

Thank you for your time!

Why a little gratitude goes a long way ...

Turns out, giving or getting a “thank you” isn’t just nice.

There’s science behind the many rewards of gratitude. When feel-good transmitters like dopamine, oxytocin and serotonin are released by the brain, you:^{1,2}



Feel more positive.



Get better sleep.



Lower your blood pressure.



Improve stress levels and depression.



Enjoy stronger relationships and self-esteem.



Gratitude is both a state of mind and a call to action. You can embrace it in your daily life by:

Making a habit of acknowledging others.



Writing thoughtful notes.



Setting aside one-on-one time for friends and colleagues.



Volunteering.



Meditating and journaling.



Even remembering to count your blessings can change your outlook and impact those around you. Because being appreciative and appreciated is contagious.

Are you ready to share a little kindness today?

1 Harvard Health Publishing, *Giving thanks can make you happier* (accessed November 2019); health.harvard.edu.
 2 UC Davis Health, *Gratitude is good medicine* (accessed November 2019); health.ucdavis.edu.
 Services provided by Empire HealthChoice HMO, Inc. and/or Empire HealthChoice Assurance, Inc., dba Empire BlueCross BlueShield. Independent licensees of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans.
 119745NYEENBS VPOD 11/19