

# One Source EAP Connections

## Make Gratitude Your Attitude

November 2021

November is all about being thankful. Each Thanksgiving we count our blessings—and it feels good. Research suggests we could do ourselves a world of good by practicing giving thanks daily, rather than once a year.

We experience gratitude when we shift our focus from what we don't have to what we do, and when we take time to appreciate and be thankful for those who have contributed to the quality of our lives. In doing so, we choose positive emotions over negative and take steps to nurture both our physical and mental wellbeing.

Being thankful is as easy as saying, "Thank you," writing a note to someone who did something nice for you or starting your own Gratefulness Journal. [There's an app for that!](#)

One Source EAP can help you to develop your gratitude skills or provide support when life overwhelms you. We provide individual sessions for you *and* your family, including children up to age 26, to EAP seminars, to the [Calm Collection](#) video series. To use your benefit, call **(800) 300-0628**. The Access Center is **open 24/7/365**.

Contact with the EAP is **completely confidential!**

Visit our [website](#) for information and resources.

### Seminars are great building blocks

From personal development to stress management to workplace issues, our seminars will help you build the skills to protect your mental and physical wellness. Many of our seminars include a gratitude component, such as "Humor in the Workplace" and "When Life Returns to Normal." See our seminar catalogs [here](#). Schedule a seminar for your next team or staff meeting. Your HR partner can help you [request a seminar](#).



### 7 Benefits of Gratitude

These proven benefits are a great reason to start that thankfulness journal!

#### Gratitude...

1. Leads to more relationships
2. Improves physical health
3. Improves psychological health
4. Enhances empathy and reduces aggression
5. Helps you sleep better
6. Improves self-esteem
7. Increases mental strength

[Click here](#) to read the full details of these benefits in Psychology Today.

