

Participant Guide

Practicing Gratitude to Boost Happiness





Agenda

- Clarify what gratitude is
- Learn some of the benefits of gratitude
- Practice ways to cultivate grafitude
- Identify what gratitude practice fits your life

What is Gratitude?

An affirmation of the good and recognition that this good originates, in part, outside the self

Saying YES to life!





Grateful individuals...

- Haive a sense of abundance
- Appreciate the contribution of others to their wellbeing
- Appreciate small pleasures
- Acknowledge importance of experiencing & expressing gratitude



The ARC of Gratitude

- Amplify: Turn up the volume on goodness
- Rescue: Buffer negative, toxic emotions
- Connect: Foster self worth and appreciation of others



Dr. Noberi Emmons

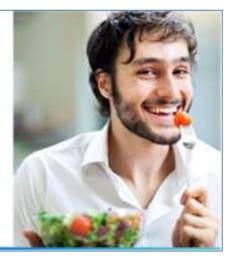
Benefits of Gratitude

- · Increased emotional well-being
- · Fosters healthier coping skills
- Improves stress resilience
- Strengthens immune system
- · Reduces anxiety and depression
- · Improves relationships
- · Increases satisfaction



Gratitude Impacts Behavior

- Bettersleep
- More exercise
- Healthier diets
- · Greater medical adherence
- · Achieve more
- · Pay it forward





Gratitude Questionnaire

- I. I have so much in life to be thankful for.
- If I had to list everything that I felt grateful for, it would be a verylong list
- 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.
- As I get dider, I find myself more able to appreciate the people, events, and situations that have been part of my lite history.
- Long amounts of time can go by before lifeel grateful to something or someone.

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Slighty disagree
- 4 = Neutral
- 5 = Slightly agree
- 6 = Agree
- 7 = Strongly agree

Scoring Instructions

- 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."

- Raiph Waldo Emerson



Psychologists break down gratitude into three phases

1. Appreciation 2. Goodwill 3. Expression



Let's try it

- Appreciation: Write down something you're grateful for.
- Goodwill: Write about how it makes you feel (about self, others, life)
- Expression: How can you express gratitude to or for that person, thing, or situation?



Practicing Gratitude

- · Grafitude is an attitude
- To change attitude, we must change behavior
- Practicing grafitude triggers the emotion of grafitude
- By living gratefully, we begin to feel the gratitude we live



Ways to Practice Gratitude

Keep a Gratitude Journal

- ✓ Choose a time of day
- Ponder 3-5 things you are currently grateful for
- ✓ Write them down or record them



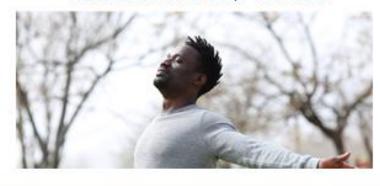


Write a Gratitude Letter

- ✓ Think of someone influential in your life
- ✓ Write a letter to that person
 - What did they do?
 - Howdid it affect your life?



Take a Few Deep Breaths

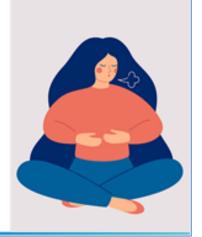


Reflection a Pleasant Experience



Take a Mindful Moment

- 1. Pause, step out of autopilot
- 2. Notice a few cycles of breath
- Acknowledge something you are grateful for in this moment
- As you close this practice, with intention, identify the next step you'll take into your daily life







Summary: Cultivating Gratitude

- 1. Commit
- 2. Write it down or reflection it
- 3. Feel it, savorit
- 4. Express, share the gratitude

What Gratitude Practice Fits Your Life?

- 1. Keep a graftude journal.
- 2. Make plans with a friend to share one grafitude statement daily.
- 3. Engage in randomacts of kindness at least twice a week.
- 4. Compliment some one else at least once a day.
- 5. Recognize what isgioing well, and view difficulties as learning experiences.
- 6. Reflection a pleasantexperience daily.
- 7. Give (fime, labor, intellect, money, etc.) to something you believe in.
- 8. Take a mindful moment daily and acknowledge what's working.
- 9. Wite a grafitude letter.
- 10. Take a fewdeep, conscious breathsdaily and invite in graftude.

"Piglet noticed that
even though he had a
Very Small Heart,
it could hold a rather
large amount of Gratitude."
- A.A. Milne,
Winnie-the-Pooh



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

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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:

- 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

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Legal Referrals

- · Immigration
- Family law
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- It can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.

eM Life App. Mindfulness for Everyday Living

Access via Digital Platform

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Thank you!

Questions? Comments?

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