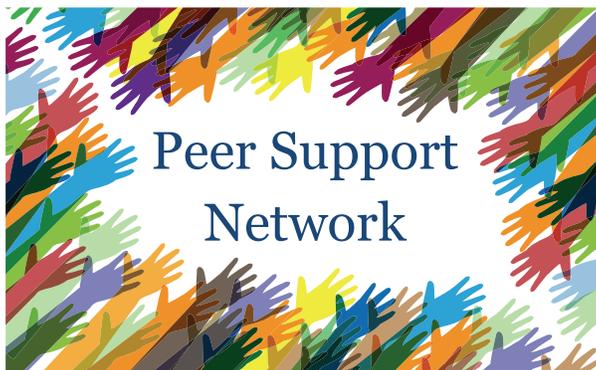


HERE'S WHAT'S HAPPENING



We couldn't have done it without you!

Less than a year ago we set out to have 2013 unique Reasons to Live by the end of the year, and we've succeeded ahead of schedule! Visit the [site](#) to post more, or to check out the many amazing, funny, creative, helpful, reasons to live. All you need is one!



Would you like to meet monthly to learn more about caring for peers mental and emotional health? We are forming a peer support network for students interested in receiving additional training, insight, and guidance in helping friends and classmates. We are in the beginning phases, so get in on the ground floor and help us mold it to student's needs. Our next meeting will be in November. Contact jeffhelpinfo@jefferson.edu with questions, or to sign up.

JeffHELP

Peer Helper Training

In September we offered a peer helper training and many of you asked if we'd offer it again, so here it is. This program will provide training for Jefferson students interested in being a safe peer to talk to. During the training you will learn the warning signs when a peer is in crisis, and know where and how to get them the help they may need. You will not be a counselor, yet someone who can recognize when another is need and help them seek the service(s) necessary.

We will be offering the training on

Friday, November 15, 12:00 - 1:00 PM.

833 Chestnut St, Suite 210,

Classroom B-01.

Please register by visiting www.jeffhelp.org/news-events/calendar. Then, click on the link in the calendar on November 15.

You may also contact jeffhelpinfo@jefferson.edu to register, or with any questions.

Monthly Poll Question



Which of these have you done to show someone you are thankful for them?

[Click here to vote!](#)

October Poll Results

Of the 6 options we gave you to answer the question, “What are you most looking forward to this fall?”, here’s the results from most votes to least:

1. Changing Colors
2. Football
3. Fall Wardrobe
4. Mindfulness Meditation Workshop
5. Pumpkin Spice Latte and Halloween (Tie)



Resource of the Month

The Psychology and Practice of Thankfulness

Written by Rose Milani, Project Coordinator, JeffHELP

The month of November turns our thoughts to colder weather, rustling leaves, and of course Thanksgiving; a day which is often filled with food, family, football, and friends. The day is set aside to allow us to take the time to remember the things and people for which we are grateful, and give us a chance to show our appreciation. Thankfully, showing gratitude is an expression that we can practice at any time of the year.

Psychoanalysis of Gratitude

Thankfulness or gratitude can affect our overall well-being. In a study on counting blessings versus burdens, Dr. Robert A. Emmons of the University of California, Davis and Dr. Michael E. McCullough of the University of Miami studied the effect of a grateful outlook on psychological and physical wellness. They separated participants into 3 categories. The first group kept weekly journals of life hassles, the second journaled about things for which they were grateful, and the third group wrote about neutral life experiences. Each group also kept a log of their moods, health behaviors, and physical symptoms, among other things. The findings significantly showed that a conscious focus on thankfulness had a positive impact on emotional, interpersonal, and physical health and happiness.

What causes us to want to be grateful and how do we go about cultivating healthy gratitude? Dr. Salman Akhtar, from Jefferson’s Department of Psychiatry and Human Behavior, explains in his book, [Good Stuff](#) :

The experience of gratitude follows gratification and includes (i) the acknowledgment of having received desirable and helpful, tangible and intangible supplies from others, (ii) an emotional state of indebtedness and humility, and (iii) a sense that one ought to offer something in return, though not in a hurried gesture of denial. Gratitude is expressed in many ways, with a simple 'thank you' being the most common of them... Feeling gratitude also requires overcoming greed and acknowledgement of others' generosity.

When someone is generous with us, we want to repay that kindness with gratitude. Psychoanalyst Melanie Klein asserts that this desire stems from the nurture we received from our mothers as infants. If one has been fully satisfied by the free gift of their mother's love, then they have a strong foundation in place to be grateful. Klein states that this life-giving gift is diametrically opposed to envy, which seeks to destroy the child's ability to receive gratification from that which is good. We can see this in our own lives when we are envious of an object or lifestyle of another, causing us to feel dissatisfied in a way that drains our energy. This separates us both internally and externally from the very object we desire, causing loneliness. Conversely, gratitude connects us with our physical and social environments which enhances contentment and connectedness.

Ralph Waldo Emerson speaks of barriers to recognizing that which we can be grateful. He states, "Five great enemies to peace inhabit us: avarice, ambition, envy, anger and pride. If those enemies were to be banished, we should infallibly enjoy perpetual peace." Practicing gratitude helps to diminish these "enemies". Dr. Akhtar quotes in his book; "Spiritually speaking, everything that one wants, aspires to and needs is ever present, accessible, here and now – for those with eyes to see. It is the old adage all over again: You don't need to see different things, but rather to see things differently" (Surya Das, 1997, p. 55).

Practicing Thankfulness

Since thankfulness is a matter of perspective, it may seem strange at first, making it part of our daily lives. However, this will change with time and cultivation. In an article written by Dr. Michael Craig Miller from Harvard Medical School, he states that, "Researchers who study gratitude find that it is strongly and consistently associated with greater happiness. Gratitude helps people; feel more positive emotions, relish good experiences, improve their health, deal with adversity, build strong relationships." Here are some simple strategies to help cultivate gratitude:

- **Have some reminders** – Whenever we begin a new practice in our lives, it's easy to forget to incorporate it. Try using everyday experiences as reminders. For example, if you drive to work or school, spend the time during waiting at a red light to think of things to be thankful for. (Or even better, while you're sitting in traffic!)
- **Start a gratitude journal** - Take time daily/weekly to write down all that you are grateful for. You can start small and think of the ways your physical needs are met, and let it grow from there.
- **Find a “gratitude buddy”** - We all need someone to complain with, someone who can listen to us “vent”. But, we don't want to get into the trap of always complaining. Find a friend who also wants to commit to being more thankful. When you get together make sure to spend some time sharing the ways you are grateful.
- **Write a thank you note** - Even if a lot of time has passed, it's okay to write a note of thanks. In fact, the detail that you still remember after all that time may speak to the level of gratitude you have.
- **Say thank you in person** – You may want to write it down first, but the more specific you are in saying thank you, the more you will realize the value of the person/object, and the more the person will feel appreciated.
- **Thank someone mentally** – This is particularly helpful if the person is no longer in your life, or is hard to reach. Thanking them mentally will help you remember them, and can combat loneliness felt if it is someone you miss.
- **Mindfulness** - This technique helps to be in the moment and aware of all that is around us. By really being aware of these things, it helps us see and know more of what we can be grateful for.
- **Prayer** - Often prayer starts with saying “thank you for...” This sets us up to have a posture of realizing what we receive

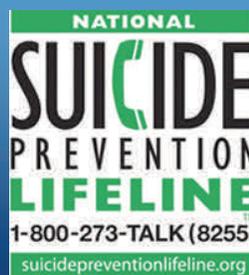
Do you have other ideas for how to practice gratitude? We'd love to hear them! Send an email to jeffhelpinfo@jefferson.edu.

For more information @ JeffHELP contact

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