



# gratitude is everything!

## Upcoming Events

### Saturday, November 2

4:30-5:15 PM - Taste of Asia in UC Chandler Ballroom

### Tuesday, November 5

All Day - Election Day!  
5:00-5:45 PM - Free Mindfulness Session in UC Capital Room

### Wednesday, November 6

3:00-4:00 PM - Financial Independence in Woodard Room 149

7:00-8:30 PM - Jewish Cultural Celebration Keynote Speaker: Rabbi Michael Knopf in UC Chandler Ballroom A/B

### Thursday, November 7

11:00 AM - Pop-Up Career Coaching on Ball Circle, at the HCC and UC

### Friday, November 8

5:00-6:00 PM - Shabbat Dinner in UC Chandler Ballroom C

### Monday, November 11

12:00-12:45 PM - Let's Get Happy: The Power of Positive Psychology in UC Colonnade Room

### Wednesday, November 13

11:00 AM-1:00 PM - Rev Your Bev on the second floor of the UC

### Wednesday, November 20

4:30-5:30 PM - Gratitude Box at Thanksgiving Dinner on 2nd floor of the UC

## How can *gratitude* improve your wellbeing?



### Gratitude builds emotional resilience by helping us:

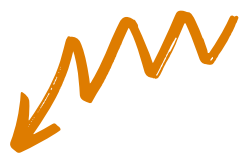
- See the positive things in life
- Maintain good health
- Sustain relationships and appreciate people who are there for us

### Gratitude improves:

- Stress regulation
- Goal attainment
- Quality of sleep
- Our immediate stress responses

### Gratitude decreases:

- Feelings of pain
- Symptoms of anxiety
- Symptoms of depression



## Being *present* with your surroundings increases happiness!



*Happiness is contagious!*

Happiness is not based on the circumstances you're in, but on the decisions you make!

