

# In Good Health

Your Monthly Wellness Spotlight by PSA

## WHAT ARE YOU THANKFUL FOR? LEARN THE HEALTH BENEFITS OF GRATITUDE AND BEING THANKFUL

Thanksgiving is upon us, which raises the question, what are you thankful for? Being thankful is a characteristic we should practice year-round, not just during the holiday season! Our lives can get quite hectic, making it difficult at times to remember everything we are grateful for. In this In Good Health Flyer, explore different ways to be grateful and learn the health benefits of being thankful.

### Thankfulness vs. Gratitude

Thankfulness is also known as gratitude, but there is a world of difference between the two.

Gratitude comes from the Latin word *gratia*, which means grace or graciousness. It is a feeling of appreciation for another's kindness or generosity. Gratitude must be practiced and requires conscious energy and work. The more we show gratitude, the more likely we will receive it.

On the other hand, being thankful is defined as the feeling of being pleased or relieved. Being grateful is an act while being thankful is a feeling.

Both thankfulness and gratitude help us think positively, appreciate good experiences, improve our health, respond well to adversity, and are attributed to building stronger relationships. According to a study from the Mayo Clinic, feeling thankful can improve sleep, mood, and immunity. It can also help to decrease depression, anxiety, and chronic pain.

### Here are some ways to explore being thankful and grateful:

- **Waking Up** - When you wake up and are still in bed, remind yourself how lucky you are. Make the decision that today is going to be a good day.
- **Meditate** - Set aside several minutes, at least once a day, to turn off your mind and focus on yourself. Practice thinking about what you are grateful for during your meditation. It can help you to eliminate negative thoughts.
- **Share a Meal** - Find someone to share a meal with. You can keep each other company and share enjoyable conversations.
- **Practice Kindness** - Be kind to others. For example, practice kindness by checking in on your friends, holding a door open for a stranger, saying hello, offering to help someone struggling, etc.
- **Focus on the Good** - If you are having a tough time expressing gratitude, focus on what you are thankful for and spread that joy to others.

We all crave to be happy! Showing gratitude and being thankful can influence the way we choose to behave, leading us to feel better and to experience better outcomes in our lives.

"I am thankful for you and for the ability to help each of you in any way I can. Please do not hesitate to reach out should I be of any assistance. Happy Holidays to each of you and your loved ones."

- Danielle Herndon RN, CMM - VP, Health Risk Management | [dherndon@psafinancial.com](mailto:dherndon@psafinancial.com)