

## In Every Thing Give Thanks

Thanksgiving is right around the corner and the emotions are starting to build. We have all heard about the “attitude of gratitude.”

Did you know that a lack of “gratitude” could lead to creating stress and anxiety? Thinking for example, “I’ll be happy when . . .” that happiness may never come. The sad consequences of ungratefulness results in more negativity and dissatisfaction.

When giving thanks continually, we are mindful of how much we do have. Professor of Psychology at UC Davis, Robert A. Emmons, reports that the practice of gratitude can have a dramatic and lasting effect by lowering blood pressure, improve immune system function and facilitate efficient sleep.

An attitude of gratitude shifts your focus away from negativity. Being grateful makes you happier and healthier:

- Smile- We all know how much joy a smile can bring, but it is also a gift to everyone around you.
- Acknowledge all the good that’s in your life. “Feeling gratitude and not expressing it is like wrapping a present and not giving it.” ~ William Arthur Ward
- Optimism – Transform the way you see your life. Where there is hope there is strength. When you are optimistic you feel better about yourself.
- Starting a gratitude journal can change your life. It can change the way you think and is something that the “future you” will thank you for!

“Cultivate the habit of being grateful for every good thing that comes to you. Give thanks continuously because all things have contributed to your advancement. You should include all things in your gratitude.” — Ralph Waldo Emerson

Gratitude is a way of perceiving and interpreting your life. Feeling and expressing appreciation is good for you. Regardless of your circumstance today, know that the possibility for a brighter tomorrow always exists. EASE has counselors if you want to talk (800) 882-1341.



***“Strength is the courage...to reach out!”***