



The Importance of Gratitude *Giving & Receiving*

A presentation delivered to you on behalf of Anthem EAP

AnthemEAP



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“Instead of comparing our lot with that of those who are more fortunate than we are, we should compare it with the lot of the great majority of our fellow men. It then appears that we are among the privileged.”

- Helen Keller

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Definition

Gratitude is a cognitive-affective state that is typically associated with the perception that one has received a personal benefit that was not intentionally sought after, deserved, or earned but rather because of the good intentions of another person.

- Emmons & McCullough, 2004

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Kinds of Gratitude

Internal

- What we appreciate in ourselves
- What we appreciate in our lives
- What we appreciate in our surrounding lives

External

- What others appreciate about us
- What others appreciate about our lives
- What is in our lives that makes us thankful

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What Does A Grateful Person Look Like?

- Positive
- Happy
- Confident
- Proactive
- Open-minded
- Ready to handle challenges

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Gratitude Traits

- Positive emotion to express what is going well
- Can be cultivated
- Can grow minute by minute
- It is a universal emotion
- It is who we become... a grateful person



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Key Ingredients

- Gratitude has one of the strongest correlations to mental health, more than optimism / positivity / love
- Enables us to become more resilient
- Can be fostered at work and home
- Gratitude is "contagious"

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Why Does Gratitude Work?

- Lowers levels of stress hormones
- Eases the fight or flight response
- Lessens depression
- Feel less lonely
- Feel happier
- Can become physically stronger

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Best Practices

- Weekly journal writing
 - Write what you have in your life, that you are grateful for
 - Take stock of where you have been
 - Assess the value
- Write a letter to _____
- Watch your words
 - Peace
 - Serenity
 - Love
 - Happiness

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Activity

- Write 10 things you are grateful for right now
- How can you choose to be more grateful?
- How can you be more grateful, even when events are going badly?
- Where can you be of service?

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Giving Gratitude



How many compliments do you give a day?
How many "thank yous" do you give to your colleagues?

- Family members?
- Neighbors?
- Doctors?
- Strangers?

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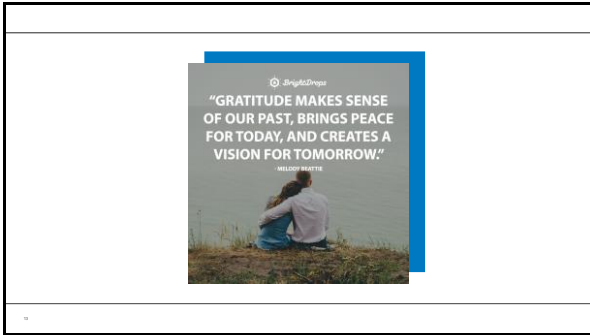
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Be Kind To Yourself

- Speak to yourself with compassion
- Practice self-soothing techniques
- Record your kindness in a journal

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THANK YOU FOR PARTICIPATING!

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