

**Be a Friend/Be a Hero**

**There's a  
Hero in You**

**You are  
Brave**

**You are  
a Role  
Model**

**November 2020 Newsletter**

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## **Gratitude is the Attitude**

As families across our communities and country celebrate Thanksgiving, it is an appropriate time to be especially mindful of what we are thankful for in our lives. However, expressing gratitude is not only for this time of year. Maintaining an attitude of gratitude can be beneficial for our mental health as well as our relationships with friends and families. In this unique time in which we live, practicing gratitude is more important than ever. Read on about the health benefits of gratitude as well as techniques to foster appreciation with your family and on your own.

### **Why Gratitude?**

Gratitude is the quality of being thankful and showing appreciation for what we have in our lives. Sometimes, feelings of gratefulness come to us spontaneously, but the practice of gratitude can become a habit. Being mindful of your blessings in everyday life can help you maintain a positive outlook even in moments of stress and hardship. Read on how gratitude can affect our mental and even physical health.

- *Expressing gratitude can improve your mood* – People who express gratitude for positive things in their life are shown to be happier overall, leading to lower rates of stress and depression.
- *Showing gratitude can make you more optimistic* – Those who express gratitude regularly tend to have a more positive outlook on life. Gratitude can foster empathy and resilience.
- *Sharing gratitude can improve social bonds* – People report feeling more loved and more connected when they showed or received gratitude from loved ones.
- *Practicing gratitude can improve your physical health* – People who regularly express gratitude tend to engage in other healthy activities like healthy diet and exercise.

### **Promote Mindfulness**

To encourage gratitude in your everyday life, try incorporating these activities into your daily routine.

- *Morning gratitude* – When you wake up, reflect on three things in your life for which you are thankful for. Next, think about three things that you are thankful to get to do with your new day. This positive thinking will start your morning off right.
- *Journaling* – Writing about positive experiences can give you clarity about what is important to you and what you can live without. Read this [post](#) for templates, ideas and apps to start journaling.
- *Surround yourself with positive people* – Gratitude can be contagious. Being around positive people will inspire you to keep your outlook sunny even on cloudy days.
- *Shift your language* – Research suggests that the words we choose can drain our energy and drive to achieve or can boost our resilience. Make the intentional choice to speak positively.
- *Give back* – Practicing gratitude can change our brains to become more generous. Several scientific studies indicate a neural connection between gratitude and giving.

### **Encourage Gratitude in the Family**

Gratitude can play a role in positive development in children. Review these tips to foster gratitude in youth.

- *Model and teach gratitude*
- *Encourage helping others and nurturing relationships*
- *Help your kids find a sense of purpose.*

