

Monthly  
Wellness  
SpotLight  
by PSA



IN GOOD HEALTH

**TIS THE SEASON...TO BE THANKFUL!**

2020 has been a tough year. Are you feeling overwhelmed by the coronavirus pandemic, all the changes it has brought to your life, and everything you need to worry about to stay safe? Do you often feel negative and like things will never change?

Reflecting on what we're thankful for this year is more important—and more challenging—than ever. The holidays will likely not be the same as in years past. There may be smaller gatherings, canceled holiday parties, sacrificed traditions, and strained relationships.

With all of the losses this year, is there room for gratitude? YES, THERE IS! And we will need to make a special effort to find it. In fact, doing so can bring us some happiness that we so desperately need. Gratitude is a way for us to appreciate what we have instead of wishing for something else. And at first it may feel fake, but studies show that we can rewire our brains when we institute new habits, and the more you practice gratitude, the stronger the path for thankful thinking will grow.

**Here are some ways to show gratitude on a regular basis.**

- Send a card—pick someone who you know may be lonely or going through a hard time. Hand-write and mail a note telling that person what they mean to you and how important they are. Send positivity their way and tell them you are there for them.
- Go out of your way to say thank you—If someone did something special for you, be sure to say thank you. Whether it be a note, text, or call, make sure they are aware that you appreciated their act of kindness.
- Keep a Gratitude Journal—Keep a daily record in a journal of something or someone you are thankful for and why.
- Count Your Blessings—One day a week, write a list of all you are thankful for. Every week add new blessings to the list.

- Have Quiet Moments each Day—Set aside 10–15 minutes each day when you can reflect about all that is good in your life.
- Do Something Healthy Each Day—Take care of your mind and body. Do something that makes you feel better.
- Start a Gratitude Jar—Have each member of your family add one thing they are grateful to the jar each day. Have each person use a different color of paper. At the end of the month, read the entries aloud.

**It's been found people who practice gratitude experience:**

- Fewer symptoms of illness
- More optimism
- Greater success
- Less anxiety and depression

Gratitude helps our brains feel better! In what may feel like the most isolating and disappointing holiday season of your life, prioritize small acts of gratitude every day. While there is a lot wrong with the world right now, I'm willing to bet you have some important people and things to be thankful for that you may have taken for granted in a different time. Stay safe and well!