



# BalanceWorks® Newsletter

November 2014 | Written by the work/life experts at **eni**



## Being Thankful

Many people reflect upon what they are grateful for during the Thanksgiving holiday. There are actually a great deal of benefits to thinking about what you are thankful for on a daily basis. Therefore, this month start identifying and celebrating all that you are grateful for on a regular basis instead of just once per year.

Being mindful of all the things you are thankful for can boost your well being. A 2003 study in the Journal of Personality and Social Psychology revealed that listing off all the things you are thankful for is linked with a brighter outlook on life and a greater sense of positivity. In addition, gratitude boosts overall happiness as thankful people actively savor positive life experiences and reflect upon them often.

Gratitude can also positively impact your relationships with others. Being thankful on a regular basis can actually make you a better friend to others as gratitude has the potential to boost pro-social behaviors such as lending emotional support or assisting a friend with a problem. Gratitude is also important in romantic relationships. Being consistently thankful for

everything your partner does for you could make your relationship stronger. Finally, being thankful can boost team morale. A 2008 study in the journal Social Indicators found that athletes are less likely to burn out and are more likely to experience team satisfaction when they are grateful.

Gratitude also benefits your physical health. We know how important sleep is for our overall health and gratitude can actually help you sleep better. Psychology Today reported that when people spent 15 minutes journaling what they were thankful for; they fell asleep faster and stayed asleep longer.

There is also some evidence that gratitude can benefit the heart. A 1995 study in the American Journal of Cardiology showed that appreciation and positive emotions are linked with changes in heart rate variability. From this, researchers have extrapolated that being mindfully thankful may be beneficial in the treatment of hypertension and in reducing the likelihood of sudden death in patients with congestive heart failure and coronary artery disease.

Finally, gratitude can boost immunity.

For more information or support on the benefits of gratitude, contact the work/life experts at **BalanceWorks®** by calling:

**1.800.327.2255**

**eni's BalanceWorks®** program is a confidential 24/7 service provided by your employer to help achieve work/life balance.





Gratefulness is linked with optimism, which in turn is linked with better immune health.

## *Practicing Gratitude*

Now that you know how beneficial thankfulness is to your emotional and physical health, let's discuss how to practice gratitude in our daily lives.

Adopt an attitude of gratitude! Note at least one thing you are grateful for every day. Also, look for the positive in every situation. Even if something is not going well, it's important to find something you are grateful for, which can help positively reframe the situation.

Start a gratitude journal. It can be very helpful to write down 5 to 10 things you are grateful for at the end of each day. This will help end your day on a positive note.

Make gratitude a family affair. Set a time each day, such as at the dinner table, that each member of the family lists something they are grateful for. This practice can teach your kids to have an attitude of gratitude from a young age and can be a great bonding experience for the entire family!

Express gratitude to others. Remember to actively let the people in your life know when you are thankful for something they have done. Thank your mom for

## *My Gratitude Journal*

*I'm thankful for.....*

- My health*
- How well my presentation went at work*
- Catching up with my best friend on my lunch break*
- Finally paying off my student loans*
- Having dinner with my family each night*

still baking a cake on your birthday, your partner for taking out the trash, or your child for giving you that hug each morning before school. It doesn't matter if the gesture is large or small, make sure your friends, family, and co-workers know you are grateful for all the ways they positively impact your life.

***Remember that eni's EAP services are available to members if assistance is needed to develop additional strategies to practice gratitude on a daily basis.***

*Source: HUFFPOST OCT 2014*

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