



Participant Guide

Practicing Gratitude to Boost Happiness



Agenda

- Clarify what gratitude is
- Learn some of the benefits of gratitude
- Practice ways to cultivate gratitude
- 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...

- Have 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. Robert 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

- Better sleep
- More exercise
- Healthier diets
- Greater medical adherence
- Achieve more
- Pay it forward



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 "6" 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

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

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

Ways to Practice Gratitude

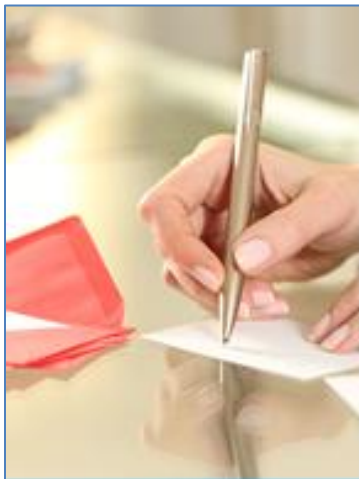
Keep a Gratitude Journal

- ✓ 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?
 - How did it affect your life?



Take a Few Deep Breaths



Reflect on a Pleasant Experience



Take a Mindful Moment

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





1. Commit
2. Write it down or reflect on it
3. Feel it, savor it
4. Express, share the gratitude

[illegible]

1. Keep a gratitude journal.
2. Make plans with a friend to share one gratitude statement daily.
3. Engage in random acts of kindness at least twice a week.
4. Compliment someone else at least once a day.
5. Recognize what is going well, and view difficulties as learning experiences.
6. Reflect on a pleasant experience daily.
7. Give (time, labor, intellect, money, etc.) to something you believe in.
8. Take a mindful moment daily and acknowledge what's working.
9. Write a gratitude letter.
10. Take a few deep, conscious breaths daily and invite in gratitude.

[illegible]

- A.A. Milne,
Winnie-the-Pooh

[illegible]

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

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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:

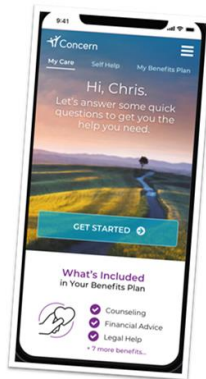
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

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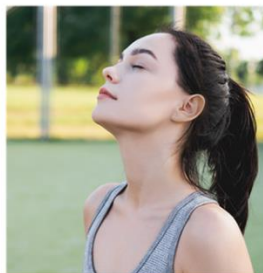
Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard. It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

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, 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>

