An Attitude of Gratitude
Presented by Matthew Wozny, M.P.H., C.S.C.S.
Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.

— Amy Collette

The webinar will begin shortly.
Gratitude is not only the greatest of virtues, but the parent of all the others.

— Marcus Tullius Cicero

The webinar will begin shortly.
The webinar will begin momentarily. Please stand by ...

- If you have a question or want to respond to the presenter, click the raised hand icon.

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Welcome to: An Attitude of Gratitude

The session will begin at 12 p.m.

This is an interactive session.

Minimize distractions.

There will be a Q&A at the end of the session.
Gratitude turns what we have into enough.

— Melody Beattie

The webinar will begin shortly.
The deepest craving of human nature is the need to be appreciated.

— William James

The webinar will begin shortly.
An Attitude of Gratitude

Presented by Matthew Wozny M.P.H., C.S.C.S.
Mark your calendar

Being Mindful of Physical Health, Part 1

• February 28, 2019
• 12 to 12:20 p.m.
Welcome to: An Attitude of Gratitude

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Today’s presenter

Matthew Wozny, M.P.H., C.S.C.S.
Quick Tip: Be grateful

Write down three things you’re grateful for.
Today’s session:

- The definition and purpose of gratitude
- Benefits of gratitude
- Practice gratitude
- Gratitude journals
- Meditation for gratitude
The definition and purpose of gratitude

Definition:
Gratitude is an appreciation of what is valuable or meaningful and is a general state of thankfulness.

The purpose of gratitude:
• Improve relationships
• Use as an apology
• Internal reward
Benefits of gratitude

• Physical
• Psychological
• Social
Practice gratitude

- Journal
- Focus on someone
- Write a note
- Meditate
- Say thank you
- Focus on intent
- Model for your kids
Gratitude journals

Keeping a daily gratitude journal can lead to:

• Better sleep
• Letting go of limiting beliefs
• Resiliency
• Improve relationships
• Sense of achievement
• Improved health

How to keep a gratitude journal:

• Dedicated spot
• Be consistent
• Be specific
• Be flexible
• Remember the little things
Meditation for gratitude

Meditation can help you focus on expressing gratitude

1. Find a comfortable seat and close your eyes.
2. Take a few deep breaths and try to clear your mind.
3. Think about the things you’re truly grateful for.
4. Expand on the positive by further visualizing this memory.
5. Keep that experience in mind longer than usual to deeply embed positivity into the brain.
6. Continue building a list of positive experiences and memories.

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In this session learn:
• The benefits of goal setting
• Physical activity guidelines
• Benefits of physical health
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