



'Tis the Season for Gratitude

A little appreciation can go a long way.

Gratitude is more than saying “thank you.” It’s taking time to notice and appreciate the people, experiences and everyday moments that bring something positive to our lives. When practiced intentionally, gratitude can help shift our attention toward what’s going well and support greater happiness and well-being.

The holiday season can be a natural time to practice gratitude, but you don’t have to feel grateful for everything. Stress, grief and gratitude can exist at the same time. The goal isn’t to ignore what’s difficult. It’s simply to make room to notice what’s meaningful, too.

Simple ways to practice gratitude:

Notice the small things. Appreciate everyday moments, from a good conversation to a few quiet minutes.

Say it out loud. Let someone know when their kindness or support makes a difference.

Write it down. Jot down one or two things you’re grateful for each day.

Look for the good. Pause and ask yourself, “What’s one thing that went well today?”

Show your appreciation. Send a message, lend a hand or do something thoughtful for someone else.

Appreciate yourself, too. Recognize your efforts, progress and the challenges you’ve worked through.

Start small. You don’t need to change how you feel to practice gratitude. Start with one person, one moment or one thing you appreciate today. Small moments of gratitude can help bring a little more connection, meaning and positivity to the season.

For more information and resources on cultivating gratitude, reach out to your EAP. We are here to help fill your holidays with gratitude, joy and wellness!