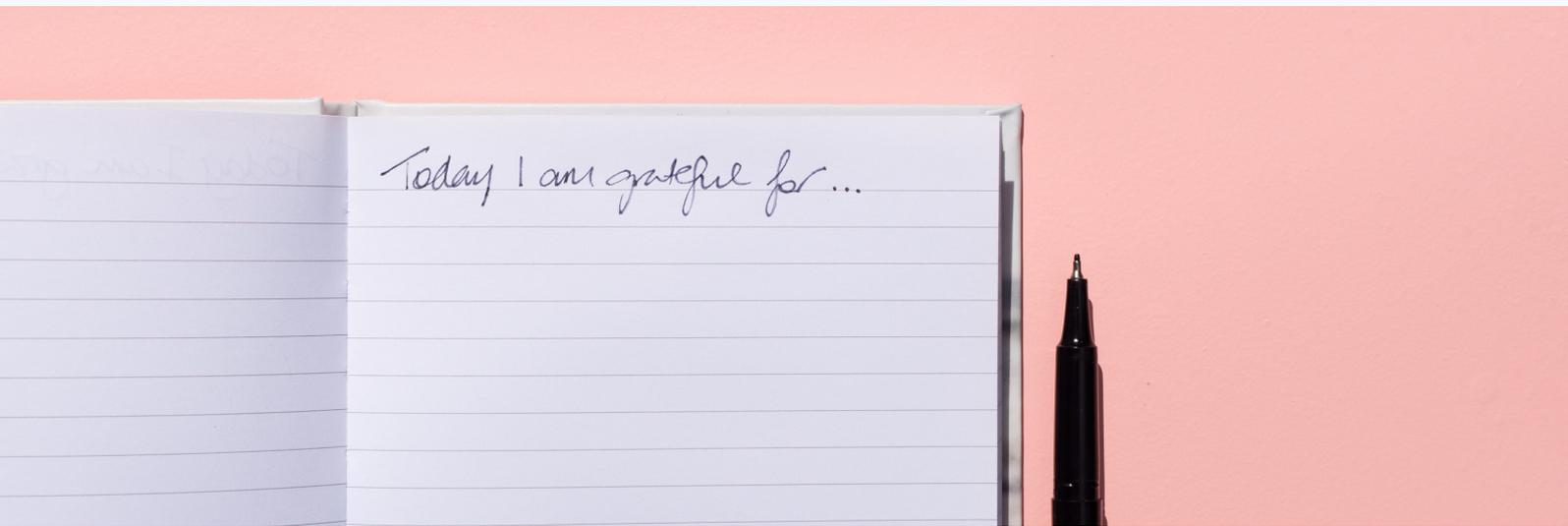


AN ATTITUDE OF GRATITUDE

THE OFFICE OF WELLNESS PROMOTION



DID YOU KNOW?

People that practice gratitude experience fewer aches and pains and report feeling healthier than other people according to a 2012 study published in *Personality and Individual Differences*. Gratitude initiates what researchers call an “upward spiral of positive emotions.” Adolescents who rate higher in gratitude tend to be happier and more engaged in school, better at managing their lives and identifying important goals for the future, experience fewer depressive symptoms and less anxiety, and they are less likely to exhibit antisocial behaviors.

INSTILLING GRATITUDE:

As parents, we do our best to teach our students to be grateful. Experts warn, however, that our best efforts can backfire and become a barrier to genuinely experiencing gratitude. It’s important for our students to “think” gratefully, not just to mindlessly go through the motions of giving thanks - finding gratitude in the “everyday stuff,” not just in response to gifts.

A good starting point to instilling gratitude, is for parents to lead by example. When your student is home on breaks, and you notice them helping around the house, remember to thank them when you have a moment - openly or in private. This small act of gratitude can have a lasting impression on your student.

It’s also important to notice and acknowledge the larger circle of people who benefit our lives. Volunteering as a family is a great opportunity to reflect on the bigger picture together. Psychologist Dr. Richard Weissbourd shares, “In a society that has become so splintered and self-focused, gratitude is a common bond and offers one of the best ways for us to connect with one another.”

TRY AND SHARE!

5 Daily Steps for 21 Days - Adapted from Shawn Achor’s TED Talk “*The Happy Secret to Better Work*”

1. Write 3 new things you are grateful for
2. Write 1 good thing that happened today
3. Send 1 thank you note, email or text
4. Exercise for 30 minutes
5. Meditate for 10 minutes

WANT TO KNOW MORE?

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