

Health Coaching Hints

"Gratitude"



November 2020

Health Coaching Hint #1: Improve your health by being grateful

Can being grateful really affect your health? Turns out it can.

Research is showing that actively being grateful can benefit multiple areas of your life, including your emotions, social interactions, personality, career, and overall health.

Some specific benefits include:

- > Enhancing long-term happiness
- > Increasing self-esteem
- > Strengthening family relationships in times of stress
- > Making us more optimistic
- > Helping us find meaning in our work
- > Improving your overall physical health
- > Improving recovery from mental or physical illnesses

Eager to start experiencing the many benefits of being grateful? Next week, we'll share some ideas on how you can get started by using one of the most frequently used methods--keeping a gratitude journal.

Health Coaching Hint #2: How to keep a gratitude journal

What is a gratitude journal? To put it simply, it is a way to keep track of the good things that happen in your life.

How do you do it? Through the simple act of writing down one or more of the things you are grateful for.

Here are a few tips for getting the most from your gratitude journal:

- > Be as detailed as possible
- > Focus more on people than things
- > Be fully conscious when making your entry
- > List events that involve emotions like surprise or wonder

Ideally, this practice should become a natural part of your life. If a daily practice is too much, then aim for once or twice a week. There is no one-size-fits-all way to keep a gratitude journal. Play around with what method works best for you.

Health Coaching Hint #3: Alternatives to keeping a gratitude journal

Not everyone likes to or wants to keep a gratitude journal. This should not stop you from enjoying the health benefits of being grateful. Here are some alternatives you can start using today.

WAKE UP AND BE GRATEFUL

Make it a habit to step out of bed and think about what you are grateful for in the day to come. This can set the tone for the rest of your day.

KEEP A PHOTO OR VIDEO DIARY

Capture those everyday moments that bring you joy. Take it to the next level by creating a "Things I am Grateful For" folder so you can look through them when you're having a rough day.

POST ON SOCIAL MEDIA USING #GRATEFUL

If you prefer to share your thankfulness with others, going to social media to share your thoughts can be a great practice. To get the most benefit, remember to be authentic and keep these posts to when you are truly wanting to thank someone or share a moment you are grateful for.

SAY IT OUT LOUD

Create a new tradition or bring back an old one by sharing your gratitude with friends or family. Say thanks before dinner or while running errands. Find a time that works for you and feels natural.

Health Coaching Hint #4: Make time for gratitude during a pandemic

In the past, we could show how grateful we were to friends, family, or coworkers through a handshake, a pat on the back, or a hug when socially appropriate. In a time of social-distancing, we are challenged with finding new ways to express our gratitude to those around us.

It is important to remember that not only can we increase our own well-being by being grateful, but we can also increase the well-being of others by sharing our thanks with them.

Here are ideas for showing letting others know how much you appreciate them that can be done virtually or maintain appropriate social distancing:

- > Give a shout out at a Zoom work meeting
- > Give them a thumbs up or heart emoji on social media
- > Share their post or tweet that you appreciate
- > Send a daily or weekly email to your team that includes wins and achievements
- > Create a monthly award for star colleagues who went above and beyond in their duties

What methods have you started using to show your friends, family, and coworkers your thanks?