



Practicing Gratitude

Research shows us that gratitude practices are a simple way to boost your mood and overall mental health. Taking a few moments each day to recognize what you are thankful for can help to put life into better perspective. Doing so also helps you stay in the present moment. While there are many ways to do this, here are a couple exercises to strengthen your sense of self and mental wellbeing during this season of gratitude.



JOURNALING

Pull out an old notebook, or buy a new one specifically for this practice. Start by committing to one week of this exercise and go from there. Take 5-10 minutes each day and write down what you appreciate in that moment.

Don't forget to:

- Be specific and detailed
- Focus on all areas: physical, mental, emotional, spiritual, relational
- Be consistent
- Review and reflect



MINDFULNESS

In the morning when you wake, or at night before you fall asleep, close your eyes for 3-5 minutes. Envision people, places, and things you are grateful for. Really imagine them. How do they make you feel physically and emotionally?

Pay attention to:

- The thoughts that come to mind
- The feelings that arise
- The positive impacts of those people, places, and things in your life



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