



Participant Guide

# Practicing Gratitude to Boost Happiness





## Gratitude Questionnaire

1. I have so much in life to be thankful for.

2. If I had to list everything that I felt grateful for, it would be a very long list.

3. When I look at the world, I don't see much to be grateful for.

4. I am grateful to a wide variety of people.

5. As I get older, I find myself more able to appreciate the people, events, and situations that have been part of my life history.

6. Long amounts of time can go by before I feel grateful to something or someone.

1 = Strongly disagree

2 = Disagree

3 = Slightly disagree

4 = Neutral

5 = Slightly agree

6 = Agree

7 = Strongly agree

## Scoring Instructions

1. Add up your scores for items 1, 2, 4, and 5
2. Reverse your scores for items 3 and 6
  - If you scored a "7" give yourself a "1"
  - If you scored a "8" give yourself a "2," etc.
3. Add the reversed scores for items 3 and 6 to the total from Step 1.

### Results:

- This number should be between 6 and 42.
- The closer to 42 represents a person with higher gratitude.



"Cultivate the habit of being grateful for every good thing that comes to you and give thanks continuously."

- Ralph Waldo Emerson













## Confidential Life Balance Solutions at No Cost To You

### Counseling

Set of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

### Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

### Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

### Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

### Legal & Financial

#### Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

#### Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

#### ID theft resolution

[employees.concernhealth.com](http://employees.concernhealth.com)

800-344-4222



## Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

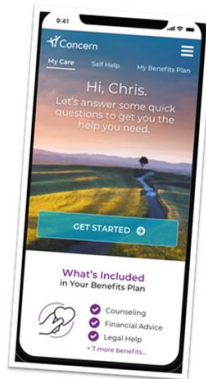
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

## Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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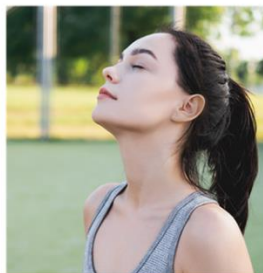
## Concern's Digital Platform

Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard. It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

## eM Life App. Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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## Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It can be accessed via the Concern Website: [employees.concernhealth.com](http://employees.concernhealth.com), or
- You can download and access via your mobile phone.

Thank you!

Questions? Comments?

Please complete the Survey Monkey  
<https://www.surveymonkey.com/r/3VHDNPS>

