Why focus on gratitude?
Gratitude is the appreciation of goodness in our lives and the recognition that “the sources of this goodness lies at least partially outside the self” (Emmons & Stern, 2013). Research shows that grateful people have better physical and mental health, including lower levels of blood pressure; better quality of sleep; lower levels of stress, depression, and anxiety; and higher levels of happiness.


I am not receiving my Challenge e-mails.
Healthy IU sends Challenge e-mails and reminders via Qualtrics. Qualtrics admins sometimes come across the situation of Qualtrics users not receiving e-mails. Their advice is to reach out to UITS support (or your TechSelect rep, if you are a TechSelect client), who will work with you to make sure there is nothing in your e-mail settings filtering out Qualtrics items. If you do not receive your Personal Online Tracker on the first day of the challenge, and it is not in your spam/junk folders, here is how to contact UITS or TechSelect for support:

- UITS support: [https://uits.iu.edu/tech-help](https://uits.iu.edu/tech-help)
- TechSelect (if you are a TechSelect client): [https://techselect.iu.edu/](https://techselect.iu.edu/)

What will I be tracking during the challenge?
During the challenge, participants will focus on 2 gratitude habit-forming practices:

1. **Journaling**
   Gratitude journaling will be done through the online Canvas platform at

   "Gratitude Challenge
   Frequently Asked Questions"
IU: canvas.iu.edu. If you haven't used Canvas before, it's quite user-friendly and can be accessed as a web-based app on your desktop computer—no need to download a mobile app.

During registration, employees and spouses will also have the option to select their preferred mode of journal participation—private gratitude journaling, group-based gratitude journaling, or group-based gratitude journaling with a gratitude support group.

View descriptions of all the gratitude journaling participation options and their benefits.

2. **Gratitude Activities**
During the 6-week period of the Gratitude IU Challenge, we will also send you one email each week to remind you to select a gratitude activity for the week. You will also be able to share with us some brief feedback about the gratitude activity you participated in.

View descriptions of all the gratitude activities and their benefits.