

Keeping the “Thanks” in Thanksgiving

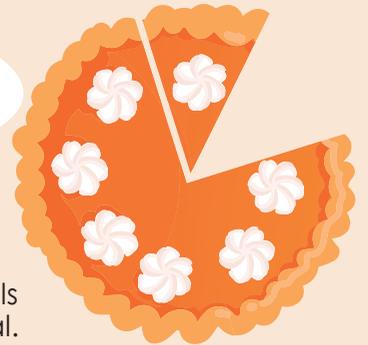


Karyn Rossacci
Chief Nursing Officer
The Vistas

At The Vistas, we know the holidays can bring both joy and stress. If this season feels heavy, please remember — you're not alone. Take care of your mental health the way you'd care for others: gently, intentionally, and with kindness. Here's to more calm, more connection, and more reasons to give thanks this Thanksgiving.

Q: How do I keep holiday stress from taking over?

A: Start by remembering the “thanks” comes before the “giving.” Gratitude doesn't need an oven, a timeline, or a perfect pie crust—just a little perspective and a deep breath.



Q: What if everything doesn't go as planned?

A: Then you're having a real Thanksgiving! The cranberry sauce may slide, the rolls might burn, and the gravy could test your patience—but perfection isn't the goal. Presence is. The best memories often come from the moments that didn't go “by the book.”

Q: How do I keep family conversations calm?

A: Stick to safe topics—like how delicious everything tastes or how grateful you are for the people at your table. Laughter is still the best side dish.



Q: Any advice for self-care on a busy holiday?

A: Even the turkey rests before serving—so should you. Take a walk, listen to your favorite music, or simply sit quietly and take in the moment.

Q: What's the best recipe for gratitude?

A: Mix equal parts patience, humor, and compassion. Add a dash of forgiveness and serve with love.

Q: Ditch perfection, It's OK to use paper plates

A: The people around the table matter far more than what's on it—or what it's served on. Paper plates mean less time scrubbing, more time laughing, and that's a win for everyone's mental health.



Q: How can I stay calm when things get overwhelming?

A: Take a few deep breaths and remember: even the turkey gets to rest. Step outside for a moment of fresh air, or find something small to appreciate—like the sound of laughter or the smell of pie.

Q: What's the real secret ingredient to Thanksgiving?

A: Gratitude. A little sprinkle of it makes everything taste better - especially when shared.

