



A season of gratitude

# Finding balance and peace this holiday season

The holidays are busy, and the extra demands on our time due to shopping, cooking, cleaning, party planning and attending events and social gatherings can be stressful.

The holidays are also a good time to concentrate on family and friends, so don't let stress get the best of you. Focus on gratitude to improve your wellbeing. Studies suggest that people who practice gratitude are more optimistic, pleased with their lives and connected to others when compared to those who reflect on daily hassles.

## Five ways to practice gratitude

1

### Take time each day to reflect.

Spend a few minutes at the end of each day and think about, or write down, what you are grateful for that day. This could include people, events or experiences.

2

### Make time to thank people you know.

Call or email to say, "thank you." Write a letter to express your gratitude or appreciation. Write thank-you notes when you receive gifts or favors.

3

### Thank people you don't know.

Wave "thank you" when someone lets your car in during heavy traffic.

4

### Give thanks for the abilities you have.

Even if you feel burdened by your health, think about things that you can do.

5

### Start a family ritual of gratitude.

Give thanks before a meal. Share what you are grateful for before going to bed.

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