



Benefits of *Gratitude*

1731 Southridge Drive
Jefferson City, MO 65109
573-635-9295
csemployment.com

C&S Staff:

Paula S. Benne, CSP CTS
President

Jerry Benne, CSP
Vice President

Darlene Norment, CSP
Accounting Director

Carrie Russell, CSP CTS
Staffing Specialist

Sonnett Cagle, CSP CTS
Staffing Specialist

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Payroll Clerk

Mandy Thomas, CSP
Account Representative

Stephanie Lehmen
Community Relations Coordinator

Mary Heimericks, CSP
Claims Manager

Penny Smith
Office Assistant


Suzette Mengwasser
Office Assistant


 MEMBER OF
American Staffing Association




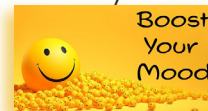
When we talk about gratitude, it should be more than just feeling thankful for the *big* things in life. It should include appreciating the little moments that add enjoyment throughout our day. Although being grateful may seem simple in nature, studies show that it can have a significant impact on our overall wellbeing.


By including or adding gratitude to your day, you're setting yourself up for a happier and healthier life. The best part is that it is free and accessible to everyone at any time. We simply need to open ourselves up to all the positive aspects in our lives and try not to overlook them or take them for granted.


 **Gratitude can help you notice the positive things in life.** It's easy to focus on the negatives, but when you practice gratitude, you're better able to appreciate the good stuff around you, no matter how frustrating your day has been. Maybe a coworker's kind words are lifting you up or the sunset helps you appreciate the good in life. When you're putting in the effort to be grateful, you'll start noticing positive moments more often.


 **Gratitude reduces comparisons.** Living a life of gratitude helps lessen the urge to compare yourself to others. When we are thankful for what we have, we are less likely to feel the need to have what other people possess. This practice can lead to increased self-esteem and it helps to reduce negative self-talk.

 **Gratitude can boost your mood.** We all like to be appreciated and thanked. When you feel and express gratitude in your daily life, it improves your mood. Positive emotions grow, and before you know it, that energy spreads to others around you.



 **Gratitude reminds us what's important.** With so much happening around us, sometimes we may forget what really matters. Gratitude acts like a subtle nudge, reminding us to value our loved ones, our health and even simple pleasures like a meal.

 **Gratitude helps to strengthen relationships.** Sharing your gratitude isn't just for you. When you express it to others, it strengthens bonds. Maybe it's thanking a friend for being there or appreciating a family member's effort in making dinner. Gratitude is a simple way to make connections even stronger.

 **Gratitude encourages you to live in the present.** Expressing gratitude grounds you in the present moment. When you're grateful, you're not stuck in the past or worrying about the future. Instead, you're genuinely appreciating what's taking place now. Being present can be as simple as listening to a friend's story without thinking of what to say next.

Life is so much brighter when we focus on what truly matters.....



CS C&S Employment SOLUTIONS EMPLOYEE SPOTLIGHT



RHONDA PITTMAN

It is our pleasure to shine the C&S Employee Spotlight on Rhonda Pittman. Rhonda came to C&S in 2019 after retiring from the State of Missouri where she worked for 27 years at several state agencies.

At that time, Rhonda was looking for part-time employment which she was able to find through C&S Employment Solutions and over the next few years, she worked at several different job assignments. Later, as her needs changed, she sought full-time employment and the staffing specialists at C&S were able to find Rhonda employment that matched her skills and accommodate her needs.

Rhonda said, "I can always trust C&S to help me with my employment goals. C&S has the ability to match my skills and what I like to do." In her current assignment, Rhonda serves as Front Desk Receptionist which she describes as the "perfect fit" for her.

A resident of Eldon, Rhonda enjoys her daily commute to Jefferson City and feels she can make the trip on "auto pilot" most days. The mother of a son and grandmother to a grandson, Rhonda enjoys singing karaoke, playing the piano, watching movies and putting together puzzles in her spare time.



What's happening in November:

November 3 -- Daylight Savings Time ends

November 5 -- Election Day

November 11 -- Veterans Day (C&S open)

November 27 -- C&S closed at 12 noon

November 28 -- Thanksgiving Day (C&S closed)

November 29 -- C&S closed



CS C&S Employment SOLUTIONS

Permanent Placements

The following employees were recently offered and accepted permanent employment at their assignments. C&S would like to congratulate and thank each of these individuals for their hard work and dedication!

Victoria Edwards
Lisa Patterson
Aaron Aspedon
Blake Green
Angela Holliday



Community Support

Serving our community is a top priority at C&S Employment Solutions and we do that by not only providing jobs and filling vacancies, C&S also actively supports and participates in various charitable causes and organizations.



(left) C&S President, Paula Benne, addresses the Redemption Inside the Walls audience



(right) RITW check presentation to RACS



(left) City Council Proclamation to Big Brothers Big Sisters of JC



(right) HCHS Senior Career Seminar

