

**“THE BEST WAY TO CHEER
YOURSELF UP IS TO CHEER
SOMEBODY ELSE UP.”**

-MARK TWAIN

COMFORT & JOY

Experiencing more gratitude doesn't need to be difficult or time-consuming. Try these ideas to help you cultivate more joy this holiday season!

- **Make a list.** Write everything in your life that makes you grateful. Look at this list regularly.
- **Take pictures.** Photograph little things in your everyday life that make you smile.
- **Tell someone.** Whether it's someone you look up to or just someone who makes you happy, take a bit of time to tell them that you're glad to have them around.
- **Frame events in a positive light.** We often joke about whether the glass is half empty or half full. Try to look for the half-full side of most situations.

Get More Tips from GuidanceResources® Online

Access timely, expert information on thousands of topics, including managing holiday stress, with GuidanceResources®.

Visit www.guidanceresources.com, click the Register tab, and enter your Organization Web ID: SOIEAP.



STATE EMPLOYEE WELLNESS PROGRAM



HEALTHMATTERS.IDAHO.GOV

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

12/3 'HOLIDAY STRESS BUSTERS' VIRTUAL LUNCH AND LEARN*

*Virtual lunch and learn offered online. Learn more at [healthmatters.idaho.gov v/classes-presentations/](http://healthmatters.idaho.gov/classes-presentations/)

*Health Matters wishes you a
happy and healthy holiday season!*