



CLAREMONT EAP



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Great Strategies for Gratitude



Much of the research on happiness can be boiled down to one main prescription: give thanks. Practicing gratitude has been found to increase positive emotions, reduce the risk of depression, heighten relationship satisfaction, and increase resilience in the face of stressful life events.

The challenge is, gratitude doesn't always come easily. The negatives in our lives sometimes occupy more of our attention than the positives.

Here are the key principles, says Julie Breines of the *Greater Good Science Center*— for turning gratitude into a lasting habit:

1

Count your blessings – literally, write down 3 things you're grateful for each day

2

Mental subtraction – to counteract taking positive events for granted, imagine life without those positive things

3

Savor –temporarily give up some pleasurable activity and then come back to it with greater anticipation and renewed excitement

4

Say thank you - Small gestures of appreciation, such as a quick thank you notes, can make a difference- or consider writing a longer gratitude letter

Claremont EAP can help develop your practice of gratitude in counseling. To access your free and confidential services, call:

800-834-3773
www.claremonteap.com