December Email- Gratitude Attitude

Dear XXXX employees,

As 2021 comes to a close and the holiday season is in full swing, we hope that you are taking some time for yourself to reflect:

* What do you value most?
* How are ***you*** doing?

The holiday season can bring on a range of emotions….from joy to melancholy, happiness to sadness, and excitement to overwhelm. All of these emotions are a normal part of being a human.

There is one emotion that can have a profound, positive impact on our mental and physical well-being, if we practice it on a regular basis. That emotion is gratitude, or thankfulness.

On December 9th at 10 a.m., we have an opportunity to learn about the science and practical application of gratitude in a webinar on this topic. You can register for the webinar through [this link.](https://register.gotowebinar.com/register/8068619164680167694)

And, if you are interested in learning more or building a daily gratitude practice, I hope you will sign up for a 5-day Gratitude Challenge, taking pace each morning from 9-9:15 from December 13-17 via Zoom. You can learn more and register to receive updates through [the State Employee Gratitude Challenge Registration Link](https://www.eventbrite.com/e/203309432987).

Research shows that sharing our gratitude with others is a great way to boost happiness!

[optional] A few of the things I am grateful for right now are: [List 3 things] I’d love to hear some of the things you are grateful for.

Please check out all of the wellness opportunities coming up this month on the attached wellness event flyer. [Attach flyer]

In health,

Your wellness coordinator