



# Gratitude: Brought to you by the Aurora EAP

To talk about this and other related topics, call Aurora EAP counselors at 800.236.3231.

For too long, we've taken gratitude for granted. Yes, "thank you" is an essential, everyday part of family dinners, trips to the store, business deals, and political negotiations. That might be why so many people have dismissed gratitude as simple, obvious, and unworthy of serious attention.

But that's starting to change. Recently scientists have begun to chart a course of research aimed at understanding gratitude and the circumstances in which it flourishes or diminishes. They're finding that people who practice gratitude consistently report a host of benefits:

- Stronger immune systems and less depression
- More joy, optimism, and happiness
- Stronger relationships and more generous behavior
- Less feelings of loneliness and isolation

How can I get started?

- Devote time at meals/meetings or other opportunities to explicitly thank other members for their work.
- Say 'thank you' for doing a good job.
- Give at least one compliment a day.
- Keep a gratitude journal. Note 3 things you are grateful for on a daily basis (no duplicates for 21 days).
- Gratitude requires humility, which the dictionary defines as 'modest and respectful'. Where does humility fit in your life?
- When you find yourself in a bad situation ask, 'what can I learn?'
- Become involved in a cause that is important to you. Donate money, time or talent. By joining in you'll gain a great appreciation!
- Notice your day to day work from a point of gratitude and be amazed at all the goodness we have in our lives!

Information borrowed from Great Good Science Center <https://ggsc.berkeley.edu>