

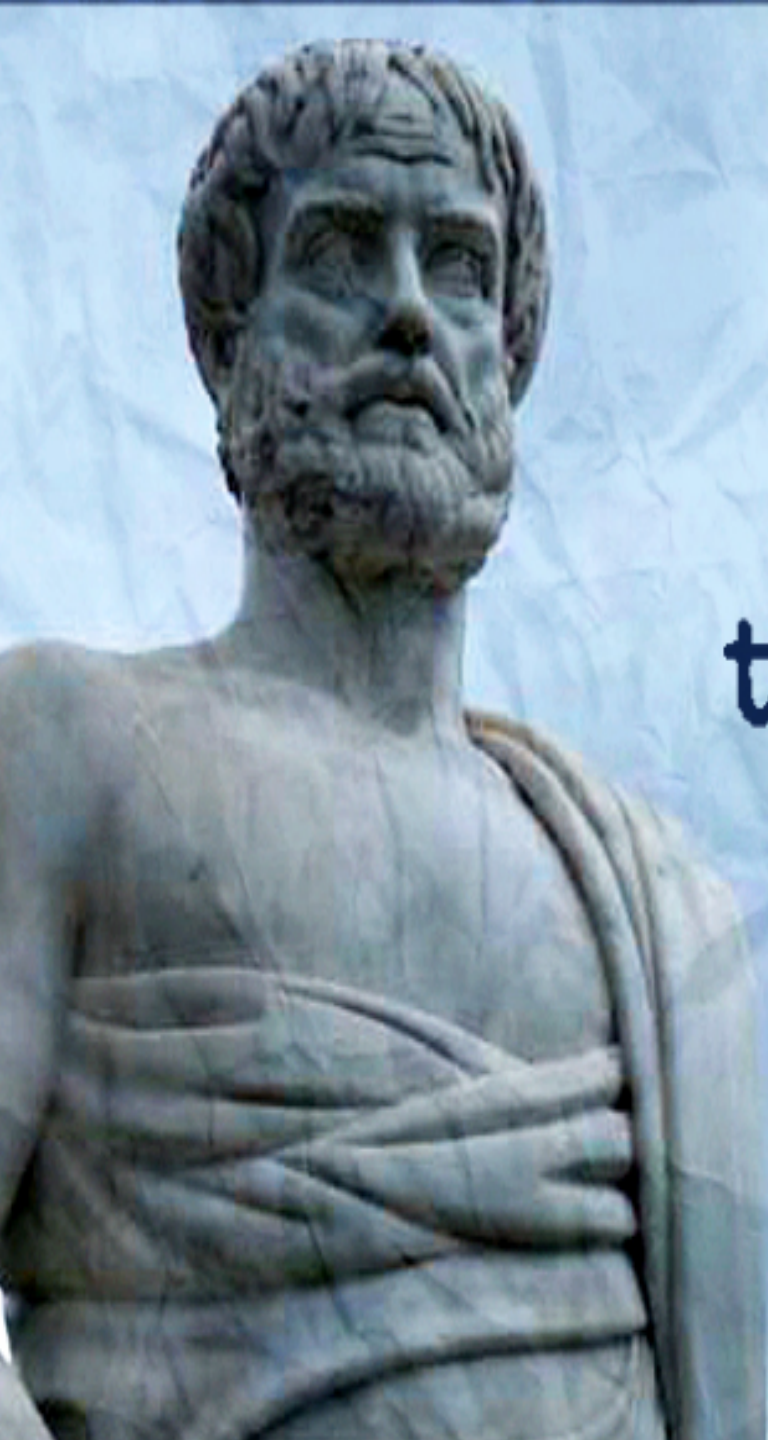
Creating Balance and Achieving Well-Being

Monique Trudel, MA, CCDP



Creating Balance and Achieving Well-Being

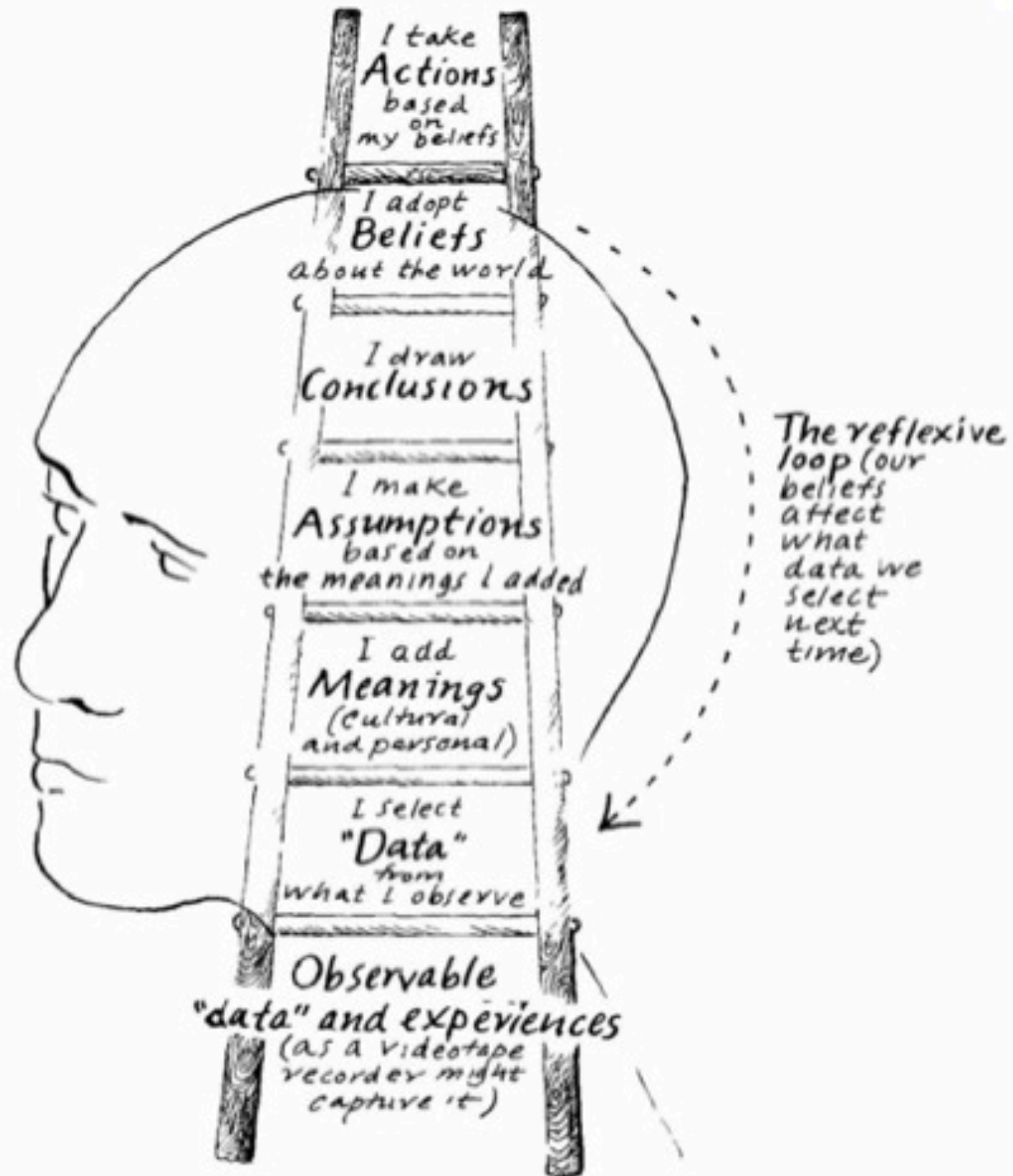
- Developing Self-Awareness
- Cultivating Optimism
- Fostering Gratitude
- Building Resiliency



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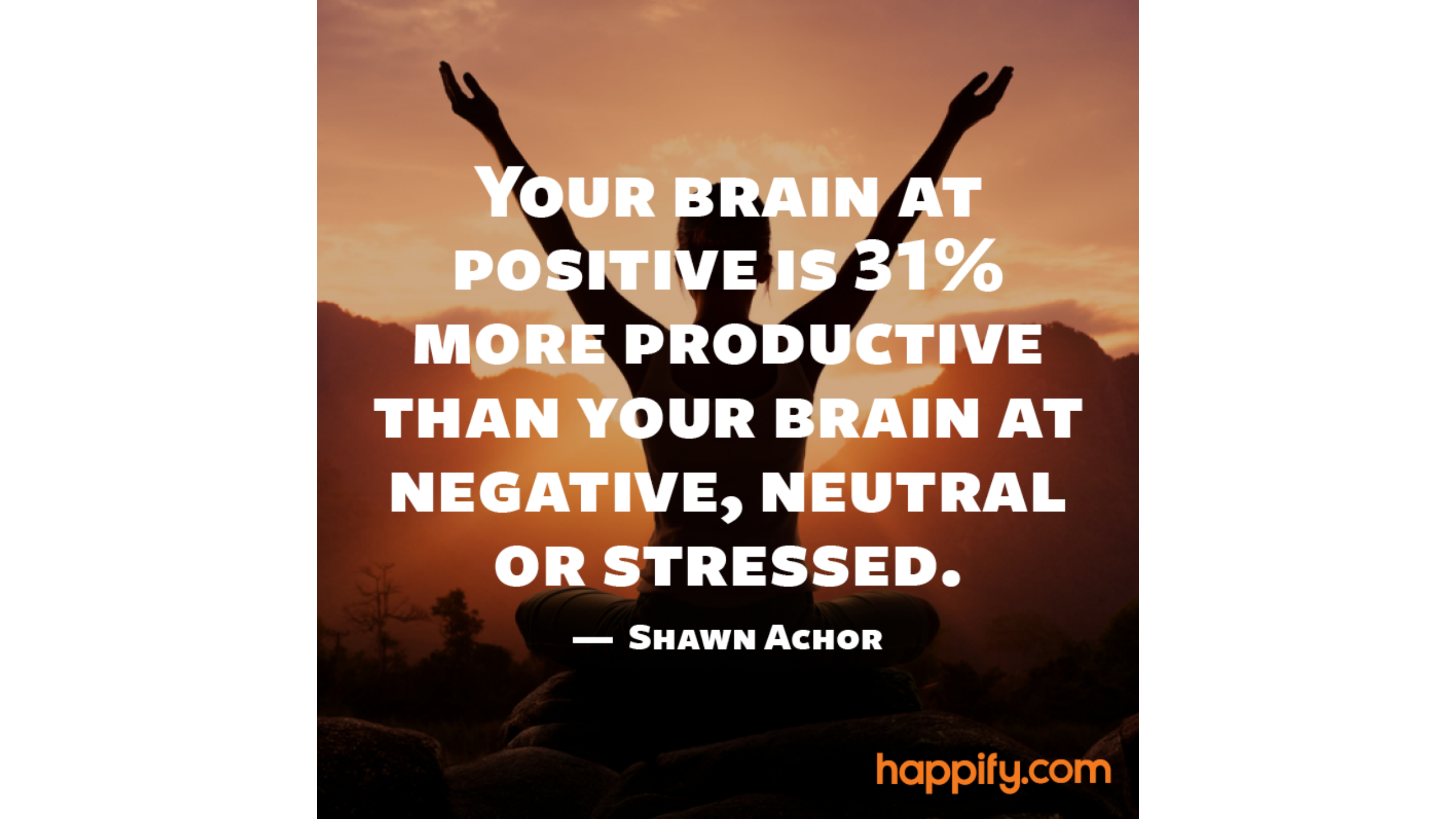
Knowing yourself is
the beginning of all wisdom.

-Aristotle





-Dalai Lama

A person is shown in silhouette, sitting in a meditative pose on a rock. Their arms are raised high in the air, palms facing forward. The background is a warm, golden sunset or sunrise over a mountain range. The overall mood is peaceful and uplifting.

**YOUR BRAIN AT
POSITIVE IS 31%
MORE PRODUCTIVE
THAN YOUR BRAIN AT
NEGATIVE, NEUTRAL
OR STRESSED.**

— SHAWN ACHOR

happify.com

Gratefulness
Increases
Emotional
Well-Being



Journal of Research in Personality, 2007
The role of gratitude in the development of social support, stress, and depression – Wood, Maltby, Gillett et al

Grateful
People
Achieve
More



Journal of Personality & Social Psych, 2003
Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life – Emmons, McCullough

Grateful
People Get
Along Better
with Others



Clinical Psychology Review, 2009
Gratitude and well-being: A review and theoretical integration - Wood, Froh, Geraghty

Grateful
People Pay
It Forward



Psychological Science, 2006
Gratitude and Prosocial Behavior: Helping When It Costs You – Bartlett, DeSteno

Grateful
People Are
Less
Depressed



American Psychologist, 2005
Positive Psychology Progress - Seligman, Steen & Peterson

Grateful
People Are
More
Resilient to
Trauma



Behaviour Research and Therapy, 2006
Gratitude and hedonic and eudaimonic well-being in Vietnam war veterans – Kashdan, Uswatte, Julian



NOTHING
CHANGES
IF NOTHING
CHANGES