
November 2020 Issue #1



THE WHALE WATCH

"Looking Out for Yourself and Others"

A Month of Gratefulness



The Center for Student Wellness and Counseling
Services invites all NEOMED students
to participate in:

"A Month of Gratefulness"

World Kindness Day-November 13th: World
Kindness Day is to highlight good deeds in the community

focusing on the positive power and the common thread of kindness which binds us. Kindness is a fundamental part of the human condition which bridges the divides of race, religion, politics, gender, and zip codes.

Visit the [Random Acts of Kindness website](#) for a list of ideas on how you can help make kindness the norm.

Hang a “Digital” Leaf-November 1st – 30th: You are encouraged to ***write a message of gratitude*** and tell us what you are grateful for. Messages may be anonymous or signed; the choice is yours!

Email your message to counseling@neomed.edu; we will post your messages on the digital monitors throughout campus!

OR

Perhaps ***write an email note of thanks*** to a fellow classmate, staff member, faculty, friend, relative or significant other.



We all have the ability and opportunity to cultivate gratitude. As we wind down this unprecedented year of 2020, take a few moments to focus on all that you have. Developing an “attitude of gratitude” is one of the simplest ways to improve satisfaction with your life. Whether one writes a few sentences of gratitude or simply takes a moment to silently

acknowledge all that they have, giving thanks can transform a person's life by:

- ***Opening the door to more relationships*** A 2014 study published in *Emotion* found that thanking a new acquaintance makes them more likely to seek an ongoing relationship and lead to new opportunities
- ***Improving physical health*** Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*
- ***Improving psychological health*** Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression
- ***Improving sleep*** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer
- ***Improving self-esteem*** A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments
- ***Enhancing empathy and reduces aggression*** Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky
- ***Increasing mental strength*** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal*

of Personality and Social Psychology found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you are thankful for —even during the worst times —fosters resilience

Need Help?
Want to talk with a counselor?

**The Center for Student Wellness
and Counseling Services**

330.325.6757

neomed.edu/cswc

counseling@neomed.edu

Local and National Hotlines

[Suicide Hotline Information](#)

[Suicide Prevention Resource Phone Numbers](#)

[24/7 National Crisis Lifeline 1-800-273-TALK \(8255\)](#)

[Community Crisis Resources](#)

