

A Good Way to Start the Holiday Season - An Attitude of Gratitude

“The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.”

~ H. U. Westermayer

“Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.”

~ Buddha

“If you start focusing on what you have, and what you're grateful for, you will then begin to see more.”

~ Oprah Winfrey

Advantages of focusing on the half-full part of your glass:

- Reminder of the good things that happen in your day
- Turns your attention to what you do have
- You see that other people do care about you
- Chases away sad and traumatic memories
- Helps to make sense of problems and difficulties and puts them in perspective
- Increases contentment with life and circumstances

Gratitude is not just a warm, fuzzy feeling. It's also a knowing, and you can experience the benefits of gratitude by engaging in some of the following activities:

- Write a letter of gratitude to someone in your life
- Visit the person if you can, and read the letter to her/him

- Begin or end each day by writing a list of things for which you are grateful
- Make a point of saying “thank you” to your family members
- When something bad or difficult happens, recognize the anger or sadness it caused, then purposefully move toward looking for the silver lining and the lessons learned, especially about yourself

Resources for further information:

www.wisdomquotes.com

www.sleepydust.net

[Simple Abundance Journal of Gratitude](#), by Sarah Ban Breathnach

What's on your Gratitude list today? Here are some examples:

- Six hours of uninterrupted sleep in a warm bed
- Coffee and oatmeal in the morning
- Sunlight and the smell of fall leaves
- Two co-workers who always make me laugh
- A paycheck
- Last year's coat is still warm, and there's \$1.36 in one pocket
- Cat purr and the dog's smile when I come home
- My sweetheart's pea soup and goodnight kiss
- My car started this morning and got me to work on time
- The stranger who held the elevator door
- My boss who takes time to listen, even when she can't change it
- Both parents are still alive, and (mostly) healthy
- My kids are healthy and (mostly) happy today

Contact Workplace Solutions today for confidential assistance.

Professional counselors are available 24/7 by calling 800-327-5071.

A variety of educational and supportive resources are available online at www.wseap.com.