



Hello, Foram!

Here's your Lifescope this week.

Thanksgiving is likely the most celebrated holiday in American besides Christmas. People are flying in from all over, giant turkeys are pre-ordered, and there's an energy that can't be contained. Before you lose yourself in the holiday cheer (and stress!), find your inner calm. What instantly centers you? Is it a picture of a sunset? A walk with your dog in your favorite park? As you gear up for this bustling holiday, try doing more relaxing activities in order to balance out the chaos.

THE HEALTH OF HUGGING

Come on over here! A hug is about the easiest and most heartfelt thing you can do for a friend or loved one. Maybe you take hugs for granted, or maybe you don't particularly care for them, but the benefits of hugging are huge! Getting hugged can regularly boost your immune system, helps fight stress, and can actually be a form of pain relief. Consider reaching out, quite literally, to friends and family for some much needed, scientifically-proven hug time.

FOCUS ON THE LITTLE THINGS

Life is a mixture of focusing on the big picture, and then diving into the smaller details. That big credit card payment may be looming over your head, but when something big is in our orbit, we forget to focus on the smaller payments that need attention, too. Psychologically however, it should be the opposite! If the smaller credit cards can be easily paid off, that will narrow down your worries, and that "big credit card" won't be so intimidating, after all.

FIRE IN YOUR BELLY

Have you been feeling a shift of energy lately? That could be a good thing. It will cause a little turmoil at first while you figure things out, but having an energy shift can create clarity with work problems that were stumping you before. Your energy could even change the negativity between you and a co-worker. Make no mistake: This is a positive fire, and it will warm up a previously cold and confusing space in your life.

TRUE GENIUS

Everyone knows that cat videos are all the rage. (As they should be!) But our interest in recording the antics of our cats goes back farther than you might expect. Back in 1894, Thomas Edison filmed two kitties wearing boxing gloves duking it out in a miniature ring. "The Boxing Cats" is the oldest cat video we know of (go look it up!), which just goes to show that quality entertainment stands the test of time—and Thomas Edison's genius spanned further than we realized!

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Cheers,
Michelle
Team Lifescopes



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