

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  & 

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 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 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