



August 2018

A MONTH OF APPRECIATION AND GRATITUDE:

Gratitude is perhaps the most important key to finding success and happiness in the modern day. Knowing what we appreciate in life means knowing who we are, what matters to us and what makes each day worthwhile. Paying attention to what we feel grateful for puts us in a positive frame of mind. It connects us to the world around us and to ourselves. Research demonstrates that focusing on what we are grateful for is a universally rewarding way to feel happier and more fulfilled. As an important mental health principle, the benefits of gratitude extend far beyond what we may imagine. Scientific studies have found that gratitude is associated with: **Greater happiness, more optimism, new and lasting relationships, better health, fewer aches and pains, more alertness and determination, increased generosity and empathy, better sleep and improved self-esteem.**

Why do people have trouble feeling grateful?

1. It's difficult to acknowledge what we have.
2. Gratitude reminds us of what we lacked in the past.

How can we feel more grateful?

1. **Challenge your critical inner voice:** We can start to feel more gratitude by quieting the negative thoughts that turn us against ourselves and the people we love.
2. **Act grateful and be more accepting.**
3. **Practice mindfulness**
4. **Write down 5 things each day you are grateful for:** Do not repeat the same ones and get more specific as you go.

When we practice noticing the big things we're grateful for, the small things, annoyances, and disappointments won't overwhelm us so easily. We remember how we are blessed in every moment and won't get caught in the small pettiness of life that can suck joy right out of us. Gratitude blesses you. It opens you so that more can come in. As Melody Beattie once said "**Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.**"

WELLNESS HIGHLIGHTS:

- **August 22nd & 24th:** As part of our wellness initiative to promote wellbeing, stress management and health to our associates we have scheduled two professional massage therapists (a male and a female therapist) from **9am-5pm**. The therapists will provide 15 minutes (fully clothed) back, arms, hands, neck and shoulder massages to relieve tension and stress.
- **September:** Premier will be hosting its annual Bowling event in September. Dates will be announced shortly.

ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.

