



#TREbit THANKS & GIVING

The holiday season can be a filled with emotions that run the full gamut. However, dissecting the word “Thanksgiving” provides insight into improving one's mental state during the holidays.

Intentionally seeking opportunities to genuinely say a word of “**THANKS**” to others as well as the act of “**GIVING**” to benefit others boosts the emotional wellness of the person thanking and giving. Purposely seeking to thank others not only helps to train the brain to seek opportunities throughout the day to thank others, but it also activates the hormones in the brain (oxytocin, serotonin, and dopamine) that counteract stress and anxiety. Likewise, the act of giving actually has a greater impact on releasing positive hormones than the experience of receiving.

This holiday season, include THANKS and GIVING as part of your self-care plan.