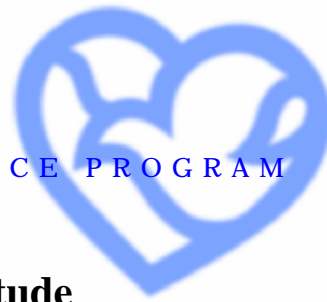


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BEST CARE EMPLOYEE ASSISTANCE PROGRAM EAP Notes



Great Attitude = Gratitude

It's a new year with new habits, new commitments, new goals, and a new attitude? This year consider a resolution of adopting and exercising an *Attitude of Gratitude*. Gratitude is all about appreciating the people and things in your life. It's a way of looking for value and goodness and approaching problems as opportunities for growth and development.

Adopting an *Attitude of Gratitude* is a life-long commitment. Please consider the following tips to help get you started.

- List the things in your life to be grateful for and that you may take for granted, such as your health, home, family, friends, career and so on. Keep this list with you, and refer to it anytime you feel down. You probably won't remain down for too long.
- Practice *random acts of kindness*. Do something nice for someone else, just because. For example, pay for someone's parking or compliment a stranger.
- Send a letter of appreciation to an old friend that you haven't seen in awhile. Or, go one step further and send letters to five people and tell them how much they mean to you.
- Stop and smell the roses. Imagine the fascination of looking at the world through the eyes of a child.
- Accept things as they are, even if a situation turned out differently than your expectations. It could of been far worse.
- Focus on what is right in your life rather than what's wrong. It tends to be easy to notice the negatives and overlook all the good.
- Say *thank you* as often as possible. Say it to your spouse, children, parents, family, co-workers and the helpful clerk at the grocery store. A heartfelt *thank you* goes a long way.

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.
~Buddha

Source: www.career-in-your-suitcase.com

At Best Care EAP, we're thankful to be able to listen and help. If you would like to talk with a professional counselor, simply contact your Best Care EAP. A confidential appointment is available.
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