

**From:** [Meeks, Sara R.](#)  
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OHIO STATE UNIVERSITY EXTENSION



**Live Healthy Live Well**

Hello Challenge Friends,

During this holiday season, remember to take care of yourself! Self-care is important, especially when you're feeling stressed out. One way to practice self-care is to work toward an 'attitude of gratitude.' Below you will find some great suggestions for encouraging gratitude in your daily life!

Yours in Wellness,

*Sara*

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## Gratitude? Can it Impact Overall Health?

According to Cambridge Dictionary, [gratitude](#) is defined as "a strong feeling of appreciation to someone or something for what the person has done to help you". The holiday season lends itself to expressing gratitude, probably more so than any other time during the year. One regular practice my family engages in over the holidays is going around the dinner table and sharing

things we are thankful for prior to eating. It is a tradition that everyone looks forward to, as it helps set the tone for the rest of the day. It redirects our focus onto what the day is all about...appreciation and gratitude.

Did you know when we practice an “attitude of gratitude”, not only do we encourage others but we reap the many benefits too? Research documents the positive impacts of gratitude on our health and well-being. Time Health identified the [following benefits of gratitude](#) in their magazine.

1. Gratitude can make you more patient.
2. Gratitude might improve your relationship.
3. Gratitude improves self-care.
4. Gratitude can help you sleep.
5. Gratitude may stop you from overeating.
6. Gratitude can help ease depression.
7. Gratitude gives you happiness that lasts.

This holiday season I challenge you to cultivate gratitude! Start by paying attention to the good around you, acknowledge it, and appreciate it.

I think Maya Angelou said it best, “This is a wonderful day. I’ve never seen it before”.

Take Away Ideas to add Gratitude to your life:

- Gratitude Graffiti Wall – use a simple poster board and sticky paper to record things for which you are grateful. Need more inspiration, check out this [website](#).
- Gratitude Jar – take a jar and each week (or day) place a slip of paper with something you are grateful for – at the end of the year (or whenever you need a positive boost) empty the jar and count your blessings.
- Gratitude Journal – Select a notebook or journal and record things that you are grateful for – this exercise will help you appreciate what you have.

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