“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.

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12/3 ‘HOLIDAY STRESS BUSTERS’ VIRTUAL LUNCH AND LEARN*
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Health Matters wishes you a happy and healthy holiday season!