE OF GRATITUDE FROM THE AMERICAN HEART ASSOCIATION: Thanksgiving is a good time



to start thinking about gratitude, we could all use a little more positivity and encouragement. Below are quick and easy ways you can jump-start your journey:

- Kick off the day by writing down a hobby or special interest you've picked up this year and celebrating how far you've come. You deserve it.
- Find three things you love about yourself and write them down. Then stand in front of a mirror and read them out loud. Feels pretty good to love yourself,

doesn't it?

- Beauty can be found in the most unlikely places. So today stop, look around and capture a mental (or actual) snapshot of the beauty you see.
- If something frustrates you today, hit your pause button. Take a breath and reframe the moment by focusing on what IS going your way. A little positivity goes a long way.
- When is the last time you celebrated all the amazing things your body can do? Take two minutes to really think about it, then store those happy thoughts for a rainy day.
- Start your day with a smile, even with an early phone alarm by renaming it something like "I will live fierce today." Nothing but positive vibes all day.
- We all have flaws - we're human. Focus on one thing about yourself that to you is less than perfect. Then write a little love note about it. Because #selflove heals the soul.
- Food is its own love language so today think of someone whose cooking warms your soul. Then tell them how grateful you are for sharing that gift with you.
- Reach out and express a little extra appreciation to someone. Be specific and intentional with your love - you just might make their day.
- Keep a food journal today and instead of judging any of it as "good" or "bad" be grateful for every bite.
- Text someone and share three reasons you're grateful for them.
- Everyone has "off" days. Think of three quick things you're grateful for and repeat them to yourself when you're feeling blue.
- Today hit pause for a few minutes to reflect and write about how you feel after participating in this challenge. Reflect and learn - it's the only way to grow!

Gratitude is more than a buzzword. It's a habit and practice that may actually change your perception of well-being.



Here at STS & SBC we are grateful for what you do each day! Wishing you and your family a Happy Thanksgiving!