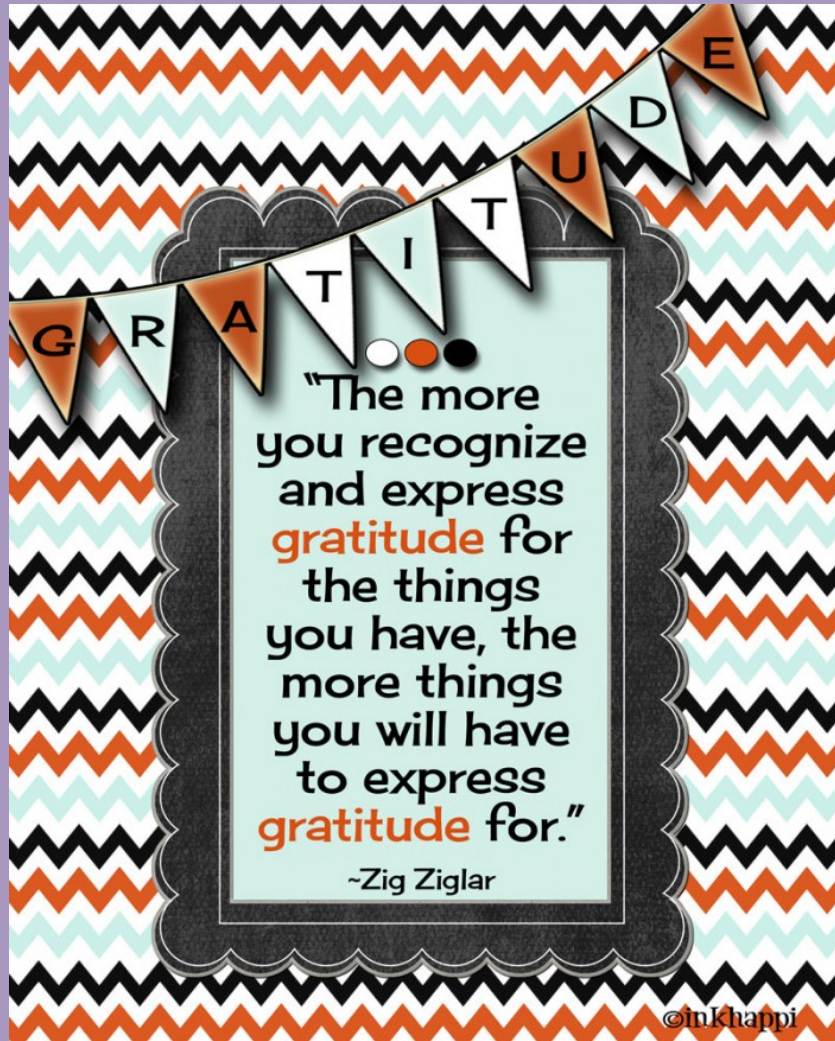


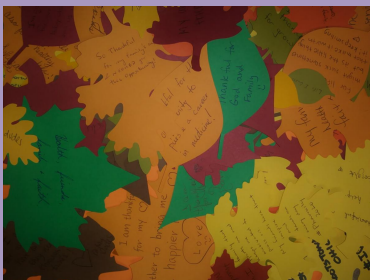


# THE WHALE WATCH

*"Looking Out for Yourself and Others"*



## *Show Your Support...*



### **A Month of Gratefulness**

Write a message of gratitude to clip to the message board in the NEW Center.

### **World Kindness Day November 13th**

Take a minute to make someone's day at NEOMED! Connect through kindness such as: *Give The President A Cookie*; practice a few minutes of mindfulness with a faculty member or ask another student if they need a hug.

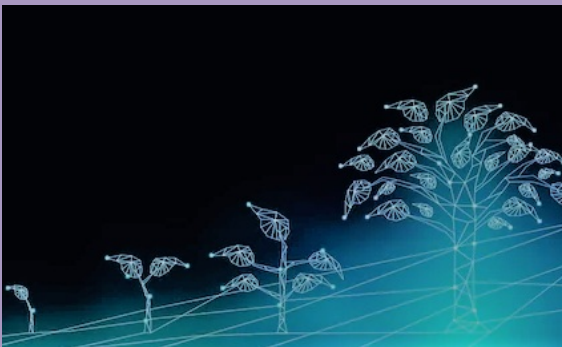
# Transform Your Life...

**Opening the door to more relationships** A 2014 study published in *Emotion* found that thanking a new acquaintance makes them more likely to seek an ongoing relationship and lead to new opportunities.

**Improving physical health** Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*.

**Improving psychological health** Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

**Improving sleep** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.



**Improving self-esteem** A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.

**Enhancing empathy and reduces aggression** Grateful people are more likely to behave in a pro social manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky.

**Increasing mental strength** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you are thankful for—even during the worst times—fosters resilience.

Morin, Amy (2015, April 3) 7 Scientifically Proven Benefits of Gratitude. Retrieved from <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>

## ***Did you know there's a TAO for that?***

TAO is a free online suite of tools meant to teach life skills, build resilience, and encourage positive growth. TAO's evidence-based, self-help educational modules are comprised of brief videos, interactive games, and mindfulness exercises meant to help you recognize and confront negative thoughts and behaviors.

**[Click to view instructions to sign up and begin using TAO](#)**



To access **TAO**, simple visit [thepath.taoconnect.org](http://thepath.taoconnect.org) and sign up.

Once signed up, you may log in any time, day or night 24/7. Modules do not need to be viewed in one sitting; you can pause them and return later!

***Questions?***

Contact [TAO@neomed.edu](mailto:TAO@neomed.edu)

**Technical Issues?**

Contact [support@taoconnect.org](mailto:support@taoconnect.org)

**Center for Student Wellness and Counseling Services**  
[Counseling@neomed.edu](mailto:Counseling@neomed.edu) | 330.325.6757 | [neomed.edu/cswc](http://neomed.edu/cswc)