



Gratitude

The art of being thankful

Start each day with an Attitude of Gratitude!

This time of the year is a great opportunity to discuss the practice of gratitude. Grateful living is a state of mind that encourages us to practice focusing on and appreciating what we do have in our lives and not on what we do not have.



Gratitude - “a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives... As a result, gratitude also helps people connect to something larger than themselves as individuals-whether to other people, nature, or a higher power” ~ Harvard Medical School

How can you practice Gratitude?

- Notice the good things in your life & appreciate them!
- Each day, think of 3 things you are grateful for.
- Think about or reflect on a positive event in your life.
- Keep a gratitude journal – write down the things you were grateful for that day.
- Express your gratitude to someone, write it down, or thank someone.

What is the Practice of Gratitude?

As with any skill, the more you practice, the better you get. If you want to increase positive feelings and feel more optimistic, then practice focusing on what is right in your life and not what is wrong.

According to Dr. Robert Emmons, there are 3 stages:

1. Recognizing what you are thankful for.
2. Acknowledging it.
3. Appreciating it.

The Benefits of Practicing Gratitude

Studies show that you can benefit from practicing Gratitude with better mental health and life satisfaction by improving your emotional well-being as well as physical health.

*“Happiness is not having what you want.
It is wanting what you have.”*

– Hyman Schachte



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