

INVEST IN YOUR WELLNESS:

PRACTICE GRATITUDE



Train your brain. Actively approach life with positivity. Focus on an uplifting quote, compliment a friend, support a coworker or send a thank you note to a family member. The more you practice positivity, the easier gratitude will become!

Say thank you for the simple things. Make a list of the simple things in your day that made you smile. Take a moment to reflect on that list and thank those who made them possible. And, yes, it's ok to thank an object!



Practice gratitude daily. We can easily get lost in negativity during setbacks at work or home. Instead of expressing that negativity, take a breath and focus on gratitude; it will make your job easier, improve your health and develop resiliency.

Check out Virgin Pulse, a free online and mobile wellness platform available to benefits-participating employees and their benefits-participating spouses/partners. Virgin Pulse can help you track your gratitude habits through the "Healthy Habits" feature or the "Journeys" program.



If you have any questions or would like to request special accommodations to fully participate in Healthy OHIO or other WellWorks programs, please contact Annie Laurie Cadmus at 740.593.9458 or cadmus@ohio.edu.



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