

Being Thankful

Many people take time to consider what they are thankful for around the holidays. However, studies indicate that having an attitude of gratitude throughout the year can help improve your overall wellbeing and relieve stress.

Reflecting on what you are thankful for each day is a good way to make gratitude a habit. You can also demonstrate thankfulness via your behavior. Here are some simple ways to take a grateful, positive approach:

- ▶ **Be considerate.** Make saying “please” and “thank you” a habit. Do a favor for someone without being asked.
- ▶ **Choose to be happy.** “Happiness is a choice” may sound trite, but it turns out your state of mind really does have an impact on how you perceive events. It’s easier to be optimistic when you look at difficulties as challenges or opportunities rather than disappointments or setbacks.
- ▶ **Take charge of your time.** Improving your time management skills may lead to decreased stress. This is an important aspect of maintaining a positive attitude.
- ▶ **Set goals.** Create short, medium, and long-term goals and try to make steady progress on each of them. Focusing on goals can help you maintain resilience through tough times.



- ▶ **Surround yourself with positive people.** Cultivate relationships with friends and colleagues who have a realistic yet positive outlook on the world. Look for mentors or teachers who will inspire your best efforts. Encourage talent and skills in younger colleagues, friends, and family members.
- ▶ **Give back.** Find ways to use your skills to help others and to make the world a better place. This could be via your work, by volunteering or contributing to charities, or simply by offering kindness to others when the opportunity arises.
- ▶ **Remain curious.** Try to learn something new every day.

Contact LifeMatters for more ideas on how to make thankfulness a part of your daily life. Call 24/7/365.

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