



wellness MONTHLY

“In order
to carry a positive
action we must
develop here a
positive vision.”

-Dalai Lama

GRATITUDE + ATTITUDE

Thanksgiving doesn't just mean turkey, stuffing, and pecan pie. It's also a time to gather with family and friends and to give thanks. According to scientific research, when people give thanks, they are generally happier. Furthermore, compared to their less joyful counterparts, happy people are healthier: they have stronger immune systems, they're less bothered by aches and pains, and they have lower blood pressure.

Read on for three simple ways to boost your gratitude - and your attitude - this holiday season.

- 1. Smile!** Take a moment to think of all the things you have to be thankful for, then smile. The simple act of smiling releases “feel good” hormones, endorphins and serotonin, which can immediately boost your mood. Plus, smiling usually leads to laughing, which helps you burn calories... bonus! Smiling will also make those around you feel good. It's a win-win!
- 2. Give a Compliment.** The next time you need an attitude lift, make

a list of all of the people you are grateful for, then list something you love about them. Make sure you're specific with your compliments, such as telling your partner how much you love their cooking, praising your child for being kind to his or her sibling or letting your neighbor know how much you appreciate their friendship. Focusing on the good in others and sharing your thoughts delivers a positive effect not only on that person but reflects back on you as well. Your outlook is instantly improved – give it a try!

- 3. Focus on the Positive.** Instead of focusing on all that is wrong in your life, reflect on the positives and think of all you are grateful for. Next, steer yourself in the right direction by laying out S.M.A.R.T. goals, which are specific, measurable, action-oriented, realistic, and time-framed. For example, “I love to walk, so I will set a goal to walk for 30 minutes, three times a week, for the next two months.” Setting and achieving goals is a great way to stay positive, feel gratitude, and uplift your attitude.