

Expressing Gratitude

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November is the month in which we celebrate Thanksgiving in the United States, and this holiday is centered around spending time with family and friends and expressing gratitude for all the abundance we have in our lives. "Gratitude" is the state of being thankful, or the readiness to show appreciation for and to return kindness.

I immediately think of how thankful, grateful and truly blessed I am. Gratitude is displayed by the attitude we choose daily. It is choosing gratitude and finding blessings in everything, including circumstances that are not so desirable. Gratitude brings clarity to life and reminds me of how life is so fragile and could change in the blink of an eye. Therefore, I choose to have an attitude of gratitude and to be grateful always.

Expressing gratitude has many benefits, including building and maintaining social relationships; fostering positive feelings within us, contributing to our overall sense of wellbeing; increasing our happiness and resilience; and feeling more optimistic about the future.

There are countless ways to express our gratitude. During this month, I encourage you to take one simple action to show your appreciation. This could be writing a handwritten letter to give thanks to a person in your life; keeping a daily journal of what you are grateful for each day; volunteer your time to help others; or send a gratitude gift or make a gratitude visit to spend time with a special person.

Check out this TEDx Talk from Dr. Ike Shibley from Penn State University as he explores how learning to be grateful can increase happiness!

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