

THANKSGIVING AND GIVING THANKS!

*Some days we forget to look around us. Some days we can't see the joy that surrounds us
So caught up inside ourselves. We take when we should give...Josh Groban*

WHAT TO KNOW!

- ❖ Giving thanks is the sincere recognition and appreciation for receiving a benefit
- ❖ Giving thanks involves an awareness of something being done for you and an appreciation of it being done
- ❖ Giving thanks is easy for some people but very difficult for others as thankfulness begins when entitlement ends
- ❖ Being thankful helps people focus on what they have instead of what they lack
- ❖ Thankfulness also allows people to connect to something they believe that is larger than themselves such as nature, the universe, a higher power, etc.
- ❖ People who are more thankful tend to have a greater sense of well being; they are happier, less stressed, less depressed and more socially satisfied
- ❖ People who give thanks also tend to have better coping skills, support others, be more self accepting, and think more positively
- ❖ Thankfulness is a very strong component in a person's sense of well being as multiple studies show a high correlation between giving thanks and feelings of wellbeing
- ❖ Research by two psychologists, Dr. R. Emmons and Dr. M. McCullough, found that students who wrote about gratitude were more optimistic, felt better about their lives, and had fewer physician visits
- ❖ Research has also shown that thankful people exercise more, sleep better, have fewer headaches, have higher levels of energy, and heightened immunity
- ❖ The field of positive psychology recognizes thankfulness as a key component of wellbeing, happiness, increased energy, optimism, and empathy for others
- ❖ Feeling appreciated can make a person want to do more to please others as well as like previously disdainful chores
- ❖ Simple exercises such as saying thank you or writing thank you letters can develop and increase a personal sense of happiness
- ❖ Thankful people often think about enjoyable, positive things before they fall asleep and consequently sleep better and longer
- ❖ Thankful people tend to be less materialistic and appreciate experiences rather than a material good
- ❖ Giving thanks to others leads to improved business and personal relationships, increased physical activity, increased positive feelings, and increased productivity
- ❖ Giving thanks tends to reinforce giving behaviors from benefactors; studies show that saying thanks to a customer increases future sales

WHAT TO DO!

- ❖ Think about those you would like to thank for doing something for you
- ❖ Develop a habit of writing a thank you letter or email once a month to feel happier
- ❖ Reflect upon the good things in your life several times a week
- ❖ Maintain a thankfulness journal listing the things you appreciate and read it often
- ❖ Practice mindfulness and meditation by focusing on what you are thankful for
- ❖ Pray if you are religious or spiritual
- ❖ Seek professional help if you find it difficult to practice thankfulness

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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