December 2022 Email- Gratitude Attitude

Dear XXXX employees,

As 2022 comes to a close and the holiday season is in full swing, we hope that you are taking some time for yourself to reflect on the things you value most and your goals for 2023.

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 8th 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/8518107223058075408)

And, if you are interested in learning more or building a daily gratitude practice, I hope you will sign up for the 2nd annual 5-day Gratitude Challenge, taking pace each morning from 9-9:15 from December 12-16 via Zoom. You can learn more and register to receive updates through [the State Employee Gratitude Challenge Registration Link.](https://www.eventbrite.com/e/5-day-gratitude-challenge-tickets-469157160697)

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