



ecac
 exceptional children's
 assistance center

Empowering Families ★ Improving Lives



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Begin Each Day with a Grateful Heart

If it's November, it must be time to think about everything we have to be thankful for. Although it's nice to count blessings on Thanksgiving, being thankful throughout the year has tremendous benefits on quality of life.



For more information, click [here](#)



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Your support makes a difference for
North Carolina's children and families.
ECAC is grateful for your donation!



The Art and Science of Friendship

Good friends are good for health. Friends can help celebrate good times and provide support when times are rough. Friends prevent loneliness, and they give us a chance to offer needed companionship, too. Friends also play a significant role in promoting overall health.

For more information, click [here](#)

"Give It Up" Exercise

It's easy to grow accustomed to the good things in life. But imagining their absence can shake you out of this habit. Take this simple exercise and briefly deprive yourself. Abstaining from a pleasure for some time can make it all the much sweeter later. To take advantage of this effect, try the [Give It Up](#) practice.



Mindfulness for All

Articles supporting the benefits of a mindfulness practice are found in popular magazines and scientific blogs. Mindfulness has become universally accepted as a tool to improve mental and physical health across diverse populations. It is a powerful tool for individuals with special needs as well as for family members and health care providers.

For more information, click [here](#)



Children's Books

Stories of Gratitude



The lessons of thankfulness and gratitude extend beyond the celebration of Thanksgiving. In addition to the many seasonal books that are available, there are a variety of other wonderful stories that teach the essence of these lessons. Here is one list that highlights some of those beautiful children's books for you.

Read [the list](#)

Family Caregiver Health is Critical

To make sure to stay as healthy as possible while caring for a loved one's special health care needs, make wellness a priority. It is easy to feel like one has to "do it all," regardless of the toll it takes. However, you can't take care of others if you don't take care of yourself. Take time out of your day to care for YOU!



For more information, click [here](#)

ECACHealthOnline

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