



WELLNESS COUNCIL

GRATITUDE AS A COMPONENT OF EMOTIONAL RESILIENCE

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2:30 PM

MARCIA COGGS HUMAN SERVICE CENTER
1220 W. VLIET STREET, RM 104

Studies show that **gratitude** can enhance **emotional well-being**. Learn how to cultivate an attitude of gratitude in your own life. Take some time to recognize all that we take for granted and the benefits to our emotional resilience in making the time to reflect on and express our gratitude.

COMMITTED TO THE INDEPENDENCE AND DIGNITY OF OLDER ADULTS
THROUGH ADVOCACY, LEADERSHIP AND SERVICE