



# EAP: In Focus

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Newsletter of your Employee  
Assistance Program

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## Gratitude

What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
  - Marital
  - Family
  - Stress
  - Financial
  - Legal
  - Anxiety
  - Depression
  - Etc...
- Just call

**1-800-226-7930**

Gratitude is an emotion expressing appreciation for what one notices in ones daily life. Gratitude is getting a great deal of attention as a facet of positive psychology: Studies show that we can deliberately cultivate gratitude, and can increase our well-being and happiness by doing so. In addition, gratefulness—and especially expression of it to others—is associated with increased energy, optimism, and empathy.

The benefits of gratitude are many and varied. They include physical, spiritual and emotional improvements. We notice the positives more, and increase our enjoyment of life by focusing on what is good, rather than the negative. Research has shown that in the face of serious trauma, adversity, and suffering, if people have a grateful disposition, they'll recover more quickly. It does not dismiss the reali-

ty of the event, but allows for a quicker recovery.

It even improves sleep quality and duration- in part because you have more grateful/happy thoughts before you go to sleep. Count blessings, not sheep!

So, where to start? There are two practices that are relatively easy to do, and will provide you with dividends for a long time. The first is keeping a gratitude journal. At the end of each day, write in your journal 3 things from that day that you are grateful for. It can be as small as

someone letting you in in traffic, or as large as a resolution to a health issue. Be specific.

The second is writing a gratitude letter. Write a letter to someone who has had a positive impact on your life. Be specific about what they have done for you, and how you have benefitted from it. Deliver it in person if possible. If not, drop it in the mail. If the recipient has passed away, still write it, as you will still reap the benefit.

Develop the habit of having an attitude of gratitude.

### QUOTATION CORNER

Gratitude is not only the greatest of virtues, but the parent of all the others.

Cicero

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WWW = WEB PAGES

WORTH

WATCHING



The benefits of Gratitude

Interesting article on the many benefits of  
gratitude

[https://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good/#](https://greatergood.berkeley.edu/article/item/why_gratitude_is_good/#)

## *Practicing Gratitude as a family*

I believe gratitude is the foundation of personal happiness — and a community's happiness as well, as the two aren't easily separated.

If we want to be happy, and to raise happy kids, we need to practice gratitude — deliberately, and consistently, or we may end up feeling more entitled than appreciative.

When we feel entitled, we often stew about unfulfilled expectations. Entitlement

makes us more likely to feel disappointed when we don't get what we think we want, rather than grateful when we receive something.

Disappointment is not a happiness habit. Gratitude is.



Habit being the key word: We need to establish rituals and traditions that make feeling and expressing gratitude habitual.

Everyday, I ask my kids about three good things. They might share good things that happened to them that day, or good things they did themselves, or even something good that hasn't happened yet that they are anticipating. Cultivate the practice of gratitude and grow happiness!