Tips for Handling the Holidays

Not feeling very cheery this holiday season? Stressed and feeling blue? You might try taking a moment to slow down and take stock of some of the little (and big) things that you are thankful for to help you through the season.

“Gratitude (and its sibling, appreciation) is the mental tool we use to remind ourselves of the good stuff. It’s a lens that helps us to see the things that don’t make it onto our lists of problems to be solved. It’s a spotlight that we shine on the people who give us the good things in life. Gratitude doesn’t make problems and threats disappear, but research shows that our chances of psychologically surviving hard times and chances of being happier in good times increase with gratitude.”

Read more from the Greater Good Magazine…

For more reasons to practice gratitude, view the infographic below created by Here’s My Chance.
WHAT GOOD IS GRATITUDE?
REASONS WHY IT’S BETTER TO LIVE GRATEFULLY

**Charity**
Grateful people on average give 20% more time & $.

**Psychological**
Gratitude is related to age: for every 10 years, gratitude increases by 5%.

**Community**
Grateful people will have a stronger bond with the local community.

**Health**
Grateful people will have 10% fewer stress-related illnesses, be more physically fit, and have blood pressure that is lower by 12%.

**Work**
Happy people’s income is roughly 7% higher.

**Friends**
More satisfying relationships with others, and will be better liked.

**Youth**
13% fewer fights, 20% more likely to get A grades.

**Grateful teens are 10x less likely to start smoking.**

**Where?**
The most grateful countries are: S. Africa, UAE, Philippines & India.

**Least:** Netherlands, Denmark, Hungary, Czech Republic, & UK.

**Life**
Overall positive emotions can add up to 7 years to your life.