December 2023 Newsletter Content:

Creating an Attitude of Gratitude

As 2023 comes to a close, we are focusing on being grateful for what we have and preparing to welcome a new year.

# All about Gratitude:

**Attend a webinar: Gratitude: Science & Practical Application** **Join Lacy Wolff and Jewell Smith December 7, 10-11 a.m. CT, to learn how gratitude affects your brain and ways to integrate it into your daily life. Register through the** [Gratitude Webinar Registration link](https://attendee.gotowebinar.com/register/1770355992736756061)**.**

**Join a challenge:** Join the 3rd annual **5-Day Gratitude Challenge** taking place from December 11-15 from 9-9:15 a.m. CT daily via Zoom. Sign up through the  [registration link](https://hrd-txdot-gov.zoomgov.com/meeting/register/vJItf-mprDMrG4Z6MhPudSgLVN4JyAElfxQ)

**Read an article: (<3 min read) Your Guide for starting a Daily Gratitude Practice** learn what a gratitude practice is, why it works and simple strategies to build one. [Link to the article.](https://ers.texas.gov/news/your-guide-for-starting-a-daily-gratitude-practice)

**Download the the journal:** Download the [fillable weekly gratitude journal](https://ers.texas.gov/wellness-resources/wellness-coordinators/wellness-toolkits/december/dec-2023-weekly-gratitude-journal-fillable-a) and start using it today.

# More well-being opportunities:

**WEBINAR: Mental Health during the Holidays:** Join us for a webinar featuring Dana Haulotte of Texas Legislative Council on December 14th from 10-11 a.m. as she **discusses mental health, mental illness (and the stigma that surrounds it), stress that comes with the holiday season and practical tips to manage it. Sign up through the** [registration link.](https://attendee.gotowebinar.com/register/1213775510197627224)

**DAILY FITNESS & WELLNESS: Keep moving during December for free!** Join encouraging fitness and mindfulness sessions featuring fitness instructors who are also state employees. The Work Well Texas Virtual Fitness offerings are week-day sessions that keep us moving TOGETHER! Check out the [full calendar of events](http://wellness.texas.gov/Challenge.htm) to join via Zoom from anywhere.