



## Our Monthly eNewsletter: Happy Thanksgiving

As Thanksgiving quickly approaches us, all of us here at Center for Human Development want to take this opportunity to say “thank you” to all of you our faithful eNewsletter readers, friends, supporters, and partners in mental health. Thank you for caring about mental health, in our community, in those around you and your own. We appreciate you and are thankful for all of you.

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### An Attitude of Gratitude

*“Gratitude is not only the greatest of the virtues, but the parent of all of the others” – Cicero (106–43BC)*

If you were to complete a Google search with the word “gratitude” you will find various phrases that refer to different concepts all stemming from the following definition of gratitude. According to Google gratitude is, “the quality of being thankful; readiness to show appreciation for and to return kindness”. These phrases include, radical gratitude, gracious gratitude, attitude of gratitude and many more. Your search will also give you multiple hits of articles that speak of the benefits of having an “attitude of gratitude”. The benefits are overwhelming to say the least. You and I would undoubtedly improve our levels of life satisfaction, mental health, and our overall well-being, just by being more grateful.

I experienced the power of having an “attitude of gratitude” this morning. Most mornings I experience a bit of anxiety as I face the day. I am often overwhelmed by all that needs to be done before the day’s end. Which increases a sense of urgency, busyness, stress and ultimately ends in a state of anxiousness. Once I am at work am able to distract myself with work as to not worry about all of the things that need to be done at home. This morning was different. As I was getting ready I reflected on how nice it is to be able to take a warm/hot shower. I felt a sense of gratitude as I thought about it. There are people right now who are not able to take a warm shower. This led to more thoughts of gratitude and more things I am grateful for, family, work etc. What I noticed as I was thinking about the things that I am grateful for, there was no space in my mind for fear and worry. I genuinely felt more excited about the day ahead and no anxiety at all.

There is a boat load of research out there centering on the benefits of having a thankful/grateful attitude. They collectively conclude that people who have an attitude of gratitude, are less depressed, less anxious, sleep better, have stronger relationships, and enjoy life better.

Here are some ideas on how to practice having an attitude of gratitude:

- **Write a thank you note**
- **Thank someone mentally**
- **Keep a journal of gratitude**

- **Count your blessings**
- **Pray**
- **Meditate**

I encourage you to go beyond just being thankful on Thanksgiving Day and challenge you with this question. How can I cultivate an attitude of gratitude every day?

For more information on this topic check out the following links:

<http://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://www.psychologytoday.com/blog/the-mindful-self-express/201511/how-gratitude-leads-happier-life>

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## Save the Date: Feb. 25, 2017

The Center for Family Development's **Annual Marriage Conference** will be on **Saturday February 25, 2017 at Highland Community Church in Wausau, WI**. Featured presenters will be Dave and Ann Wilson. Their practical and humorous style has uplifted thousands for over 30 years.

[More Info](#)



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