

12 Healthy Holidays Month

HEALTHY TIP SHEET - DECEMBER



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Gratitude is the Best Attitude!

Gratitude is such a powerful emotion, one that can make your life better in so many ways. It's difficult to feel depressed or sorry for yourself when you are feeling grateful.

Here are some simple ways to make gratitude a part of your daily life:

1. Keep a gratitude journal and write in it every day.
2. Tell someone you love them and how much you appreciate them.
3. Notice the beauty in nature each day.
4. Nurture the friendships you have.
5. Smile more often.
6. Include an act of kindness in your life each day.
7. Call your parents or a beloved family member.
8. Volunteer for organizations that help others.
9. Don't gossip or speak badly about anyone.
10. Spend quality time with your kids.
11. Remember to compliment your friends and family.
12. Write a card to someone you haven't seen in a while.
13. When you think a negative thought, try to see the positive side.
14. Try to take note when people do a good job and give recognition when it's due at work.
15. Meditate with your gratitude list, giving thanks for your good fortune.
16. Live mindfully, not worrying about the past or future.
17. Thank the people who serve you in the community. Shopkeepers, wait staff at restaurants, bus drivers, etc.
18. Say thank you for the little things loved ones do for you, things you normally take for granted.
19. Post quotes and images that remind you to be grateful.
20. Embrace challenges and turn them into opportunities to grow.
21. Be thankful when you learn something new.
22. When times are bad, focus on your friends who are at your side.
23. When times are good, notice and help others.
24. Make gratitude a part of family life, share it with each other during meal time.

Be the change you want to see in the world by making gratitude a part of each day.

Source: Wellsource, Inc., Practice Gratitude

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.



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