



BRAIN HACKS FOR LIFE

GRATITUDE

- Gratitude is **affirming** goodness and **recognizing** the sources
- Psychological benefits of gratefulness:
 - Positive emotions – alert, energetic, enthused, attentive
- Interpersonal benefits of gratefulness:
 - More helpful and connected, less lonely and isolated
- Physical benefits of gratefulness:
 - Enhances healthy behaviors (e.g., more exercise, taking care of one's health)
 - Better sleep
 - Reduces blood pressure
 - Fewer symptoms
- Good gratitude...
 - Allows celebration of present
 - Can block toxic emotions (envy, resentment, regret, etc.)
 - Builds self-resilience
 - Strengthens social ties

Find more resources from Caterpillar's Employee Assistance Program at EAP.cat.com.



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- Grateful vs. ungrateful
 - Lens of abundance vs. lens of scarcity
 - What life is offering vs. what life is denying
 - Life as a gift vs. life as a burden
 - Satisfaction vs. deprivation
- Obstacles to gratefulness
 - Negativity
 - Entitlement
 - Distractions
 - Inability to accept dependency
- How to develop a practice of gratitude:
 - Develop a practice that's best for you
 - Try thinking about 3 good things that went well recently
 - Write about why you are grateful for these things
 - Be creative and genuine

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