



The Power of Gratitude

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As Thanksgiving approaches, we find ourselves reflecting on the things we are thankful for in our lives. But why limit this practice to one day a year? Practicing gratitude on a daily basis can drastically increase your quality of life. Research shows that the practice of gratitude can enhance our mood, reduce stress and depression, strengthen relationships, and improve our overall health and well-being. Studies also show that daily gratitude exercises result in higher levels of alertness, energy, enthusiasm, determination, and optimism. Those who practice become more willing to help others and make progress toward achieving personal and professional goals.

With November marking the start of **National Gratitude Month**, we encourage you to challenge yourself to incorporate gratitude into your everyday life for the whole month of November. Practicing daily will allow you to form a habit that you will hopefully carry with you in the future, while reaping the benefits that come with the practice of gratitude.

Gratitude is more than simply saying "thank you." It is recognizing the blessings in your life, noticing the simple pleasures, and shifting your focus to the positive aspects of your life rather than what it lacks. For the month of November, keep a list of the things for which you are grateful and the positive things you experience each day, and reflect on that list at the end of each day. Identify the source(s) of those gifts, and openly express thanks and appreciation for the blessings they have brought to your life. Also notice how you are feeling each day, noting the positive changes in your mood, health, work ethic, and overall quality of life.

If you would like to share how practicing daily gratitude has made an impact on your life, please email me at lbishop@wcupa.edu or share it with us on **Facebook**! I look forward to hearing about your experience and the benefits that came out of it.

Recipe for: Gratitude Serves: Everyone

1 Part Awareness

Count the blessings in your life, notice the simple pleasures, and focus on what you have, rather than what you lack.

1 Part Acknowledgement

Recognize and acknowledge those gifts, each and every day.

1 Part Reflection

Identify the source(s) of those gifts.

1 Part Appreciation

Openly express thanks and appreciation.