



CONCERN:EAP

Healthy & Resilient You

The Attitude of Gratitude: Pay It Forward

Volunteering: Help yourself by helping others.



Find Happiness Within

Many of us look outward for fulfillment. We work to have “more” or look to others for validation. While it’s great to seek growth, sometimes in our efforts to attain, we forget to pause and recognize the good already in our lives. Finding little ways to incorporate gratitude into your daily routine can help you find a fresh, happier perspective.



The Attitude of Gratitude

Although expressing gratitude isn’t always easy the effort can be worth the reward. Studies tell us that adding gratitude to your attitude can improve relationships, productivity, health, and even your sleep. Creating simple daily gratitude habits like those below is a great way to reframe your perspective and enhance your resilience.

- ✔ **Remember the good times and the bad.**
 - **Keep a gratitude journal.** Use it to remind yourself of the people and things you are grateful for. Think of it like stopping to smell the flowers – and then jotting it down.
 - **Remember the bad.** Make it a point to recall the not-so-good times in your life to help you highlight the great times. Don’t dwell on the bad memories, but use them to balance your perspective.
- ✔ **Find the silver lining by asking the right questions.**
 - **How will this moment make me stronger and better?** This helps you identify the opportunity to grow resilience from a challenging life experience.
 - **How does this relate to my life purpose?** Taking a step back to see the big picture helps you gain perspective and may help you understand that some challenges aren’t as daunting as they first appear.

 **Pro Tip:** Take a look at the people in your life and learn what makes them special. What potential, ability, and wisdom do I see in this person? Show them your new attitude of gratitude for the relationship by sharing what you discover. Then affirm and reinforce it.

Volunteer

Volunteering can be a great way to share gratitude and gain new perspective. Even if you think you don't have the time, give it a try. Studies have shown that committing time to a selfless activity can make you feel like you have more time in your day instead of less.

✔ Help out the young and old

- **Teach computer skills to the elderly.** Visit a retirement home and spend time helping residents stay connected. Who knows, you just may learn a thing or two by listening to their life experiences.
- **Coach a sport you love to a youth team.** You don't have to have a child to enrich and inspire a youngster's life.

✔ Enrich your environment

- **Pick up trash.** Spend the day cleaning up your local beach or park.
- **Give back to nature.** Join an organization that focuses on planting trees or creating shared gardens.

 **Pro Tip:** *Make a commitment to being a volunteer on a recurring basis. Take additional time to train or be trained for a longer term opportunity. For example, being a mentor or sheltering animals may require more dedication but can yield richer spiritual rewards.*



Pay it forward: A grateful way to invest your time

We learn early in our lives to say “thank you” for a favor done or a kind word said because that’s the polite thing to do. This kind of acknowledgement is important, but what about those times when a simple thank you isn’t quite enough? Here are some effective and meaningful acts of kindness that can help you put your gratitude into action.

✔ Show generosity

- **Give a little gift.** It doesn't have to be fancy or expensive. A small, unexpected gift can have tremendous impact on someone's day.
- **Do someone a free favor.** Do something small without any promise or hope of getting something in return. Surprise them with a coffee, complete a chore you know they hate, or offer to run an errand.

✔ Put it on paper

- **Send someone a list of all they've done that you're grateful for.** Take 5 minutes and make a list of 10 things you love about someone, or things they've done for you. An unexpected gratitude note can make someone feel truly appreciated.

 **Pro Tip:** *Take 30 minutes out of your day to support someone who you know is working on their own personal growth or facing a new challenge. Join a friend for their daily jog.. Look for opportunities to be helpful or encouraging beyond expectations.*

Putting it all together

Combining simple thankful attitudes with selfless actions creates a contagious cycle of gratitude. Visit the new CONCERN Resilience Hub App Garage and login with your company code for apps that can help you develop habits that enhance happiness and wellbeing. The MoodTools app is a great jumping-off point for adding more gratitude to your resilience toolkit.

Looking for more useful information on ways to take care of yourself? Check out the Resilience Hub™.

If you are a first-time user, type in your company name to access the site. www.ConcernResilienceHub.com

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

Call: 800.344.4222

www.concern-eap.com

The Attitude of Gratitude: Pay It Forward

Build and share gratitude for increased well-being and happiness.



Creating a grateful perspective

The first step toward feeling grateful is to think gratefully. Try taking small steps to reframe your perspective and align your attitude with gratitude.

Example in Action:

- *Remind yourself of the good times in your life. Print photos from your social media accounts to create a collage or scrapbook. Start a retroactive diary by writing memories down as if they happened today. Call an old friend to get you started.*



Volunteer your time

Finding time to give back is easier than you may think. Even taking one hour out of your weekend to help someone in need can make you feel happier and more fulfilled.

Example in Action:

- *Have a date night at a food bank or charity kitchen. Although it may not seem romantic at first, spending time with your partner while helping others can be a fulfilling experience.*



Commit random acts of kindness

A simple act of kindness can have a strong impact. You can make the world a better place by taking little steps to elevate others and, in turn, make yourself feel happier.

Example in Action:

- *Create an online donation campaign for someone you know who is facing a challenging time. Even a small fund for textbooks, baby clothes, or food can go a long way. Or, you might search popular sites and promote a random stranger's story on your social media accounts and inspire your network of friends to help a stranger in need.*



CONCERN:EAP
Tips for a healthier **YOU!**

Real help, real experts, real fast.
800.344.4222 www.concern-eap.com

Looking for more useful information on ways to take care of yourself? Check out the Resilience Hub™. First-time users will have to type in your company name to access the site.

www.ConcernResilienceHub.com