

November 2016

Focus: The Gratitude List

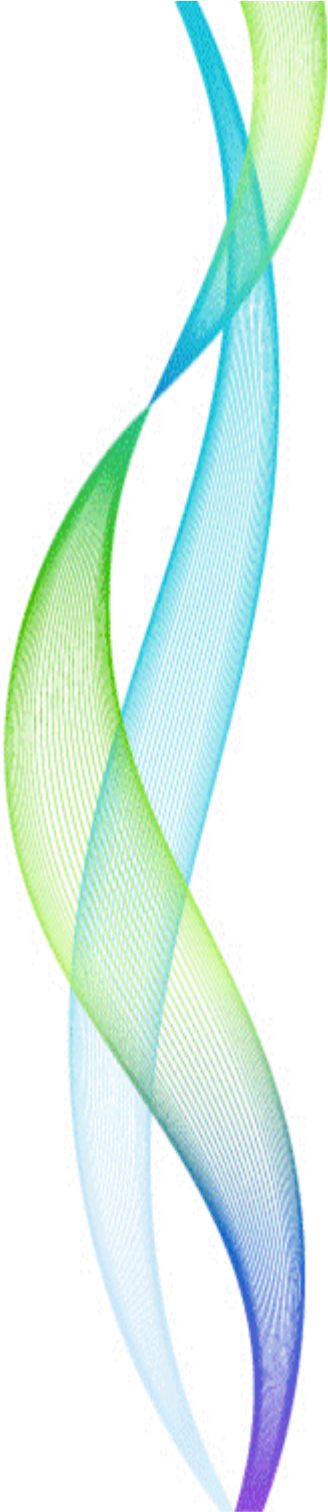
*“Don't you come back to my breakfast table
where I cooked you breakfast and see the dust on the table
instead of the rose in the vase, buddy.”*

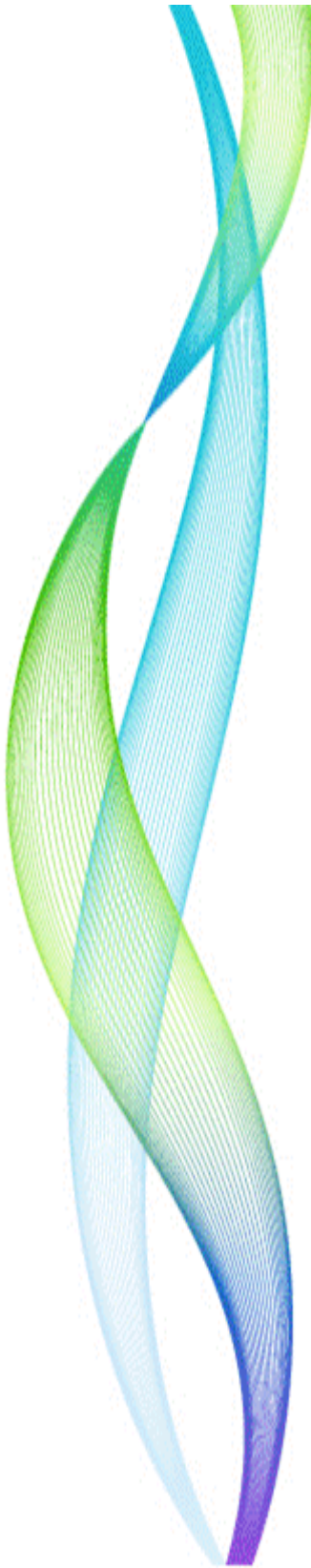
Kathlene McCabe (mother to Matthew McConaughey)

Matthew McConaughey is well-known for his attitude of gratitude and once said the following, simply and with conviction: “It is a scientific fact that gratitude reciprocates.” Though the actor didn’t back up his statement with any particular references, he didn’t have to. For years, scientists have shown that exhibiting a sense of gratitude creates more of the same. Take a look at these studies:

- “In one study, after receiving gratitude, participants noticed that their romantic partner was more responsive to their needs and overall more satisfied with their relationship.” (source: www.pubmed.gov)
- “Especially if you are in a supervisory position, expressing your thanks for a job well done can make your employees feel a strong sense of self-worth and confidence. The study also revealed that being grateful has a ripple effect, leading to an increase in trust between colleagues and more initiative to help one another out.” (source: www.umkc.edu)
- “In a gratitude curriculum for kids aged 8 to 11...the youngsters who received the lessons showed an increase in grateful thinking, appreciation and positive emotions as compared to their classmates who did not partake. The lessons had long-lasting effects...” (source: www.greatergoodberkeley.edu)

If you were given a “gratitude curriculum” today, how would you fare? Are you known by others for ability to see the “rose in the vase” or, are you always looking for “the dust on the table”? It’s easy to argue that some of us are just born with a certain sense of positivity or negativity and that’s true to a point, but gratitude is also a learned behavior—and what better time than the month of Thanksgiving to start learning it?





Try this: walk into a room in your home or office and find two things that are “wrong” or “negative.” Now, walk out and walk back in. This time, find two things for which you are thankful. See how easy that was? Practice the thankful part of this test every day leading up to Thanksgiving and each time, write down the two things for which you are thankful. You are creating a Gratitude List that you can keep on hand for those days (and there will be *those days*) when nothing seems to be going right. Gratitude isn’t just something to occasionally practice; it’s a way of thinking and even more so, it’s a way of living.

Happy Thanksgiving from Insights!

Reminder:

We made it! Our **new office space**, located just around the corner from our previous space at **8140 Walnut Hill Lane, Suite 450, Dallas, Texas 75231** is open for business! Our phone number and website are the same.

We’re also in the process of changing our billing software, which will include an improved patient portal and allow clients to schedule appointments online. While there may be a few technical bumps along the way, we ask that you bear with us as we move toward this improvement.

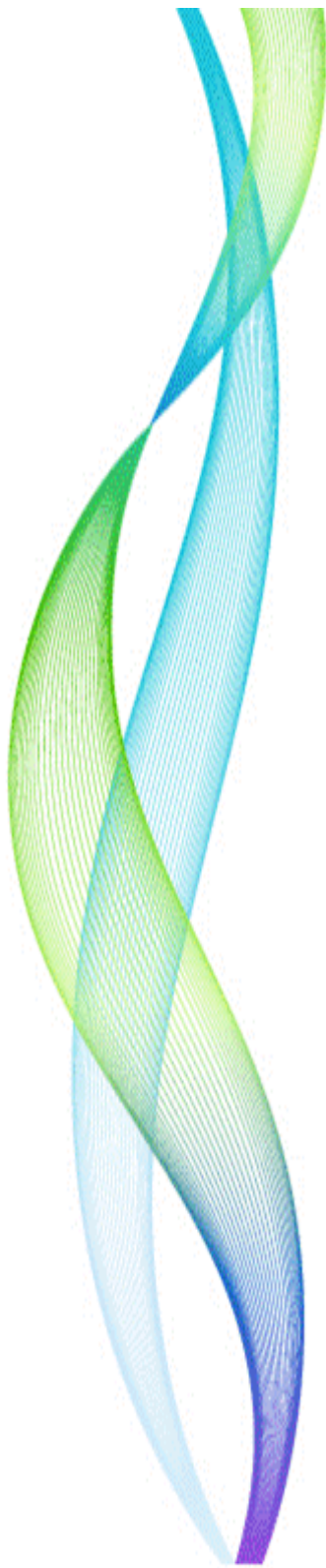
If you haven’t already, we can’t wait for you to see our new space! We think you’re going to love it.

Reconnect: Compliment a Job Well Done

If you’ve noticed your partner has finally stopped leaving his towel on the bathroom floor, tell him you appreciate it. If she’s remembering to put her coffee cup in the dishwasher rather than the sink, thank her. We give our children “Way to go!” compliments all the time; why not our partners, too?

Bibliotherapy: *Commonwealth* by Ann Patchett

“One Sunday afternoon in Southern California, Bert Cousins shows up at Franny Keating’s christening party uninvited. Before evening falls, he has kissed Franny’s mother, Beverly—thus setting in motion the dissolution of their



marriages and the joining of two families. Spanning five decades, *Commonwealth* explores how this chance encounter reverberates through the lives of the four parents and six children involved... Told with equal measures of humor and heartbreak, *Commonwealth* is a meditation on inspiration, interpretation, and the ownership of stories. It is a brilliant and tender tale of the far-reaching ties of love and responsibility that bind us together.” — (source: www.amazon.com)

Time-Out: Rethink Rewards

While positive reinforcement can be a powerful motivator for kids, *too many* rewards, especially those in the form of money, gifts and expensive outings can have just the opposite effect. Be aware when you're monetarily rewarding your child for things he or she should already be doing, such as putting on their shoes, doing homework, etc. Instead, keep a visible chart so that they can see what they're daily accomplishments are. And remember, a "gold star" rather than a trip to the zoo is a perfectly sufficient "reward" for teeth brushing.

Self Care Strategies: Turn Off the TV

In a season of extreme political coverage and in a time in our society when news is available 24/7, it's sometimes easy to forget that we have a choice: We can turn off the television for a day or two and give our brains a break. Why not grab one of your favorite childhood books and give it a re-read instead?

Take Two: *Miss Hokusai*

“As all of Edo flocks to see the work of the famous painter Hokusai, his daughter O-Ei toils diligently inside his studio, unknown to the public. Her masterful portraits, dragons and erotic sketches - sold under the name of her father - are coveted by upper crust Lords and journeyman print makers alike. In public, O-Ei knows and respects 'her place,' but at home in the studio, she's as brash and uninhibited as her father. MISS HOKUSAI's lively Edo (present day Tokyo) is filled with yokai spirits, dragons, and conniving tradesmen, while O-Ei's relationships with her famously impetuous father and blind younger sister provide a powerful emotional underpinning to this rollicking and sumptuously-animated feminist coming-of-age tale.” (source: www.angelikafilmcenter.com)

Our Time is Up: Stayed tuned for our December issue!