

Participant Guide

Practicing Gratitude to Improve Resilience



Overview

Gratitude is the powerful quality of being thankful that can change your life for the better. If you're looking to bring more resilience and happiness into your life, then practicing gratitude is your answer. Gratitude opens your heart and your mind, allowing you to feel more present, generous, thankful, empathetic, kind, patient, positive, and more aware of the beauty that surrounds you. In this presentation, we will introduce the concept of resilience and provide a better understanding of what it means to live a resilient, happy life.

Agenda

- Learn about resilience and the factors that contribute to living a resilient life
- Examine gratitude and how it can contribute to happier living
- Expand your capacity for resilience by incorporating gratitude practice into your life

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What is Resilience?

- Includes internal and external factors
- Is ordinary, not extraordinary
- Involves characteristics that can be learned by anyone
- Is personal and specific to each individual
- Impacted by cultural needs







Definition

Resilience is the dynamic interaction between perceived risk and a range of protective coping skills that provide an individual with the ability to adapt well in the face of adversity and thrive in everyday life.

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Resilient Individuals are Grateful

Gratitude is the extremely powerful quality of being thankful that can change your life for the better.

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Grateful individuals...

- Have a sense of abundance
- Are appreciative of the contribution of others to their wellbeing
- Are characterized by the tendency to appreciate small pleasures
- Acknowledge the importance of experiencing and expressing gratitude



Research shows gratitude...

- Boosts feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions
- Fosters healthier coping and faster recovery from traumatic events
- Reduces anxiety and depression
- Improves your relationships with others
- · Increases satisfaction with your present life
- Strengthens the immune system, lowers blood pressure, reduces symptoms of illness and fatigue
- Improves sleep

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Practicing Gratitude

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

- Ralph Waldo Emerson



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How Does It Work?

Psychologists break down gratitude into three phases

1. Appreciation 2. Goodwill 3. Expression







How Does It Work?

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

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How Will Gratitude Change Your Life?

Gratitude helps us appreciate the present, it buffers negative emotions, it reduces stress, and it fosters a sense of self-worth.



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How Grateful Are You?

Step 1.

Number a piece of paper 1-6

Step 2.

Using the scale as a guide, write a number for each statement to indicate how much you agree with it

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



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.
- Long amounts of time can go by before I feel grateful for something or someone.*

*Items 3 and 6 are reverse scored

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Scoring Instructions

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

Results: The number should be between 6 and 42. A higher score - the closer it is to 42 - represents a person with higher gratitude

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Keep a Gratitude Journal

- · Choose a time of day
- Ponder the three to five things you are currently grateful for
- · Write them down



Write a Gratitude Letter

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



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What Gratitude Practice Fits Your Life

Tips

- 1. Create a gratitude playlist and listen to it once a day
- 2. Make plans with a friend to text one gratitude statement to each other each day
- 3. Agree to engage in random acts of kindness at least twice a week
- 4. Share three things you were grateful for that day before dinner every night
- 5. Compliment someone else at least once a day
- ${\it 6.} \quad \hbox{Think positive thoughts and view difficulties as learning experiences}$
- 7. Give (time, labor, intellect, money, etc.) to something you believe in
- 8. Say thank you at least 10 times a day

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Other Interventions that Promote Gratefulness





Deep Breathing



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Visualization / Imagery



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Mindfulness

- Don't think too much about the past or the future
- Don't be impatient and rush towards fixing problems
- Be grateful for things just as they are
- Remain open to your feelings

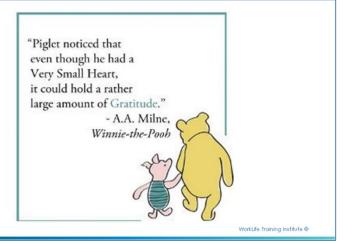


Getting Started and Sticking to It

- 1. Commit
- 2. Portable
- 3. Write it down
- 4. Feel it
- 5. Share the gratitude
- 6. Keep it up!

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Confidential Life Balance Solutions at No Cost To You

Counselina

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

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict issues

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- Substance use
- Grief

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- 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 & Financial

Legal Referrals

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

Financial Consultations

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

ID theft resolution

Legal Resource Center



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
 leigure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

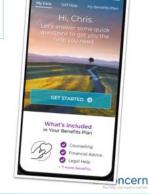
Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222



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.

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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*Concern

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,
- You can download and access via your mobile phone.

Thank you! Questions? Comments?

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



