



# *Tis the season* for **Gratitude**

We can deliberately cultivate gratitude, by doing so  
we will increase our well-being and happiness.

## **What is gratitude?**

Being grateful is making a conscious effort to count one's good fortune. Studies show that people can deliberately cultivate gratitude—and there are important social and personal benefits to doing so. Practicing gratitude is associated with increased energy, optimism and empathy.

## **Cultivating gratitude:**

Gratitude starts with noticing the goodness in life. Just being around your family and friends can help you feel more grateful. Also, being more appreciative of life and feeling less cynical encourages a more thankful frame of mind. In addition, be mindful during these upcoming holidays that seeking possessions as the source of happiness is not the most fertile ground for gratitude.

## **Why gratitude matters:**

Feeling grateful boosts happiness and fosters both physical and psychological health, even among those struggling with mental health problems. Gratitude reduces stress and increases mental resiliency. What better time than Thanksgiving to give thanks?

For more information and resources on cultivating gratitude, reach out to your EAP.  
We are here to help fill your holidays with gratitude, joy and wellness!