

Attitude

The Wellness Model we have developed many years ago is built on an ABC model:

Attitude, Balance, and Control

“Attitude is the frame in which you view the world, the hue in which people see you, the tone in which they hear you and the mood for all your day's activities.” This definition really captures the idea that attitude impacts everything we do each day.



Research in the field of positive psychology has shown that positive feelings are connected with many health and wellness benefits, including better physical health, better relationships and quality of work, and even enhanced creativity.

While some of these studies look at the personal traits, others have looked at interventions and daily practices or activities that have been shown to balance or shift attitudes and mood towards the positive.

Gratitude

One specific area of focus in research on positive attitudes is developing gratitude—appreciating the things you have. Activities like keeping a gratitude list or journal and taking a mindful moment to reflect on positive events, personal strengths, and people who support us can impact attitude.

Gratitude practice leads to a greater sense of well-being, less depression, better mood, improved sleep, increases in heart health, and even lower blood pressure. Some studies also suggest that gratitude is associated with increased social support and positive health habits.

We'd like to share our gratitude for you, our readers, who inspire our work, suggest tips and topics, and share words of wellness with others.

Check out [GratePic.com](https://www.gratepic.com)

GratePic is a gratitude journal of images – a social network where you can cultivate gratitude in your daily life. GratePic combines a picture with gratitude in order to form a “gratepic,” an image that represents appreciation for what is valuable and meaningful to you.



Pass It On

The Foundation for a Better Life has created a series of billboards, short videos with upbeat messages. The PassItOn blog shares true stories of everyday heroes. For a positive boost, check these out. To support others, share these through Zoom meetings, texts, Pinterest, or other social media.

You can even create your own billboard to honor someone or share an inspiring message. There also is an option to sign up for a daily inspirational quote by email as well as to share a favorite quote.

Visit <https://www.passiton.com/>

TED talks

You can find a huge collection of videos, most about 15 minutes, at www.ted.com and can search for topics or scroll through playlists. There is even a playlist for gratitude!

In the gratitude playlist, you can find a short talk (6-ish minutes) by Candy Chang, from New Orleans, who listens to others through their posted comments—using post-it notes and even giant chalkboards. Check out her talk to discover the prompts she uses to learn about people’s stories, hopes, and dreams. This idea could be adapted in many ways, both serious and silly, to inspire dialogues. Use the “search” to find this talk.



Kindness Rocks

Have you seen these in your community? These wonderful painted rocks have multiplied in many neighborhoods since the pandemic. Some are just hopeful designs, like rainbows. Others are painted with simple uplifting messages, as describe by Megan Murphy, who began creating these and leaving them on the beach near her home on Cape Cod. She founded The Kindness Rocks Project, which has gone global. Learn more at <https://www.thekindnessrocksproject.com/>

References and Resources

Thanks to Michael Coyle for sharing information on this month’s topics. Illustrations on p. 1 are listed online as free for reuse without attribution from pixabay.com. We have been unable to locate the original source of the quote on page 1: “Attitude is the frame...”

Recent summaries of research on positive attitudes include:

- Boggiss, A. L. et al. (2020). A systematic review of gratitude interventions: Effects on physical health and health behaviors. *Journal of Psychosomatic Research*, 135, 110165.
- Moskowitz, J. T., Addington, E. L., & Cheung, E. O. (2019). Positive psychology and health: Well-being interventions in the context of illness. *General Hospital Psychiatry*, 61, 136-138.
- Schache, K. et al. (2020). Gratitude—more than just a platitude? The science behind gratitude and health. *British Journal of Health Psychology*, 24, 1-9.

You can find more on gratitude in the November 2018 issue of *Words of Wellness* and in *Journaling: A Wellness Tool* (<https://www.center4healthandsdc.org/journaling-tool.html>)

You can download a free journal from https://www.developgoodhabits.com/wp-content/uploads/2018/11/The-90-Day-Gratitude-Journal_Final-V2.pdf

Additional tips for a positive outlook: <https://www.health.harvard.edu/blog/if-you-are-happy-and-you-know-it-you-may-live-longer-2019101618020>

The Foundation for a Better Life is a non-sectarian non-profit organization. In past issues, we have highlighted their sister organization, The Random Acts of Kindness Foundation (<https://www.randomactsofkindness.org/>).