Additional Practices

- **Gratitude Journal** (15 minutes per day)
- Savoring Walk
- Mental Subtraction of Relationships
- Meaningful Photos
- How to Build Compassion

Kristen Neff: How to Practice Self-Compassion

Creative Activities

- Gratitude Journal
- Tea Box Collage
- Coloring Mandalas for Relaxation

Common Good @ Home

American College of Pediatrics: Raising Caring, Moral Children

Sesame Street Tools to Build Resilience

10 Ways to Raise a Grateful Kid

How Gratitude Helps Couples through Hardship

Happy Couples Focus on Each Others’ Strengths

Love’s a Funny Thing

Healthy Habits of Emotional Well-Being

Common Good @ Work

Five Ways to Cultivate Gratitude at Work

Why Appreciation Matters So Much

Foster a Culture of Gratitude

Five Signs of Emotional Suffering

If you recognize that someone in your life is suffering, what do you do?

Can Mindful Managers Make Happier Employees?

How to Give to Others without Burning Out

IU Employee Assistance Program (EAP) Resource for Supervisors

Educational Classes and Training

Building Trust at Work

Conscious Communication

Adding Value to Your Team

IU Kokomo Professional Development Connections: Your Brain on Relationships

Am I Enough? The Question That Drives Anxiety

Healthy IU Programs by Campus Continued on back
Common Good

Additional Resources

Continued from front

Research

What Can the Brain Reveal about Gratitude?

Counting Blessings Versus Burdens: An Experimental Investigation and Subjective Well-Being in Daily Life

How Gratitude Changes Your Brain

The Relationship between Gratitude and Loneliness: The Potential Benefits of Gratitude for Promoting Social Bonds

In Praise of Gratitude

Purpose in Life and Its Relationship to All-Cause Mortality and Cardiovascular Events: A Meta-Analysis

Meaning and Purpose in Life and Well-Being: A Life-Span Perspective

Contemplating Mindfulness at Work: An Integrative Review

Laughter Prescription

Purpose in Life as a Resource for Increasing Comfort With Ethnic Diversity

Association of HbA1c with Emotion Regulation, Intolerance of Uncertainty, and Purpose in Life in Type 2 Diabetes Mellitus

Purpose in Life and Incidence of Sleep Disturbances

Purpose in Life Predicts Better Emotional Recovery from Negative Stimuli

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