

W.O.W.

WAC ON WELLNESS

GRATITUDE CHANGES EVERYTHING

Thanksgiving will be upon us soon and we will again be reminded that it is time to give thanks for many things. It seems that being thankful has become seasonal. Gratitude for all the wonderful things that it does for us (and for others) is something that warrants being practiced and cultivated so that it becomes a daily activity. For most of us it will be something that we need to work on consistently in order to make it a habit, but it is well worth the effort. The wonderful thing about it is that the more that you do it and reap the benefits, the more you will want to do it. Studies have been done on gratitude and it has been found that it is associated with greater joy, optimism, happiness, improving health, savoring good experiences, experiencing fewer symptoms from stress, better ability to deal with adversity, and creating stronger and closer relationships.

Here are some ideas of how you can begin to practice and enjoy the benefits of gratitude:

- Keep a gratitude journal. Write down 5 things each day that you are grateful for.
- Take a gratitude walk. Take 20 minutes to walk in your favorite place taking in everything around you while you think of things you can be grateful for.
- Keep a gratitude jar. Write something you are grateful for on a piece of paper and put it in the jar. On New Year's Eve, a birthday or when you need a pick me up, review them all.
- Write a gratitude thank you letter to someone who had an impact on you whom you've never properly thanked.

Visit www.thewac.com/wellnesscoaching for more information on our Wellness Program and Coaches.



BY JUDY HAHN

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