

Giving Thanks Can Make You Happier

Each holiday season comes with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Research (and common sense) suggests that one aspect of the Thanksgiving season can lift the spirits, and it's built right into the holiday—being grateful. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack.

Here are some ways to cultivate gratitude on a regular basis.

- Write a thank-you note.
- Thank someone mentally.
- Keep a gratitude journal.
- Count your blessings.
- Pray
- Meditate

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Three Good Things Worksheet

Noticing and being grateful for the big and the small is a way you can find happiness each day. Over the next four weeks, think of three good or positive things you did or noticed and write them down.

Week 1

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.