

What Do I Have to Be Grateful For?



**Gratitude is directly linked
to a happier outlook on life.**

If you have trouble focusing on gratitude when things get tough,

You Are Not Alone.

How can you feel grateful when life is challenging?



How Can We Adopt an Attitude of Gratitude?

When we think of gratitude, we often think about big things like lifecycle celebrations, career milestones, or enjoying good health. Rarely do we think about the smaller everyday reasons we have to be grateful like a sunny day, sharing a cup of coffee with a friend, or reading a good book. Keeping track of everyday pleasures can achieve positive benefits such as improved sleep, lower blood pressure, and more social connections.

10 for 10

A leading scientific expert on gratitude at the University of Berkeley, California conducted a study that found that participants who wrote down 10 things they were grateful for over 10 weeks reported a 25% increase in overall happiness.

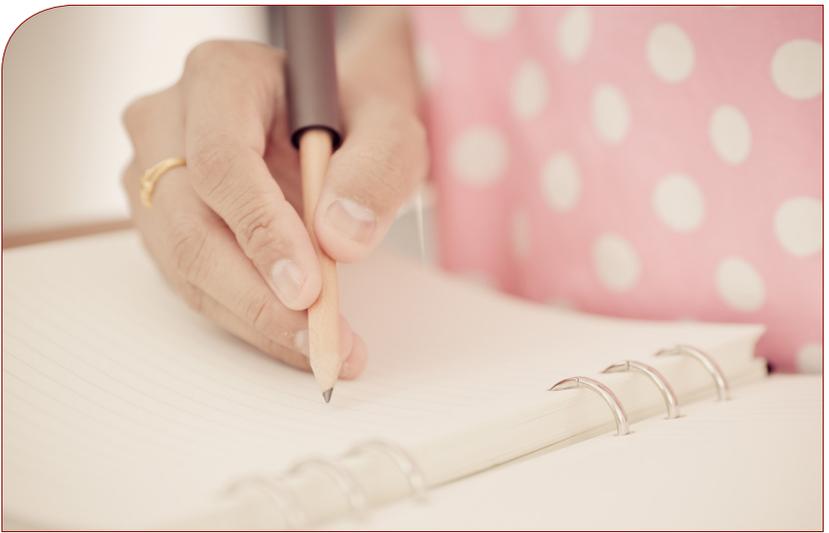
Being on the receiving end of gratitude feels good, but the physical and mental health benefits of feeling gratitude towards others can feel even better. Studies show that those who are mindful of the good things in their lives are more relaxed, sleep better, are less self-centered, and have more social connections.

Gratitude is a Habit

Most of us haven't been trained to notice and acknowledge the small doses of daily goodness in life. Gratitude begins with small changes and regular practice.

Gratitude in Small Steps

- Write for five minutes a day in a gratitude journal.
- Each day write down three things you are grateful for and put them in a special container designated for gratitude.
- Use gratitude prompts (e.g. I am grateful for three things I see, I am grateful for three things I smell, I am grateful for three things I touch, etc.).
- Write thank-you notes to loved ones to tell them how much they are appreciated.



Examples of Everyday Goodness

As you go about your day, think about moments that bring you feelings of safety, relaxation, or contentment. What would daily life be like if you didn't have those things? Examples of such moments can include:

- Cuddling with your pet
- Going for a walk with a friend on a nice day
- Speaking on the phone with a loved one
- Attending a community social group

Being Grateful is Contagious!

Did you know that gratitude can go “viral?” Just as negativity can be quickly passed along to others, a grateful and positive attitude can, too. We don't need to have money to be generous with our smiles or attention. Taking time to be grateful can help remind us to pay it forward. Jotting down daily or weekly gratitude notes about smiles received, doors held open, or moments of compassion encourages us to try to do the same for others. You may never know if your kindness ends up on someone else's gratitude list, but just by being grateful, you spread seeds that have the potential to flourish.

How can CJE SeniorLife help?

We can refer you to the following CJE SeniorLife supportive resources:

Counseling Services—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families, and find practical resources that support independence. Ongoing services are fee-based.

Consumer Assistance—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental, and financial health and many other subject areas.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

1181w.7.2020