This week's recommended Health and Wellness Activity:
Relax & Breathe: Do nothing for 10 minutes

The Art of Doing Nothing: The Japanese Term Called “Karoshi.”

It has been said that there is power in taking a few moments each day to do absolutely nothing. During these uncertain times, many of us may find ourselves taking on a multitude of tasks. The following article, “Why You Need to Know About the Japanese Term Called Karoshi,” briefly discusses the negative impacts of overworking and how the practice of doing nothing can serve as a method to mentally and physically recharge. Click the link directly below to access the full article.

https://thriveglobal.com/stories

8 Benefits of Gratitude

Scientists have investigated the powers of being grateful and found that it has numerous advantages, including

1. It makes us healthier. People who are grateful report fewer symptoms of physical illness according to a 2007 report in Review of Communications.

2. It boosts your mood. In a 2005 study in American Psychologist, subjects who wrote gratitude letters to people who helped them at key moments in their lives experienced a positive glow for a month afterward.

3. It can help depression. A 2012 study in the Journal of Happiness found that jotting down three things that had gone well for the people in the study or writing a letter of gratitude to someone could alleviate depressive symptoms.
It can help you keep friends: A 2014 study found that thanking a new acquaintance for their help made them more likely to want to have a relationship with you.

It can help inspire altruism: According to researchers at the University of Oregon noting in a journal feelings of gratitude leads to increased generosity.

Gratitude is a “Booster Shot” for romantic relationships: A 2015 study published in Emotions suggest that loved ones who were thanked regularly were more responsive to their partner’s needs, and happier in their relationships.

It can help you sleep: Expressing gratitude at bedtime can help you sleep better and longer, a finding from a 2009 study which was reported in the Journal of Psychosomatic Research.

It can make you a happier person: In 2008 students at Kent State University who wrote letters of gratitude every two weeks saw their happiness levels increase incrementally after each letter.

5 Tips for Talking to Your Children about Coronavirus

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