

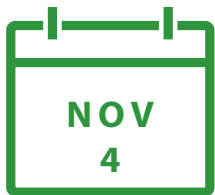
# Tips

## NATIONAL GRATITUDE MONTH

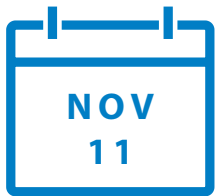
Try sending our CORE Solutions Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your CORE Solutions Team

November is National Gratitude Month and a great opportunity to embrace the power of gratitude. Focusing on giving thanks helps reduce stress, the power of toxic emotions and symptoms of depression. It also helps us feel more positive, improves self-esteem, and can even help us sleep better. Here are some tips to help you intentionally practice showing gratitude this month.



**Start a 30-Day Gratitude Journal.** If you commit to experimenting with the powers of thankfulness, keeping a gratitude journal will make the process seem more real to you. Make it a rule to write down at least one thing you are thankful for every day for 30 days. Don't repeat the same things. Throughout the month, your awareness of new things to be thankful for may surprise you.



**Write a Gratitude Email Each Day for One Week.** Whether it's a friend, family member, coworker or client, take a moment to write an email each day this week to express gratitude and respect to someone who has helped you in some way.



**Support a Cause.** If there's a problem in the world that you feel passionately about, research organizations that are doing something about it. If you have the capacity or resources to help that cause in some way, consider taking the leap. It could be as simple as donating \$5 or \$10 or as involved as volunteering in your community.



**Shift Towards Experiential Consumption.** As you connect with friends and family this holiday week, be mindful of the experience you're investing in. The best things in life are experiences — shifting from spending money on things to investing in experiences is a great way to incorporate gratitude into your life.

Source:  
[Becoming Minimalist](#)  
[United Way](#)  
[VeryWell Mind](#)