

# CONNECT WITH EASE

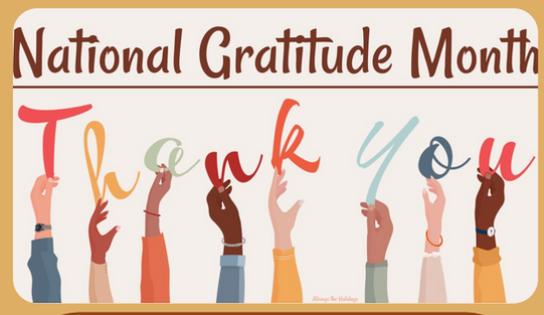
Employee Assistance Service for Education

## Overview:

The Gift of Gratitude

Resources to Help Cultivate Gratitude

*EASE November Workshop:  
Designing a Gratitude  
Roadmap 11/16/22*



**"GRATITUDE BLOCKS TOXIC EMOTIONS, SUCH AS ENVY, RESENTMENT, REGRET, AND DEPRESSION, WHICH CAN DESTROY OUR HAPPINESS."**

— ROBERT EMMONS, PROFESSOR AT UC DAVIS

**EASE IS AVAILABLE  
CONNECT WITH EASE:  
(800) 882-1341**

## MESSAGE FROM EASE

This month, we traditionally focus on giving thanks, it is the National Month of Gratitude! Research shows us that practicing Gratitude does a mind and body good- and that we should practice Gratitude not only in the month of November but, all year long! Practicing gratitude can have a significant positive impact on both our physical and psychological wellbeing. Gratitude can make you feel better about your life, help to manage mental health concerns like depression and anxiety, improves self-esteem and sleep, lowers your stress levels, and more. Gratitude is often a spontaneous emotion that you feel in the moment. Some people are naturally prone to experiencing it more often than others, but experts suggest that it is also something that you can cultivate and learn to practice more often. In fact, studies in neuroscience now show that practicing gratitude has an effect on the brain that is linked to life satisfaction and improved well-being. People who tend to be more grateful are also more likely to engage in other health-promoting behaviors and tend to lead a healthier lifestyle. Gratitude can have a transformative effect on people's lives and improve mental health:

1. Gratitude helps us feel valued.
2. Gratitude minimizes negative habits, patterns of thinking, and feelings.
3. Gratitude helps us rekindle our inner childhood wonder and awe.
4. Gratitude helps us feel inspired, which can help with motivation.
5. Gratitude prevents worry and frustration.

(Psychology Today)

You may have struggled to maintain a gratitude practice over the last few years, you are not alone. Take this opportunity to reset- and embrace the "Power of Gratitude" and develop an "Attitude of Gratitude" to experience the effects of this transformational practice. The positive impact of gratitude on our mental health is undeniable. If you find yourself struggling, or feeling stuck, EASE is available to provide support as you navigate your situation.



# THE GIFT OF GRATITUDE

**By: EASE STAFF**

November is known as a time to give thanks, it is National Gratitude month. Gratitude is a powerful tool for creating positive change in our well-being. Although we focus on being grateful this month, there are benefits in maintaining an 'Attitude of Gratitude' all year long. Gratitude is an expression of appreciation for what one has or receives. The feeling or expression of gratitude highlights the beauty and goodness in our surroundings, and the people in our lives and connects us to something outside ourselves. This is according to Harvard Health Publishing, which found that people who express gratitude are happier, have stronger relationships, and can better navigate adversity. You can practice showing appreciation by focusing your gratitude towards memories of the past, what you have and experience in your present, or optimism about what the future may bring.

**Here are a few tips on how to practice gratitude:**

**Write thank you notes.** Recognizing and acknowledging the good things others do for you automatically shifts your focus on something positive and spreads that positivity.

**Follow up with others.** Based on what they have shared with you or what they remembered about you. It makes others feel validated and heard.

**Keep a gratitude journal.** This helps you continue your practice daily. [Click here for a sample journal.](#)

**Slow down and take notice.** Practice mindfulness throughout your day to be present in the moment and experience all the good that surrounds you.

***"When eating fruit, remember the one who planted the tree."***  
**–Vietnamese Proverb**

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>  
<https://www.psychologytoday.com/us/blog/being-your-best-self/202010/practicing-gratitude-is-more-important-now-ever>

## Resources to Cultivate Gratitude

The [Mindfulness Gratitude Podcast by Leslie D Riopel](#) releases weekly short episodes focused on practicing gratitude to build resilience.

Click this link for a [Gratitude Meditation Video](#).

Download this [November 2022 Happiness Calendar](#) from the Greater Good Science Center at the University of Berkeley with different activities and articles for each day.

**JOIN US FOR THIS MONTH'S WELLBEING WORKSHOP!**  
**CLICK ON THE FLYER BELOW TO REGISTER**



CLM Business

### Designing a Gratitude Roadmap Interactive Workshop for Educators

**How gratitude can support your well-being**

In this session, participants will learn about the benefits (and science) of a gratitude practice. The workshop will walk you through various practices and how to create a habit of gratitude in your day-to-day life.

**At EASE, we care about your health and well-being.**

This workshop is free for all employees of EASE member organizations. Employees must register to attend.

For more information, please contact the EASE office at (562) 922-6683.

**Sign Up**



**NOVEMBER 16TH, 2022**  
**3:30 PM ONLINE**

Session Duration: 45 minute workshop + 10 minute guided meditation  
*A recording will be made available, for those unable to attend.*



## TALK TO US

EASE has counselors available.

**(800) 882-1341**