

Gratitude

Gratitude happens when kindness exceeds expectations. It represents a general state of thankfulness and/or appreciation. Most of us may feel grateful some of the time, but people with dispositional gratitude take nothing for granted. **Dispositional gratitude** refers to when an individual is able to feel thankful for receiving help from others. They appreciate the contribution of others to their well-being. They feel a sense of abundance. They appreciate simple pleasures, which are those pleasures in life that are readily available to most people. Grateful people acknowledge the importance of experiencing and expressing gratitude.

What would happen if we viewed life as a series of events that surpassed our expectations? An existing body of research supports an association between gratitude and an overall sense of well-being, so it appears that becoming more grateful would be most beneficial. What are some ways to practice being grateful?

- Keeping a Grateful Journal
- Thinking about someone for whom you are grateful
- Writing a note or sending an email to someone with whom you are grateful
- Practice saying “thank you” in a sincere and meaningful way

As the holiday season approaches, stress and anxiety may try to creep into daily living; think about experiencing gratitude instead. Do your best to express gratitude. Remind yourself of the people in your life who have helped you throughout the years. Reflect on the events and situations that have been part of your life history in an important way. And remember that you have the power to demonstrate kindness that exceeds expectations.

Please feel free to contact the EASE office: 800-882-1341.



“Strength is the courage...to reach out!”