

# GRATITUDE

Stop saying  
I'll be happy when...  
and start saying  
I am happy because...



**"The negative screams at you when the positive only whispers."**

Barbara Fredrickson, UNC Chapel Hill

Gratitude leads to decreased depression symptoms and increases physical well-being, psychological well-being, working memory, sleep, a healthier immune system, better relationships and ability coping with emotional challenges

(Emmons, 2010)

## Gratitude Letters

Write and send a letter to someone you care for; better yet, read it to them in person or over the phone.

- ✓ Getting handwritten notes or cards nowadays is rare & yet a powerful form of communication and connection!

## Gratitude Journaling

Write or photograph something for 3-4 days a week that you are grateful for.

- ✓ Spend some time reflecting on what you are grateful for.
- ✓ It can be something small like the day's sunshine or something bigger such as getting to spend time with a family member.

Join the **3 Good Things Challenge** through Polk County Public Health - a 14-day challenge conducted twice a year!

## 3 Good Things

For 14 consecutive days write down three positive things that either happened to you or you are grateful for.

- ✓ Best to do right before bed.
- ✓ Results in better sleep, positive interactions, and you start looking for positive patterns.
- ✓ Positive benefits can last up to 6 months and has shown to be as effective as antidepressants.

(Seligman, Steen, Park, Petersen 2005)

## Chasing happiness...

We all want it right? How do we get it?  
By building and maintaining quality relationships, being grateful, and being content.  
Gratitude is one of the best tools to build relationships.

## Expressing Gratitude

### @HOME

While at the dinner table, elsewhere or at bedtime, ask family members to share a highlight from their day.

- ? "How did you help someone today and how did that make you feel?"
- ? "What are you grateful to have in your life today?"
- ? "What house rule should we set that everyone must follow and why?"

- ? "What do you wish mom/dad/grandparent and/or guardian did more of?"
- ? "What's one thing you can do today to create a better tomorrow?"
- ? "What made you feel happy today and why?"

### @WORK

Have employees share one positive event during the past week during a staff meeting or huddle.

### in FAITH-BASED

Host a special meal after a service highlighting some of the positive aspects or growth of your organization.

### in COMMUNITY

Host a customer appreciation event. Join the 3 Good Things Challenge.

**TOGETHER WE CAN** build a better future!