

November

Behavioral
Health
Wellness
Shorts

Gratitude

November is National Gratitude Month so now is a great time to embrace the power of gratitude!

Gratitude can help transform our perspective of the world. It allows us to appreciate the positive rather than focus on the negative aspects of our lives. Learning to be grateful helps us appreciate the little things that we tend to take for granted, which brings about a deep feeling of satisfaction that fulfills and nourishes us. Research shows that people who practice daily gratitude are not only happier but also healthier.

If you were looking for reasons to be thankful, then this resource should be just the motivation you need.

GRATITUDE - a state or quality of being appreciative for something or someone; expressing genuine appreciation for the good things in life, no matter how big or small



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Reasons to Love

National Gratitude Month

1

Gratitude makes us healthy

Gratitude improves our physical health. People who practice gratitude experience fewer aches and pains and they report feeling healthier than other people. This is because grateful people are more likely to take care of their health. They exercise more and take better care of themselves, which contributes to good health.

2

Gratitude improves psychological health

Gratitude helps in reducing harmful emotions, ranging from envy and resentment to anger and frustration. According to research, grateful people have higher levels of positive emotion which effectively increases happiness and reduces depression.

3

Gratitude is good for our relationships

Showing appreciation not only improves existing relationships but can also help you win new friends. One study states that thanking a new acquaintance makes them more likely to seek an ongoing relationship. Not only does acknowledging other people's contributions lead to better relationships; it does also lead to new opportunities.



The difference between Gratitude and Toxic Positivity

TOXIC POSITIVITY

An obsession with positive thinking. The belief that people should put a positive spin on all experiences, even those that are profoundly tragic.



Gratitude acknowledges your struggles...

Having gratitude does not negate other feelings or exist in this toxic positivity space of 'Well at least you have this!' The reality is, two things can coexist at the same time. For example, we can feel both completely shattered by the loss of a relationship or friendship, while also experiencing gratitude for the experience.

...while toxic positivity invalidates them.

Toxic positivity is the misinformed belief that a 'positive' attitude is the universal cure for pain and suffering. But it does not account for systemic oppression, privilege, and social conditioning – the external negative factors that we have very little or no control over. Plus it can frequently invalidate mental illness, trauma, and grief.

Sometimes, the intention is the only difference!

When you are grateful, you truly appreciate things and are genuinely choosing to believe that your cup is half-full. When you are in a state of toxic positivity, you are likely trying to push down negative feelings to feel and appear as though you are choosing to be positive. In reality, you are denying yourself the experience of processing your emotions and coming out the other side stronger.





National Gratitude Month Activities

START A GRATITUDE JOURNAL

Start a gratitude journal. It's not something you have to buy from the internet; just a simple notebook would do. Write three things you are grateful for every day; it could be something as simple as a good meal or a beautiful sunset. When you look back at all the things you've mentioned in the journal, you will be able to reflect on all the great things you've been missing out on all this time.



SPREAD GRATITUDE

Share gratitude with other people. Tell them how much you appreciate their services, care, friendship, etc. Show your family how grateful you are to have them in your life, let them know how they make your life better just by being a part of it.



GIVE BACK TO THE COMMUNITY

Show your gratitude and appreciation by giving back to the community. Helping out in the community is a good way to appreciate everything in life. So do your part and become something that others can be grateful for.



Did You Know...

A recent Forbes article noted that gratitude is a basic human requirement – and since we spend many of our waking hours at work, giving and receiving thanks at work is pretty important.



SHOW APPRECIATION

Say 'thank you' and give credit where credit is due



REMEMBER THAT PREFERENCES DIFFER BY PERSON

Not everyone likes to receive gratitude in the same way - some might prefer a private thank you, whereas others would love a shoutout during a group meeting



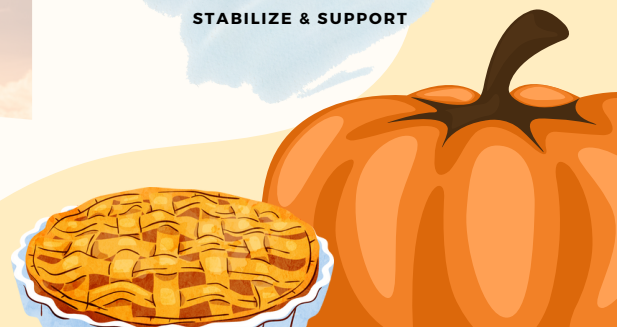
LET YOUR ACTIONS SPEAK

Sometimes actions speak louder than words - treat people with respect and kindness to help create a culture of mutual gratitude

Gratitude
is like a muscle

the more you flex it,
the stronger it gets

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