

# Spilling the Tea at CWC

## November 2025

### Finding an Attitude of Gratitude When Life Gets Messy

All over Social Media during November, our feeds will be flooded with grateful November posts. But, what do we do when we aren't feeling grateful, or life is not going the way we though it would? You can start with Mindfulness. **Mindfulness** is the intentional practice of acknowledging one's feelings and thoughts while staying rooted in the present. Check out [mindful.org](http://mindful.org) to learn more.

Another strategy worth trying is **reframing**. Reframing encourages us to shift our perspective, moving from what's not going well, to identifying aspects of our life that "aren't too bad".

One of the easiest ways to shift your perspective is by helping others. Find an opportunity to volunteer, or take time to write a quick thank you note to someone that had a positive impact on your day.

*November 11th is  
Veterans Day*

Veterans Day is a day to honor all brave men and women who have served in the United States military. If you know a veteran, or see a veteran take a moment to thank them for their service. Veterans are often unsung heroes that don't always receive the proper thank you they deserve.



## November is Native American Heritage Month

*EACH NOVEMBER WE HONOR THE HISTORY, CULTURE AND TRADITIONS OF THE FIRST PEOPLES OF THE UNITED STATES. LOCALLY, THE WIND RIVER RESERVATION IS SHARED JOINTLY BY THE EASTERN SHOSHONE AND NORTHERN ARAPAHO TRIBES. EACH TRIBE IS RICH IN CULTURE AND TRADITION.*



Worth the read: "**There There**" by Tommy Orange

Worth the listen:

Check out two podcasts, **Indian Relay-A Wind River Reservation Podcast** and **The Scoop**, both produced locally and created by CWC staff.