



# HELPING HANDS



## The Healing Power of Gratitude

Excerpts from [Lisa Firestone Ph.D., Compassion Matters](#), Psychology Today

Gratitude is perhaps the most important key to finding success and happiness in the modern day. Knowing what we appreciate in life means knowing who we are, what matters to us and what makes each day worthwhile. Paying attention to what we feel grateful for puts us in a positive frame of mind. It connects us to the world around us and to ourselves. Research demonstrates that focusing on what we are grateful for is a universally rewarding way to feel happier and more fulfilled.

As an important mental health principle, the benefits of gratitude extend far beyond what we may imagine. Scientific studies have found that gratitude is associated with:

- Greater happiness, more optimism and positive emotions, new and lasting relationships, better health, better progress toward personal goals, fewer aches and pains, more alertness and determination, increased generosity and empathy, better sleep and improved self-esteem.

With no downside to practicing more gratitude, it seems like a goal we would all embrace. Yet, as we aim to cultivate more gratitude, there are two questions to consider: what barriers do we face in feeling grateful in our daily lives, and how can we connect more fully to our feelings of appreciation?

### Gratitude and Emotional Benefits

Practicing gratitude is known to impact our emotions and emotional health. Evidence has shown that a regular "attitude of gratitude" can...

#### 1. Make us happier

Simply journaling for five minutes are grateful for can enhance our 10% (Emmons & McCullough, 2003; Peterson, 2005)! It turns out that can make us feel more positive about sort of sense:

*Those who pay attention to what what is bad are more likely to feel*

#### 2. Increase psychological

Researcher Chih-Che Lin (2017) for personality, a high level of gratitude has a strong positive impact on psychological well-being, self-esteem, and depression. Basically, this means that we can reap the best benefits of gratitude by embodying gratitude and truly living a life of gratitude, a state that we can get to through regular practice and commitment.

#### 3. Enhance our positive emotions

Feeling grateful every day keeps the envy at bay! Research has shown that gratitude reduces envy, facilitates positive emotions, and makes us more resilient (Amin, 2014). After all, if we are grateful for what we have, what room is there for envy to sneak in?

#### 4. Increase our self-esteem

Participants who completed a four-week gratitude contemplation program reported greater life satisfaction and self-esteem than control group participants (Rash, Matsuba, & Prkachin, 2011). Gratitude can help you feel better about your circumstances, which can lead to feeling better about yourself.



a day about what we long-term happiness by over Seligman, Steen, Park, & noticing what we already have our lives, which makes a simple

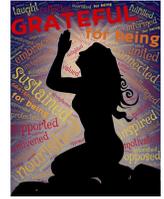
*is good in their life instead of positively about their life.*

#### well-being

found that even when controlling

## Gratitude and Career Benefits

Gratitude in the workplace has been shown to impart many benefits as well, for both employers and employees. Of course, many of the social, emotional, and personality benefits of regularly practicing gratitude can carry over to affect work life as well, but some effects are seen primarily over the course of daily work.



### Reduce impatience and improve decision-making

Those that are more grateful than others are also less likely to be impatient during economic decision-making, leading to better decisions and less pressure from the desire for short-term gratification (DeSteno, Li, Dickens, & Lerner, 2014). As anyone who has ever worked a stressful job already knows, decisions made to satisfy short-term urges rarely provide positive work results or a boost to your career!

### Help us find meaning in our work

Those who find meaning and purpose in their work are often more effective and more fulfilled throughout their career. Gratitude is one factor that can help people find meaning in their job, along with applying their strengths, positive emotions and flow, hope, and finding a “calling” (Dik, Duffy, Allan, O’Donnell, Shim, & Steger, 2015).

### Improve work-related mental health and reduce stress

Employing gratitude at work can have a significant impact on staff mental health, stress, and turnover. In a rigorous examination of the effects of gratitude on stress and depressive symptoms in hospital staff, researchers learned that the participants randomly assigned to the gratitude group reported fewer depressive symptoms and stress (Cheng, Tsui, & Lam, 2015). Finding things to be grateful for at work, even in stressful jobs, can help protect staff from the negative side effects of their job.

## IAM

### Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

### IAM EAP Airline Chairmen

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## EAP Calendar

2020

EAP I

March 7 - 13

EAP II

June 28 - July 3

EAP III

July 12 - 17

EAP IV

August 2 - 7

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course