

HEALTH & WELLNESS

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Gratitude



WHY SHOULD WE BE GRATEFUL?

- **Gratitude:** the quality of being thankful; readiness to show appreciation for and to return kindness. It is also the ability to understand and acknowledge the positive things, individuals, events, and places in our lives.
- Gratitude is one of the most positive emotions we, as humans, can feel, and it has the power to change a negative point of view into a positive one. Gratitude has a wide range of benefits, including the following:
- Simple expressions and thoughts of gratitude have the potential to enhance your overall well-being.
- Specifically, shifting your mindset from negative to thoughts of gratitude can help to improve your emotional wellbeing. This can help foster resilience and improve self-esteem.
- Individuals who feel and express gratitude often have more happiness.

Tools for Practicing Gratitude:

1. Daily Gratitude Journal (Click the journal for link)
2. Gratitude Meditation (Click the person above)

GRATITUDE CHALLENGE

Write a letter to someone who you are truly grateful for and give it to them. In the month of December when we celebrate holidays we always think the best gifts are material presents and objects. However, the most powerful present may be the power of gratitude. Write this letter and give it to the person and see their reaction. To complete the challenge follow the directions by clicking the envelope icon. Let us know how this experience went.



Some small things that you may want to express thanks for are:

- A roof over your head.
- Loving friends and family.
- The opportunity to get an education.
- The sun rising each morning and setting each night.
- The beauty of nature.
- Your health.

December Calender

